2022년 대한임상건강증진학회

추계학술대회

텔레워크 확산에 따른 건강과 신체활동 변화

황문현 (인천대학교)

대한임상건강증진학회
Korean Society for Health Promotion and Disease Prevention

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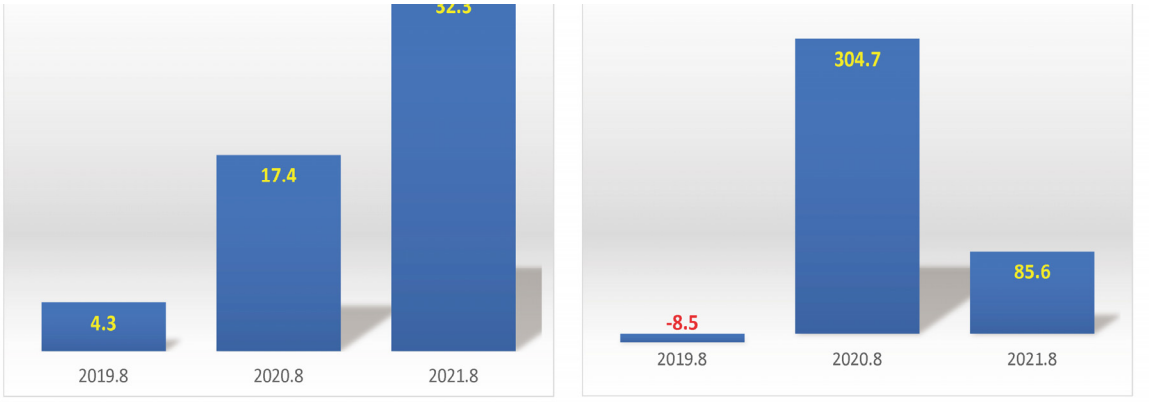
What is teleworking? – WHO definition

Telework (remote work or e-work) is defined as the use of information and communications technology (ICT) – such as desktop computers, laptops, tablets and smartphones – for work that is performed outside the employer's premises

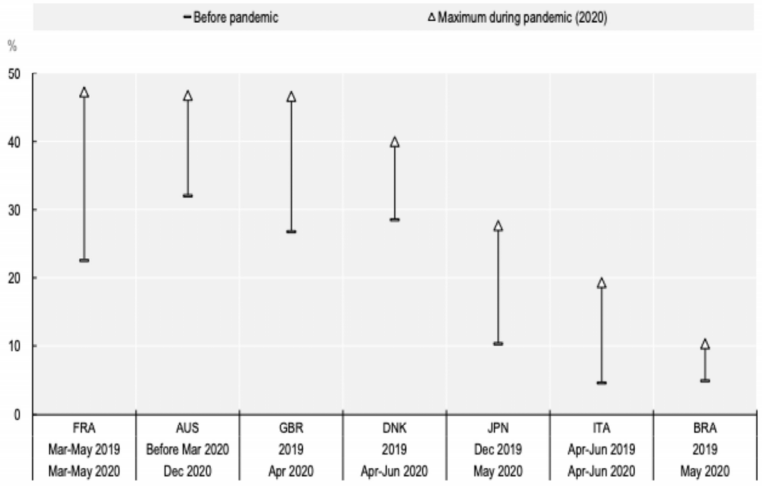


통계청, 2021

Work Environment Transition to Telework during COVID-19 Pandemic: OECD, 2021

Figure 2. Increase in teleworking during the COVID-19 pandemic as reported by individuals

Percentage of employed persons or employees



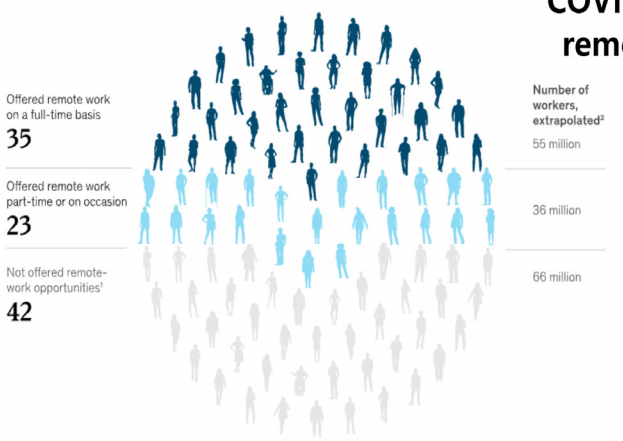
Source: OECD based on Australian Bureau of Statistics (2020[13]), *Household Impacts of COVID-19 Survey, December 2020*,

Work Environment Transition to Telework during COVID-19 Pandemic: US, 2022

현재 미국의 근로자 중 58%가 remote-work이 가능한 상태

Of job holders in the United States, 58 percent—the equivalent of 92 million people—say they can work remotely at least part of the time.

