

**“It's not an obvious issue is it?” Office-based employees' perceptions of prolonged sitting at work: a qualitative study**

FLINT, Stuart, CRANK, Helen <<http://orcid.org/0000-0001-6086-049X>>, TEW, Garry and TILL, Simon

Available from Sheffield Hallam University Research Archive (SHURA) at:

<http://shura.shu.ac.uk/16499/>

---

This document is the author deposited version. You are advised to consult the publisher's version if you wish to cite from it.

**Published version**

FLINT, Stuart, CRANK, Helen, TEW, Garry and TILL, Simon (2017). “It's not an obvious issue is it?” Office-based employees' perceptions of prolonged sitting at work: a qualitative study. *Journal of Occupational and Environmental Medicine*, 59 (12), 1161-1165.

---

**Copyright and re-use policy**

See <http://shura.shu.ac.uk/information.html>

## **Clinical Significance**

The lack of understanding amongst office workers and managers holds clinical significance in terms of the likely health impact of prolonged sitting time at work. Furthermore, the corporate and organisational culture was a powerful moderator of employee's willingness to adopt healthier behaviours at work and thus, may increase health risks.