

Healthy on-line conferences in 10 lines

Following the success of our Healthy meetings scorecard <https://www.cancerpreventionscotland.org.uk/healthy-meetings/> we thought it was time to think hard about online conferences and how we can support healthy actions in our home workspaces. The ten examples listed below are examples of good practice that can be built into conferences that **organisers** can encourage and attendees can enjoy.

Please feel free to ask your conference organisers to facilitate and support healthy actions with the following suggestions. Look forward to seeing prompts in conference “apps”, slide reminders and clear guidance within meeting programmes

Experience tells us that it is good to **prepare for a whole day** at a conference - clear our diaries, make sure our out of office messages are on (so there is no obligation to reply to emails) and plan to make the most of our day, with an eye on keeping it as healthy as possible

On the day:		Yes	No
1	Promote active “travel” to the conference → Start the day feeling energised with a 15-minute brisk walk round the garden/street/stairs.	<input type="checkbox"/>	<input type="checkbox"/>
2	Use reminders about keeping hydrated → Have a large glass of water at hand, as the conference kicks off. Why not add some slices of lemon, ice or peppermint leaves for extra refreshment?	<input type="checkbox"/>	<input type="checkbox"/>
3	Suggest opting for different (sugar free) drinks → Try a new type of hot drink (a new coffee blend, fruit or herbal teas, green tea) to mark this conference day from usual home working.	<input type="checkbox"/>	<input type="checkbox"/>
4	Promote ways to reduce sedentary time → Avoid sitting all day and build in some standing time during presentations. Try elevating your laptop – even the ironing board can be useful!	<input type="checkbox"/>	<input type="checkbox"/>
5	Promote ways to increase activity → Turn off your video, mute your audio and ‘Dance like nobody’s watching!’, or partake in some #kettlecises or stretches for 5 whole minutes. https://www.cancerpreventionscotland.org.uk/resources/kettlecise/	<input type="checkbox"/>	<input type="checkbox"/>
6	Suggest fruit-based snack → A fruit bowl goes a long way to stave off hunger, try opting for seasonal fruit	<input type="checkbox"/>	<input type="checkbox"/>
7	Make time for a healthy lunch → Enjoy lunch away from your desk (don’t be tempted by the emails!)	<input type="checkbox"/>	<input type="checkbox"/>
8	Provide reminders to eat vegetables at lunch → any way and any form but make it a good size portion!	<input type="checkbox"/>	<input type="checkbox"/>
9	Suggest keeping an eye on high calorie desserts or snacks → keep the portions wee!	<input type="checkbox"/>	<input type="checkbox"/>
10	Promote “active travel” at the end of the day back → a 15 minute power walk to help unwind before starting your evening leisure time.	<input type="checkbox"/>	<input type="checkbox"/>
Score			

And..... Don’t forget to open a window (even just a little bit) to make sure you have some fresh air circulating in your working space

For further information or feedback please contact scpn@cancerpreventionscotland.org.uk