Availability of remote-work options, % of employed respondents (n = 13,896)[1]



Note: Figures may not sum, because of rounding.
[1]Includes respondents who answered "I don't know" (1%).
[2]Of 158,105,000 employed people; US Bureau of Labor Statistics, Apr 2022.
Source: McKinsey American Opportunity Survey Spring 2022

2019년과 비교하여 COVID-19 Pandemic 동안 remote-work이 최대 10배까지 증가

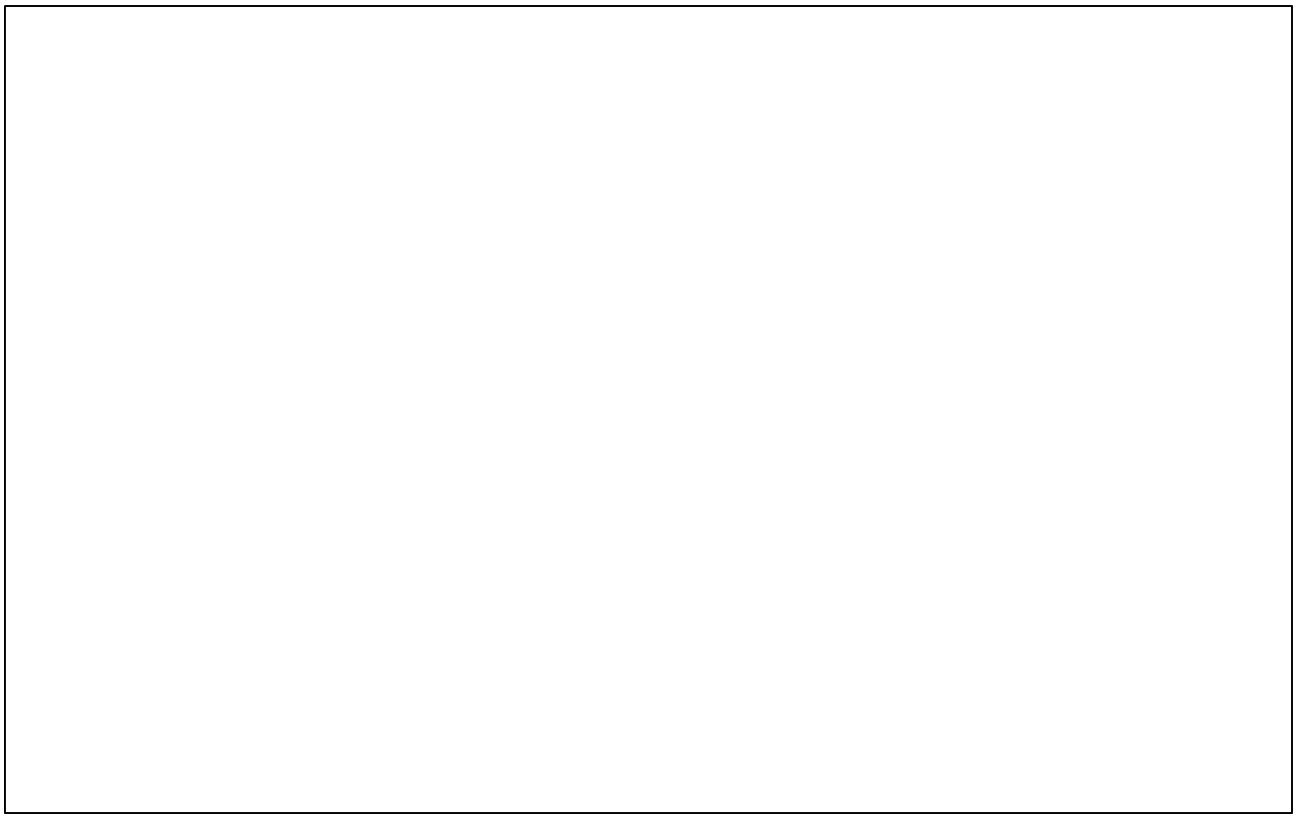
McKinsey & Company, 2022

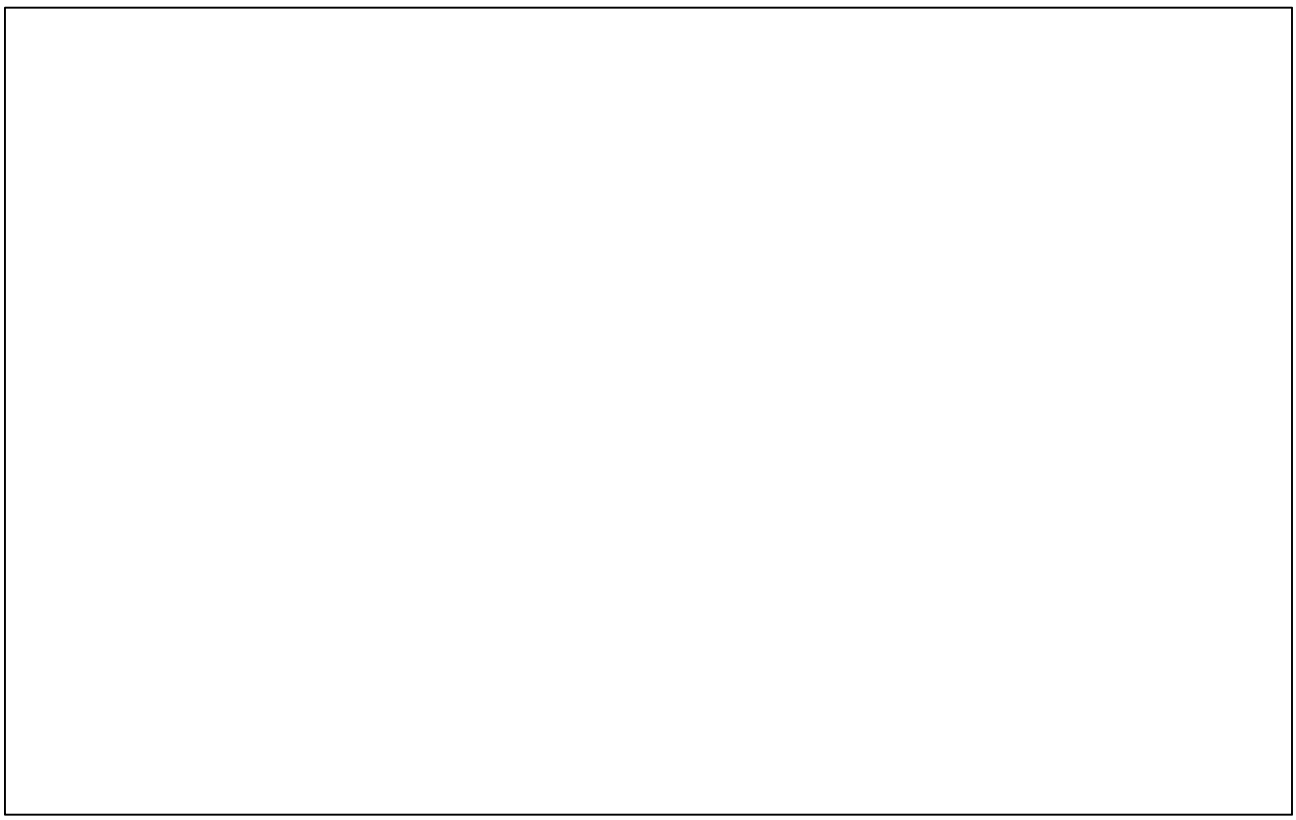
Work Environment Transition to Telework during COVID-19 Pandemic: WHO & ILO, 2021

