

IMPROVING HEALTH of a 62-Year-Old Woman with Type 1 Diabetes

In this case, the individual was not only “provided” a sit-stand workstation, but was educated, reminded and given performance feedback via StanData’s free technology throughout the period discussed post installation.

A 62-year-old female administrative manager (whom we’ll refer to as Beth) was diagnosed with Type 1 Diabetes in March of 2016. A1c levels were maintained between 12 -13 (normal is less than 6) for 21 months with insulin and dietary modifications. Brain fog, poor sleep, and listlessness were daily issues. She was provided with a sit-stand workstation on her first day of employment two years prior but used it only on rare occasion.

In December of 2018, Beth began using her sit-stand workstation as part of a Pilot Program after it was integrated with StanData’s software. Beth selected an alternating pattern of 30 minutes of standing, followed by 30 minutes sitting when in her office recommended by the software. She started her workday standing after her 45-minute commute and averaged about 8 desk transitions per day via 30-minute reminders. Both transition metrics and reminders were provided by the software.

In March of 2019 her follow up A1c test was 10.2, a nearly 20% reduction in blood glucose levels. **A 2nd test was administered by her healthcare provider to confirm the results.** In July of 2019, the A1c was down again to 9.1. Her APRN was astounded by the results and simply said “Keep doing whatever you are doing!”

While the Pilot Program has been completed, Beth continues to use her sit-stand regularly with StanData’s free technology. Her energy levels have increased, allowing her to walk more and maintain her home. Her brain fog has significantly reduced, and her sleep patterns have also improved as a result of her increased activity. She is now taking less insulin per day, and only requires testing 4X per day versus the previous amount of 7X. She has also lost about 10 pounds (about 7% of her bodyweight over the course of the 8 months she has been using her sit stand workstation.

The power of frequent postural transition is real and has been documented by many in books and journal articles. Encouraging proper use of sit-stand workstations through reminders and education can have significant effects on wellness — particularly for those individuals who would be considered “at-risk” employees.

This is a factual case, but of course, results may vary for every individual, and these are not intended to represent medical claims.

While this case study is anecdotal, a “positive impact on overall health” is self-reported as an effect by about 60% of surveyed employees using sit-stand workstations powered by StanData’s technology.

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