

Stand and Deliver: The Use of Standing Desks in Schools for Health Promotion

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With the health issues that have recently been reported in adult journals regarding the negative impact on health of sitting all day at a desk, there has been an uptick in offices and business converting to standing desks for their staff. But what about schools? Is there health benefit in using standing desks for students in the classroom compared to the usual desk you sit at?

Minges et al. ([10.1542/peds.2015-3087](#)) share with us a systematic review looking at whether use of a standing desk reduced sitting time and at the same time increased physical activity, energy expenditure, and even classroom behavior. Eight studies meet search criteria for this systematic review but half had non-randomized designs and were considered pilot or feasibility studies. Despite this there may be some benefit to be gleaned from moving from sitting to standing desks—but your homework assignment is to read this review and form your own opinion. Are you aware of a classroom in your community using standing desks?

Do teachers and students find them to be as beneficial as some of the studies used in this review? Share your input on this new development in the classroom environment by posting a response to this blog, sending us a comment via our Gateway website or sharing your thoughts on our Facebook or Twitter pages.

Further Reading

- [Desks that allow kids to stand in school could help reduce obesity](#)
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