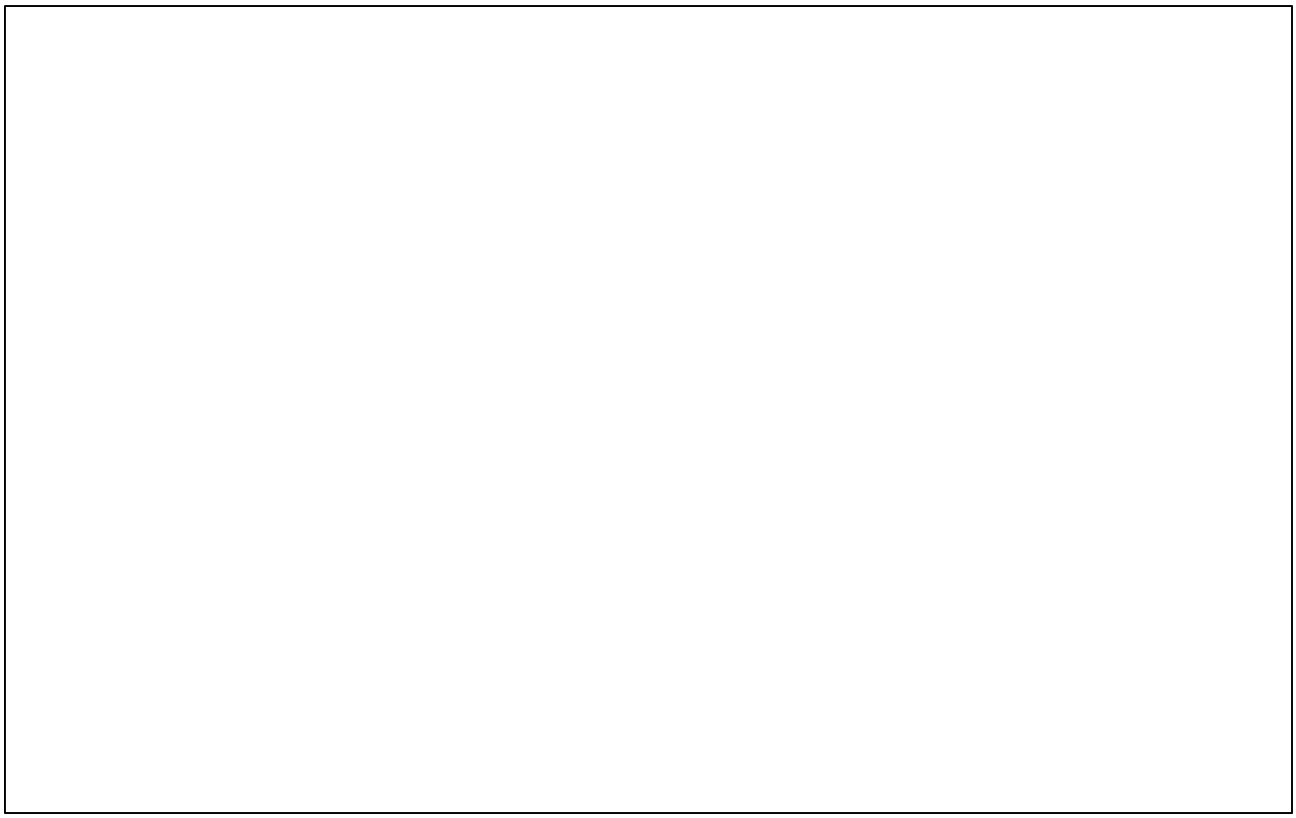
❑ Europe

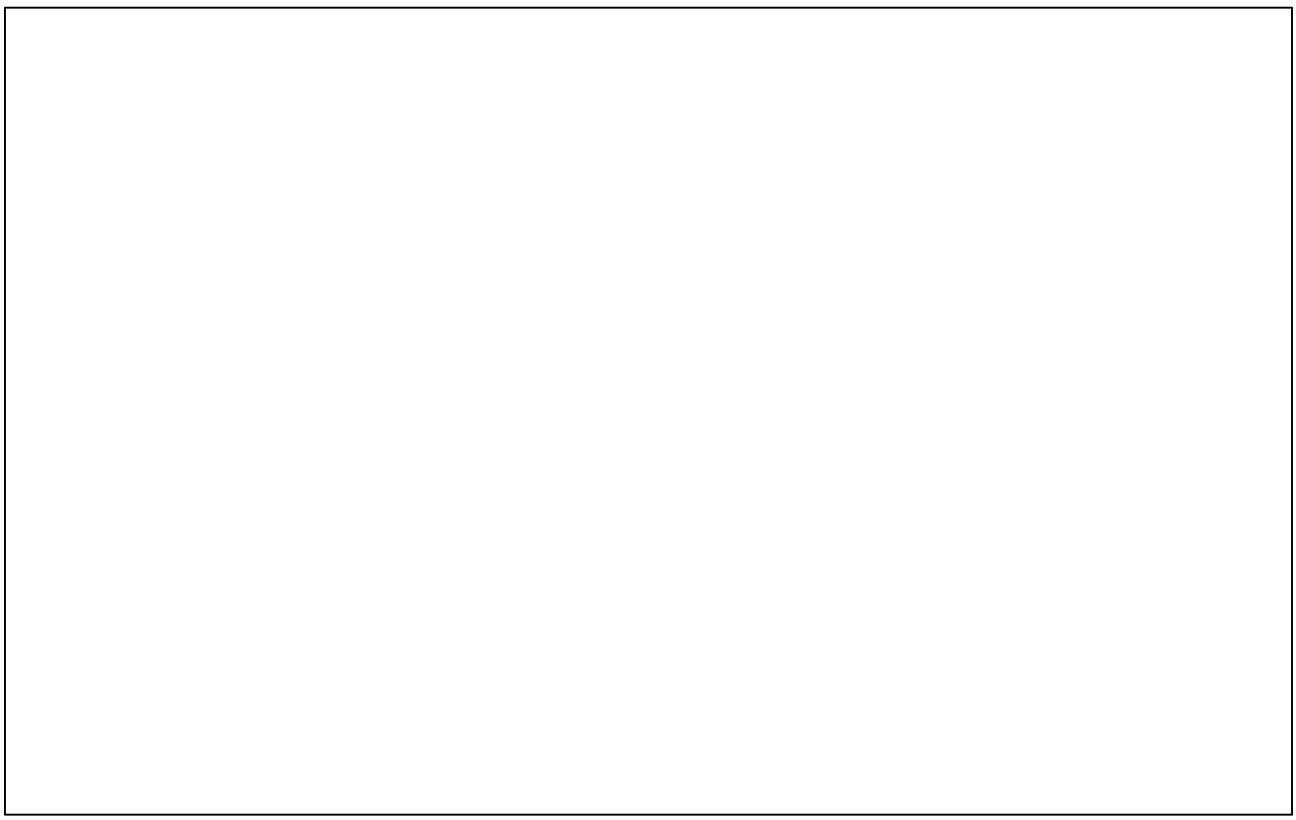
❑ Downside (Health Problems)

