

Project Name

Standing for Health

Individual or Group

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Project Plan

Day after day, GSD students spend many sedentary hours hunched at their desks, toiling away at their computers and models. We know that such periods of prolonged sitting can lead to health issues like back and hip pain, and standing desks are one way of mitigating the poor health effects of sitting.¹² While standing desks are not the panacea many make them out to be (you won't burn off that hamburger at lunch just by standing all afternoon), they should be part of a holistic approach to creating a healthy working environment.

To that end, I propose adding freely accessible, shared standing desk options throughout the Gund trays, Loeb Library, and 485 Broadway, working with Building Services to identify strategic, code appropriate locations. Use of the desks will be governed by community norms and values, not by a regimented sign-up system. Signage on or near the desks will set the expectation that users rotate to ensure more people can take advantage of them. A few months in, a brief survey will be deployed to determine if the current location of the desks is working, or if new locations should be considered.

Core Values

This project seeks to increase health equity by making standing desk options available to all students -- not just those with assigned desks in Gund or 485 Broadway and the technical/financial resources to create/procure their own. A secondary goal of the project is to increase feelings of belonging in GSD spaces for those students who are not enrolled in studio by creating additional working locations for them in GSD buildings. The desks purchased will be adjustable in height to ensure the new workstations are handicap accessible and useful for users of all heights.

Impact and Longevity

In light of the planned renovation of Gund, utilization of a number of standing desks throughout GSD spaces would provide an opportunity to study whether such options should be made available for all workstations in the trays and 485 Broadway with the space updates.

Budget Table

Budget is based on preliminary research of reasonably-priced, electrically-adjusted consumer options. More affordable wholesale options may be available through Harvard procurement.

<i>Line Item</i>	<i>Unit Cost</i>	<i>Quantity</i>	<i>Total</i>
Motionwise 24" x 48" Electric Height Adjustable Desk	\$360	10	\$3,600
Total			\$3,600

¹ <https://www.menshealth.com/fitness/a25359834/standing-desk-benefits-truth/>

² <https://www.health.harvard.edu/blog/the-truth-behind-standing-desks-2016092310264>