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Note from Corneel

Welcome to our post-conference newsletter! I'm not sure about you, but here in our SIG we needed a bit of time to recuperate and decompress from all the activity going on prior and at the conference. It was a pretty busy program, but it was exhilarating, and importantly, our e- & mHealth activity was very well received. Thank you for all those that participated, it was great to have you there.

So in this newsletter we finally also get to announce who are the first winners of our SIG poster and presentation awards. For this all e- & mHealth related abstracts were first identified (thank you Camille!) and then scored by 2 SIG officers. This informed the creation of a shortlist of 5 posters and 5 presentations which were attended in Edinburgh and scored again by 2 SIG officers. While there is always a degree of subjectivity with these things we did our best to do this as thoroughly as we could and are very happy to congratulate Jocelyn Kernot and Joanna Gordon with their outstanding performance!

Make sure to read our brief reports on SIG related activities during the conference, thank you Melanie and Andre for your contributions. Special thanks also for Nicole Nathan who was the driving force behind this newsletter.



Regards, Corneel.
Associate Professor
Corneel Vandelanotte
e- & mHealth SIG Founder & Chair

CONGRATULATIONS TO OUR AWARD WINNERS!

In our last email we listed the presentations which were short-listed for best e-& mHealth presentation awards.

Based on the content and the quality of the research presented the winners of Best Oral Presentation and Best Poster Presentation were evaluated by two SIG members during the conference. Our congratulations to;

Jocelyn Kernot - Best Oral Presentation.

for

“The Mums Step it Up Program - a social networking physical activity intervention for post-partum women delivered via a Facebook application”

and

Joanna Gordon - Best Poster Presentation

for

“A systematic review of literature relating to the use of mobile messaging in the promotion of physical activity in healthy adults.”

e- & mHealth SIG meeting summary

The first ISBNPA e- & mHealth SIG meeting was held on Thursday June 4th during the Edinburg Annual Meeting with more than 60 attendees. After a brief update of SIG progress over the past year, and introductions of the SIG Officers and their roles, a brainstorming session related to the future of e- & mHealth in behavioral nutrition and physical activity research was facilitated.



In groups of 6-8, attendees discussed barriers and opportunities in e- & mHealth research, and how to advance the science of ‘behavioral’ e- & mHealth. A lively discussion ensued. Barriers included a perceived duplication of research efforts, e.g., multiple researchers pursuing identical approaches with no knowledge of the other or sharing of resources and knowledge. Similarly, many attendees stated there were inadequate numbers of pilot studies making it to the expanded/scaled up phase or the dissemination phase, in part, because funding mechanisms are not agile enough to keep pace with rapidly changing technologies. Further barriers to advancing e- & mHealth science include the different (and sometimes opposing) goals of academe and industry, and a general uncertainty about ‘what works’ with regard to

intervention approaches and incentivizing participants.

Opportunities identified for e- & mHealth research:

- Flexibility of e- & mHealth tools make them ideal for use in recruitment, measurement, and intervention activities.
- Significant training opportunities for students to be involved in developing tools and delivering interventions – particularly those students from different disciplines such as computer science, engineering, and behavioral science; an added benefit are potential cost reductions for the investigator when student talents are applied to program development.
- Expand funding to include non-traditional sources such as foundations or businesses. Tailoring of interventions might be achieved more readily and quickly with e- & mHealth approaches compared to the traditional ‘face-to-face’ intervention.
- Establishing partner agreements with industry to acquire and analyze data collected from software applications used in ‘free living’ conditions.
- Building a software platform that worked across multiple intervention projects could be very cost effective.
- Unique study designs might lend themselves to e- & mHealth projects, including within-person and natural experiment designs to determine efficacy and effectiveness of the approach.

Two ideas in which the SIG group could move forward together were 1) providing education and training opportunities for behavioral researchers who have limited expertise and knowledge regarding the more technical aspects of e- & mHealth projects (e.g., building apps and how they function), and 2) building and/or collectively managing a e- & mHealth repository containing shared tools and codes – this could stretch across the ISBNPA SIG.

After this discussion, the Chair asked members for feedback regarding SIG activities to date – in particular, email communications, poster awards, and the newsletter.

There was a call for SIG officers and new members and any suggestions for new activities and other improvements.

Melanie Hingle

Thanks for making our 2015 workshop, **Building a Successful Mobile Health Research Project: Tools, Approaches and Trans-disciplinary Collaborations**, an international success in Edinburgh!

