



## **Active and Sitting Time at Work—Evidence for Optimizing Worker Health**

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### **Message from the Guest Editors**

The health effects of work-related sitting time and physical activity in all its forms, and the enhancements that can be made by changing these, require elucidation to inform workers on what is best for their health and to make recommendations to organisational policy makers. To advance this field we need to be able to measure posture (sitting/standing) and activity at work including the contexts in which they occur, understand which of these contexts and behaviours are important for health, and use this information to intervene to optimize worker health. Finally, changes that have been shown to enhance health should be disseminated to wider occupational settings and then evaluated for success.

Papers addressing work sitting and activity measurement, health associations of time spent active and sitting for work, as well as interventions targeting activity and sitting for work health benefit and subsequent dissemination research are invited for this Special Issue, especially those identifying a real-world purpose for the research.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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