



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

School of
Public Health

SPH SEMINAR SERIES

Stand Up Australia! The building of the BeUpstanding Empire

**A/Prof Genevieve Healy, SPH,
The University of Queensland**

A/Prof Genevieve Healy is a NHMRC Career Development Fellow at the Cancer Prevention Research Centre in the School of Public Health at UQ. She is a behavioural epidemiologist whose work focuses on understanding the benefits of reducing prolonged sitting time in key settings and populations, including the workplace.

The last decade has seen substantial scientific, industry and community interest in the impact of too much sitting, and workplaces are now clamoring for (cost)-effective tools to address this emergent work health and safety issue. In 2018, the BeUpstanding Champion Toolkit will be launched as a free online resource. This Toolkit is designed to support workplaces to stand up, sit less and move more for a happier, healthier workforce. This presentation will discuss the evidence and industry/government partnerships that informed the development of the Toolkit, as well as showcase findings from the pilot. The next steps in the BeUpstanding research program will also be discussed.

Date: Tuesday 22nd August
Time: 1-2pm
Room: 113
Location: Public Health Building, Herston

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