

Move-It 動起來: Digital worksite exercise in China - outcome and process evaluation

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Introduction: Developing strategies to promote exercise is a major health priority in China. Integrating exercise within the working day may benefit employee health, although workplace interventions are less commonplace in China. We evaluate the outcomes and processes of a video and web-based worksite exercise intervention for sedentary office workers in China.

Methods: Participants were recruited from an insurance information technology service organisation with sites in two major cities in China. A theoretically informed digital workplace intervention (Move-It 動起) involving a 10-minute Qigong exercise session (video demonstration via website) was delivered twice a day at set break times during the working day for 12 consecutive weeks. The outcome study was a non-randomised wait-list control trial with outcomes assessed in two groups (intervention, n = 143; wait-list control, n = 73). Process evaluation was conducted using the RE-AIM framework: reach, effectiveness, adoption, implementation and maintenance. Data from employee exercise logs, six focus groups with employees and managers, and analysis of documents including employee profiles and promotional materials were examined.

Results: Employees' physical activity increased from baseline to post-intervention in both the intervention and control group, though the magnitude of change failed to reach statistical significance. There were no changes in job performance or weekday sitting hours. Process evaluation showed that the intervention had wide reach and was successfully marketed to all employees with good uptake. The participatory approach increased perceived organisational support and enhanced adoption. The intervention was implemented broadly as planned, with employee enthusiasm for long-term maintenance but no concrete plans in place at study sites.

Discussion: Qigong worksite exercise intervention can be successfully delivered to sedentary office workers in China using video and web-based platforms and may increase physical activity although further outcome trials are required. The study highlights the complexity of conducting health research in real-world organisational settings.