

Title of Intervention and Website: Point-of-Decision Prompt to Deter Sedentary Behavior

Intervention Strategies: Campaigns and Promotions

Purpose of the Intervention: To deter sedentary activity through the use of a point-of-decision prompt

Population: University students and faculty

Setting: University library; school-based

Partners: None mentioned

Intervention Description:

- Campaigns and Promotions: The intervention used a sign placed near the elevator at eye level stating: "Elevator for physically challenged and staff use only, others use the stairs please."

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: not mentioned
- Training: training observers on determining sex, age and activity
- Technology: not mentioned
- Space: inconspicuous space to observe elevator and stair use
- Budget: not mentioned
- Intervention: 8" by 8" sign that read "Elevator for physically challenged and staff use only, others use stairs please."
- Evaluation: trained observers

Evaluation:

- Design: observational
- Methods and Measures: observation of stair and elevator use at baseline and during the intervention: age, sex, activity choice, day of week, time of day

Outcomes:

- Short term Impact: significant effect overall, moderated by day of week, sex, and age; the intervention increased activity Monday through Thursday but not Friday in men, and in individuals younger than 30 years old.
- Long Term Impact: not measured

Maintenance: Not mentioned

Lessons Learned: Several other studies found increases in behavior after a sign was posted near the elevator. Individual barriers were heavy backpacks, stacks of books, small children

Citation(s):

Russell, W. D., D. A. Dzewaltowski, et al. (1999). "The effectiveness of a point-of-decision prompt in deterring sedentary behavior." *Am J Health Promot* 13(5): 257-9, ii.