

# Point of decision prompts and signposting footprints improve stair use in a UK city centre office – summary findings



## Methods

Upward and downward stair and lift journeys were compared before and after the introduction of a multicomponent intervention consisting of point-of-decision prompts (PODPs) and signposting footprints at a city centre office in Northern Ireland. Stair and lift use were measured over a working day prior to the intervention and repeated under identical circumstances four weeks and six months post-intervention. A staff member directly observed elevator and stair use in the ground floor lobby out of direct sight of those entering and leaving the elevators. Those people who used walking or mobility aids (eg crutches) and those transporting large or heavy cargo (eg food and drink trolleys, toilet or stationery supplies, large suitcases) were excluded. Data were recorded in 10 minute blocks using a standard baseline monitoring form template.

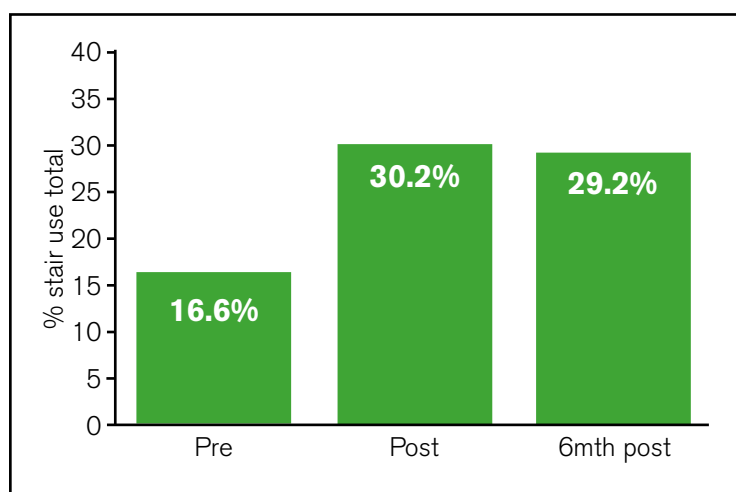
## Results

The proportion of journeys taken using the stairs and the lift pre-intervention and post-intervention for upward, downward and total journeys are shown below in Table 1 and Figure 1. Compared to baseline, there were significant increases in upward stair journeys; downward stair journeys; and total stair journeys ( $p < 0.0001$ ).

**Table 1. Upward, downward and total journeys made by stairs pre and four weeks and six months post-intervention.**

	Pre	4 week post	6 months post
<b>Upward journeys % Stair use (upward journeys)</b>	14.5%	26.3%	22.6%
<b>Downward journeys % Stair use (upward journeys)</b>	18.8%	34.7%	36.0%
<b>Total journeys % Stair use (total journeys)</b>	16.6%	30.2%	29.2%

**Figure 1. Proportion of journeys taken using the stairs pre and four weeks and six months post-intervention.**



## Conclusions

Using motivational point-of-decision prompts with signposting footprints was associated with substantial increases in stair-use in this study. This simple, inexpensive intervention has potential for wider use in other workplaces.