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 ± standard deviation: 36.77 ± 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