Thirty-five attendees from 30 institutions, hailing from 12 countries participated in the one-day workshop sponsored by ISBNPA's e- & mHealth SIG. Guided by leaders in engineering, medicine, and behavioral nutrition and physical activity, attendees learned how to select appropriate eHealth/mHealth technologies and methods, and integrate them with diet and physical activity assessment and intervention activities within the context of a common case study.



The workshop format included a mix of brief didactic presentations from international experts in

eHealth/mHealth combined with mentored practical application sessions where attendees worked in teams to design a mHealth “solution” to the case study problem, and by doing so, built a eHealth/mHealth project from conception to evaluation. Frequent “report-backs” by the teams to the larger group allowed for lively discourse and sharing of ideas among attendees.



The workshop ended with an hour-long panel discussion, consisting of workshop faculty and other national and international leaders in eHealth/mHealth research in behavioral nutrition and physical activity. The informal discussion provided attendees with the opportunity to “ask the experts” for input about issues in eHealth/mHealth science, incorporating mobile technologies and approaches within a broader program of research, and fostering trans-disciplinary teams and team science. Special Thanks to ISBNPA Antonia Palmeira and Fiona McGillivray for logistical support, and to our workshop leaders and faculty - Heather Patrick, Melanie Hingle, Donna Spruijt-Metz.

Andre Muller

CONFERENCE SUMMARY (ISBNPA 2015)

While the typical Scottish weather during the 2015 edition of the ISBNPA meeting in Edinburgh was expectedly uncomfortable (for most at least), researchers working in the field of e- & mHealth were provided with a lot to feel good about. There were 117 e- & mHealth contributions (56 oral presentations and 61 posters), plus three workshops and of course our SIG meeting. That means, theoretically, the interested e- & mHealth conference goer could have consumed about 36.7 hours or 1.5 days of behavioural e- & mHealth. And of course, there were plenty of options to connect to the approximately 200 e- & mHealth scholars who have come from near and far to share their work. However, not only the sheer number of hours and scholarly expertise was astonishing, but also the breadth and diversity of the e- & mHealth research and practice presented gave us all a glimpse of what is possible. If you were looking for traditional SMS trials in developing countries, or if you were interested in how videogames might make our youth more active, or if you have been wondering if we can use technology in older adults, or maybe you have been desperately curious about the impact of Apps on dietary behaviours the conference presenters provided you with some answers and food for thought.

Edinburgh had a lot to offer for those interested in of e- & mHealth for physical activity and healthy eating, and since the field is developing rapidly we can be excited about what might wait for us next year when we hopefully meet again in Cape Town, South Africa.

Andre Muller

HIGHLIGHTED PUBLICATIONS

Maher C, Ferguson M, Vandelanotte C, Plotnikoff R, De Bourdeaudhuij I, Thomas S, Nelson-Field K, Olds T (2015). **A web-based social networking physical activity intervention for inactive adults delivered via a Facebook application: a randomized controlled trial.** Journal of Medical Internet Research, 2015 17(7): e174.

Yoong S, Williams CM, Finch M, Wyse R, Jones J, Freund M, Wiggers JH, Nathan N, Dodds P, Wolfenden L. **Childcare service centers' preferences and intentions to use a web-based program to implement healthy eating and physical activity policies and practices: a cross-sectional study.** J Med Internet Res 2015; Apr 30;17(5):e108. doi: 10.2196/jmir.3639.

Fjeldsoe B, Miller Y, Graves N, Barnett A, Marshall A. **Randomized Controlled Trial of an Improved Version of MobileMums, an Intervention for Increasing Physical Activity in Women with Young Children.** Annals of Behavioral Medicine 2015, Volume 49, Issue 4, pp 487-499.

Lewis ZH, Lyons EJ, Jarvis JM, Baillargeon J. **Using an electronic activity monitor system as an intervention modality: A systematic review.** BMC Public Health. 2015;15: 585

JOURNAL OF DIABETES RESEARCH SPECIAL ISSUE

A special Issue on "mHealth and eHealth for Obesity and Types 2 and 1 Diabetes," will be published in the Journal of Diabetes Research in March 2016. The call for Papers for is at <http://www.hindawi.com/journals/jdr/si/924203/cfp/>

Deadline for submission is October 16, 2015. The Special Issue is open to both original research articles as well as review articles. The most recent Impact Factor for Journal of Diabetes Research is 2.164.

