



Invitation to PhD defence
Charlotte Lund Rasmussen

**Does physically demanding work hinder an active leisure time
among low socioeconomic position adults?**

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Zoom link <https://ucph-ku.zoom.us/j/65202773578>

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SUMMARY

Low socioeconomic position (SEP) adults are primarily sedentary during leisure time. This could be due to physically demanding work, being highly prevalent in this group of adults. Specifically, high levels of physical work demands can strain the musculoskeletal and cardiovascular system, consequently fatiguing the workers and thus constitute a barrier for an active leisure time. Nevertheless, the relationship between work and leisure time physical behaviours is unclear as existing studies show mixed results. Accordingly, the overall aim of my PhD project was to investigate if physically demanding work hinders an active leisure time among low SEP adults.

This PhD project consisted of three cross-sectional studies based on baseline data from the DPhacto and NOMAD cohorts, which included data from 1,207 blue-collar workers from 22 Danish workplaces. Accelerometers and heart rate monitors were used to measure physical behaviours and relative aerobic workload at work and leisure time physical behaviours.

The findings of my PhD project indicate that work time spent standing might hinder an active leisure time among low SEP adults. Additionally, high relative aerobic workload could be a barrier for low SEP women to be physically active during leisure time. I found no association between high relative aerobic workload and leisure time physical behaviours among men as well as a positive association between active work and leisure time. These findings suggest that not all work physical behaviours necessarily prevent low SEP adults from having an active leisure time.

Overall, the findings from my PhD project support the value of considering physical work demands when planning strategies aiming to increase leisure time physical activities among low SEP adults.