EP075

DAILY STEPS ACHIEVEMENT : SIMPLE STRATEGIES TO REDUCE SEDENTARY LIFESTYLES IN WORKPLACE

Yasmin Md Rais [1] Norashikin Othman [2]
Jabatan Kesihatan Negeri, Negeri Sembilan [1]
Pejabat Kesihatan Daerah Seremban [2]

KEMENTERIAN KESIHATAN MALAYSIA
JABATAN KESIHATAN NEGERI, NEGERI SEMBILAN



Introduction

Sedentary lifestyles in the workplace, characterized by prolonged sitting (often exceeding 80% of the workday) or static standing, pose significant health risks. These include obesity, hypertension, cardiovascular disease, Type II Diabetes Mellitus, and chronic musculoskeletal pain. To mitigate these effects, it is recommended to implement simple, practical strategies that optimize the physical work environment and integrate movement, such as walking, into daily routines. Furthermore, interactive activity (step-count challenge), active leadership support (involvement of Health District Officer as participant) and recognition can significantly boost staff motivation to adopt healthier habits.

Objective

To evaluate the effectiveness of a structured step - count challenge combined with leadership involvement and recognition strategy in increasing daily physical activity, reduction in weight and body fat among employees of Seremban Health District Office.

Methodology

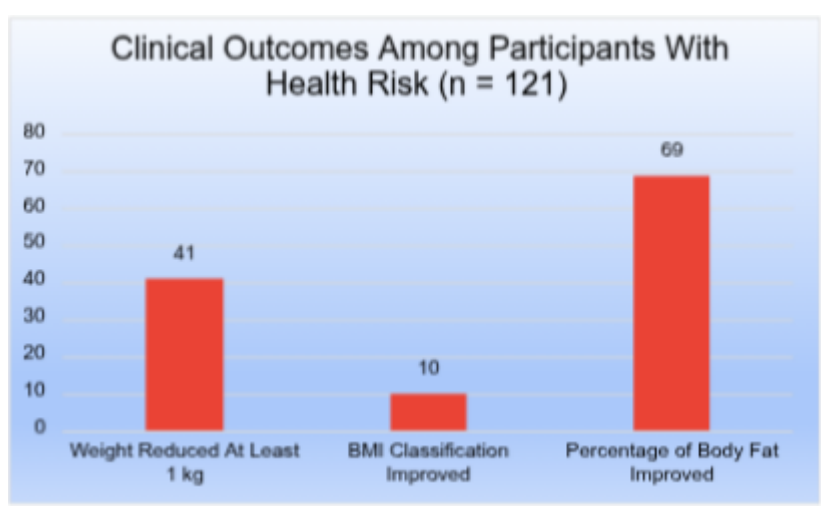


Seremban : Step It Up 2.0 Virtual Challenge
1st August - 31st October 2025

Participants	Stratified to 2 categories : i) Individuals- employees with health risk (n=121) ii) Groups (5 in group)- healthy employees (n=130)
Data Collection	Health Screening Data Body Composition Data Pre & Post Questionnaire Steps Achievement Report
Health Education Activity	Online class - healthy eating, mental health & physical activity
Steps Achievement	BookDoc Final Report
Leader Involvement	MOH, HOD & MOIC as a participant
Recognition	Prizes Achievement Infographic

Result





Discussion and Conclusion

The program effectively transitioned participants away from sedentary lifestyles with a notable decrease in those taking fewer than 5,000 steps daily. Therefore, increasing daily steps can lower risk of major health outcomes such as BMI classification (Ding Ding et al,2025).

This programme suggest the participants were highly motivated by external sources : District Health Officer involvement as participant together with the head of departments and clinic and recognition by achievement infographic (Andrew Brinkley et al, 2017). In addition, small teams are an effective method to motivate participant and reduce the high dropout consistent with previous research - to improve adherence and overall health out-comes. (Khyati Patel et al 2025).

As conclusion, the Seremban Step It Up 2.0 virtual challenge successfully demonstrated that a structured walking program can yield significant health improvements among staff at the Seremban Health District Office. To enhance sustainability, It is recommended, a "maintenance phase" should be implemented with a strengthen programme structure.

Acknowledgement

A special gratitude to Seremban District Health Officer, health clinic co-ordinators, Health Promotion Unit members and individuals for supports and assistance.

References

Ding Ding, Binh Nguyen, Tracy Nau, Mengyun Luo, Borja del Pozo Cruz, Paddy C Dempsey, et al. (2025), Daily steps and health outcomes in adults: a systematic review and dose-response meta-analysis, The Lancet

Khyati Patel et al (2025), Awareness, Attitudes, and Practices of the Exercise Buddy System Among Overweight and Obese Individuals in India: A Cross-Sectional Study, National Journal of Community Medic

Andrew Brinkley,Josie Freeman, Hilary McDermott and Fehmidah Munir , What are the Facilitators and Obstacles to Participation in Workplace Team Sport? A Qualitative Study, 2017, AIMS Public Health