



## **Vorbereitung einer partizipativ gestalteten Intervention zur Förderung der körperlichen Aktivität im Setting Arbeitsplatz Ergebnisse einer Mitarbeiterbefragung am Fritz-Haber-Institut der Max-Planck-Gesellschaft in Berlin**

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### Abstract

*Objective:* Physical inactivity is one of the leading causes of morbidity and mortality worldwide. The International Physical Activity Questionnaire (IPAQ) has been developed to measure health-related physical activity (PA) in populations.

This study estimated the prevalence of PA recommendations through all-domain (leisure time, commuting, and work-related) PA in individuals aged 18-65 years in a scientific research institution in Berlin-Germany for the preparation of interventions designed with the participants to promote physical activity in the workplace.

*Setting and Design:* Cross-sectional study - online survey, using two different measures: IPAQ and specifically developed measure.

*Subjects and Methods:* 141 voluntary male and female subjects (age, mean  $\pm$  standard deviation: 36.77  $\pm$  10.98 years) participated in the study. The short version of IPAQ and the IPAQ scoring protocol, version 2.0 (<http://www.ipaq.ki.se/ipaq.htm>) was used to collect data about PA prevalence. Data about needs and wishes of employees regarding physical activity and possibilities for the development of in-house exercise offerings were derived from a specifically developed measure.

*Results:* Compliance with physical activity guidelines (at least 150 min/week) through walking, moderate- and intensive PA was 89,09 %. 39,09 % were even high active. Only 10,91 % did not meet the recommendation at all.

The hypothesis that men are more physically active is only corroborated with respect to vigorously-intense physical activity. For that the men showed significantly more METs.

78,72 % are aware of the correlation between physical activity and the state of health. 59,57 % believe they are physically not active enough. Reasons for not exercising: lack of time, to find a routine, lack of motivation, lack of exercise partner. Prerequisites: more time, more motivation, exercise partner and offerings would have to be close to workplace or home. 80,14 % want to be more physically active.

*Conclusions:* Despite the high level of PA of the employees, the implementation of in-house exercise offerings is reasonable for even greater health benefits and to satisfy employees' expectations and prerequisites regarding PA as well as to benefit the working atmosphere.

*Keywords:* IPAQ - physical activity monitoring - in-house exercise offerings - online survey - employee participation - MET