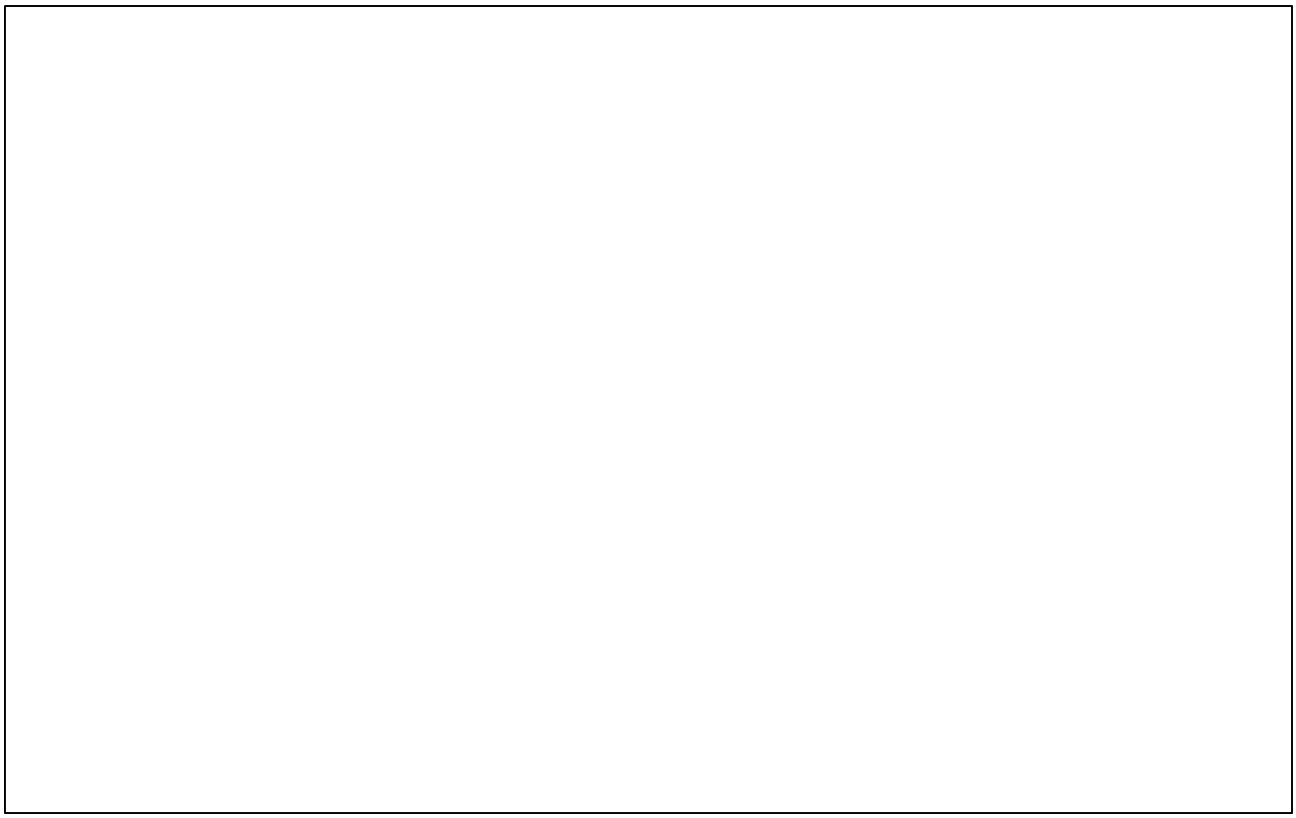
- ❑ Feeling of isolation, burnout, depression
- ❑ Eye strain, increased alcohol consumption
- ❑ Unhealthy weight gain