SIG NOTICEBOARD

PhD Scholarships, CQUniversity Australia

Associate Professor Corneel Vandelanotte (NHF Future Leader Fellow) is looking for strong PhD-candidates to focus on e- & mHealth interventions to improve health behaviours (e.g., physical activity, sitting time, diet, weight maintenance/loss) in various population groups (e.g., older adults, cancer survivors, people with depressive symptoms or diabetes, kids). Corneel is looking for intelligent, enthusiastic, and committed - candidates with a strong work ethic. You will need a love for improving public health and innovative delivery methods to help people live healthier lives. We have created a competitive package for you:

- A guaranteed Research Training Scheme (RTS) funded spot to pay for your tuition Fees (will save you \$20,000p/a, for Australian applicants only).
- National Heart Foundation (NHF) funded top-up for \$10,000 per year for 3 years.
- \$10,000 research and conference support from CQUniversity.
- Free laptop from CQUniversity.
- Access to state-of-the-art software to create innovative web- and app-based health behaviour change interventions.
- The opportunity to collaborate on world class NHMRC-funded projects.
- One-on-one mentoring and guidance to apply for a scholarship from various sources, for example: NHF, NHMRC, Endeavour, CQUniversity (due date: October 31st).

Be part of a vibrant and collegial research team, we're all here to help each other. Live near the beach in tropical Queensland away from big city traffic hassles. For more information, contact Corneel at: c.vandelanotte@cqu.edu.au or Ph: (07) 4923 2183.

Using Technology to Measure Diet and Physical Activity Conference.



Using Technology to measure diet and physical activity: Tools, Validity and Utility

8.00am	REGISTRATION OPEN Tea and coffee	
8.45am	Introduction	Professor Clare Collins University of Newcastle
9.00am	Terminology, mechanics, and partners for technology-based dietary assessment methods	Professor Carol Boushey, University of Hawaii
9.30am	Nutrition: delivering quality standards and on-line tools for nutrition research	Professor Janet Cade University of Leeds
10.00am	Wearable Devices for Measuring Physical Activity and Sedentary Behaviour: Validity, Advantages & Disadvantages	Professor Stewart Trost Queensland University of Technology
10.30am	Using Technology to Change PA & Sedentary Behaviour	Professor Patty Freedson University of Massachusetts
11.00am	MORNING TEA	
11.30am	Wear 11, See 11, Measure 11, Local 11 wearable multi-component devices to change behaviour	Professor Mingui Sun University of Pittsburgh
12.00pm	Mobile food record - lessons learned on technology glitches and human operator error	Professor Deborah Kerr Curtin University
12.30pm	What Does the Evidence Tell us about using technology for treating & preventing obesity in adults?	Dr Melinda Hutchesson University of Newcastle
12.50pm	Effectiveness of web and mobile phone interventions to help people move more, sleep better and improve eating	Dr Mitch Duncan University of Newcastle
1.10pm	Can feedback from a web-based FFQ change food intake?	Professor Clare Collins
1.30pm	LUNCH	
2.00pm	Supplementing School-Based Health Promotion Interventions with mHealth Technology to Support Behaviour Change	Professor David Lubans University of Newcastle
2.25pm	Incorporating smartphone technology within ATLAS and NEAT school-based health-related fitness programs	Jordan Smith University of Newcastle
2.40pm	Hybrid approaches to measuring food intake using smart phones	Dr Megan Rollo University of Newcastle
2.55pm	Adapting an online 24-hour dietary recall system for use in Australia	Associate Professor Sarah McNaughton Deakin Unik
3.10pm	Using Web-based portion size to improve dietary recall	Assist Professor Sharon Kirkpatrick, University of Waterloo, Canada
3.25pm	New developments in technology applications of ASA24	Professor Amy Subar National Cancer Institute
3.55pm	SUMMARY	
4.00pm	FINISH - Meet the experts: Wine and Cheese	

When: Friday 28th August 2015

Where: Hunter Medical Research Institute (HMRI), Lot 1 Kookaburra Circuit, New Lambton Hts, Newcastle, NSW, Australia

Cost: Registration \$255 per person

(includes bound program handbook, morning tea, lunch; complimentary use of the online Australian Eating Survey with a feedback report valued at \$20. The link to the AES will be emailed prior to the seminar)

Register at www.hmri.com.au/august-event



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