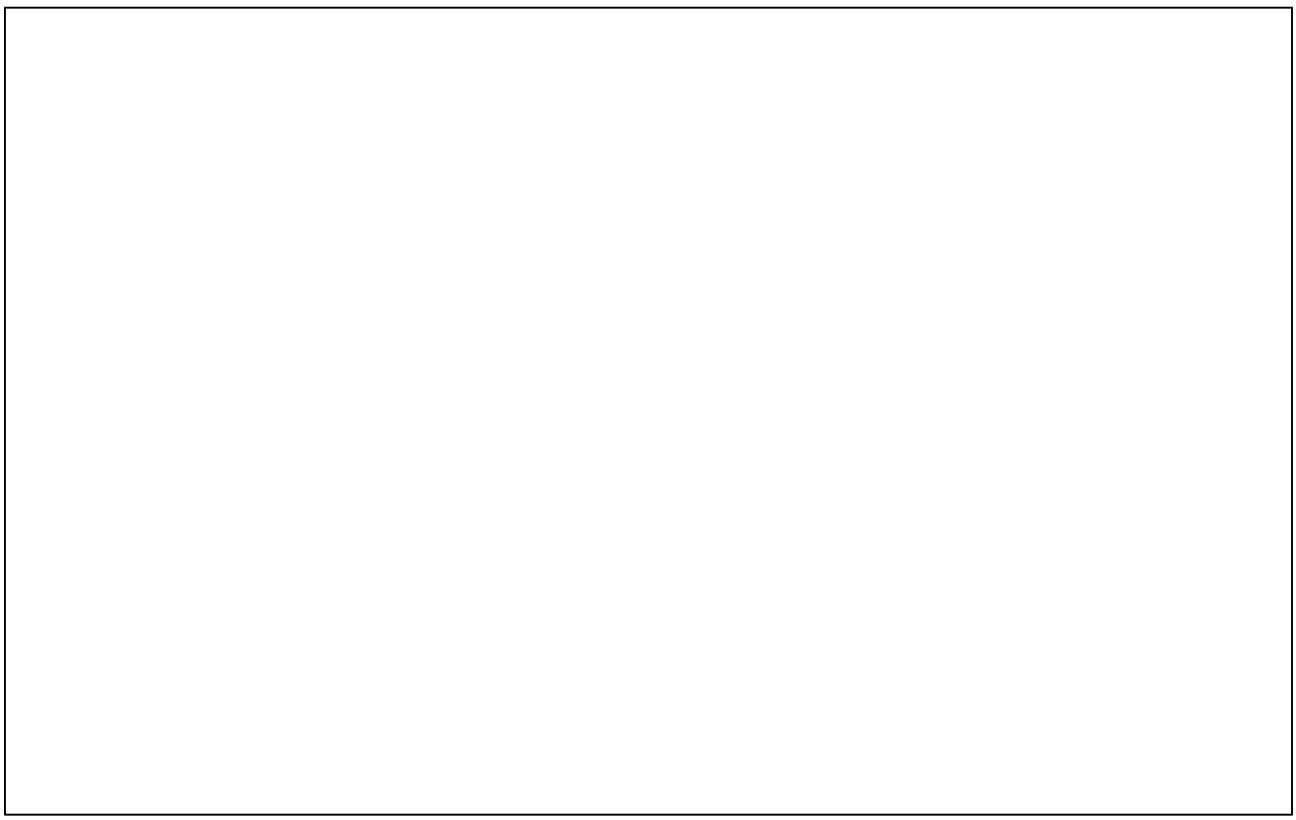


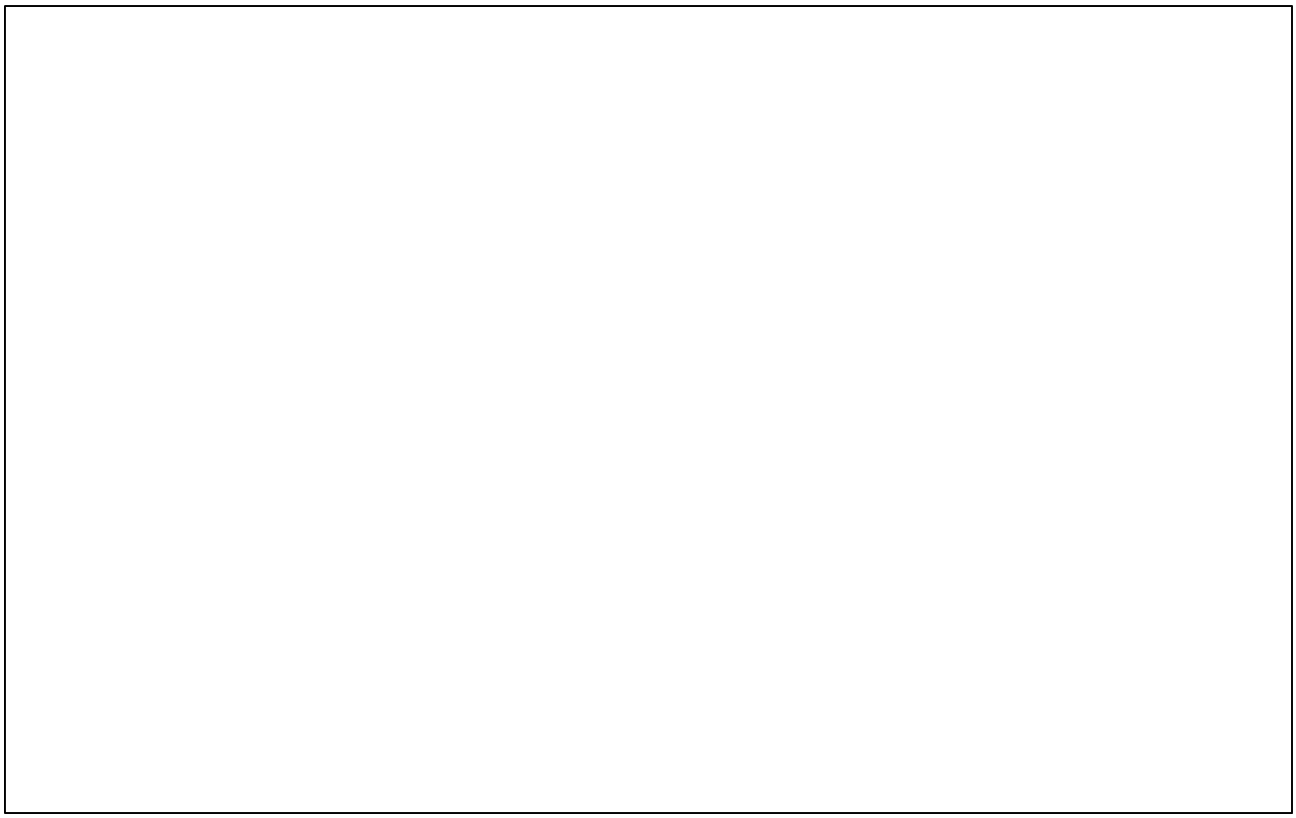


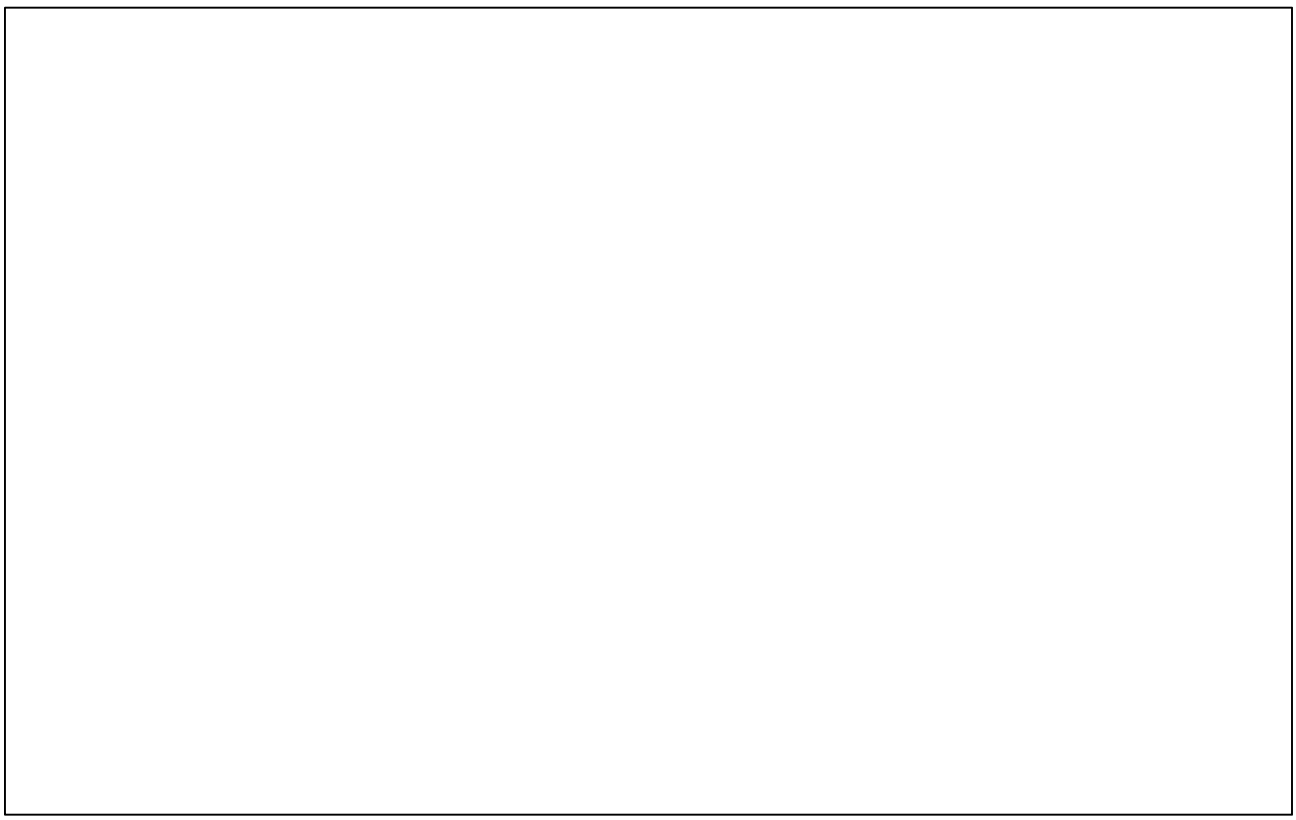


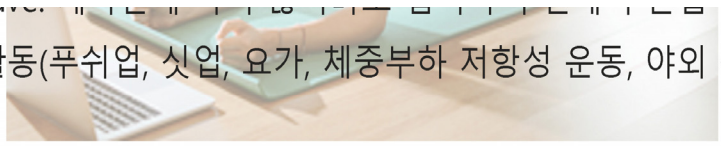










❑ Schedule daily exercise: 규칙적인 운동을 루틴화(daily planner 활용)

❑ Use what you have: 내가 가진 것을 활용하는 습관을 가질 수 있는 다양한 신체활동(푸쉬업, 싯업, 요가, 체중부하 저항성 운동, 야외 걷기나 조깅 등)을 실천하기