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e & mHealth ISBNPA SIG 2016 - Newsletter 3!

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e- & mHealth SIG

2016 eNewsletter 3

Contents

[e-& mHealth SIG Annual Meeting 2016](#)

[e-& mHealth SIG Best Oral Presentation and Poster Presentation WINNERS](#)

[e-& mHealth SIG 2015 Publication Award WINNER](#)

[SIG member profile - Deborah \(Debbe\) Thompson](#)

[e-& mHealth publication spotlight - special issue](#)

[SIG committee updates](#)

[SIG member notice board](#)



Welcome from
Dr Carol Maher
e-& mHealth SIG Chair

Dear António

Welcome to our post-conference newsletter. The Cape Town annual meeting offered a great opportunity to reconnect with old colleagues, meet new colleagues, and learn about the latest research in our field. I was excited to see how strongly e-& mHealth featured in the conference program, with six dedicated symposia and more than 60 presentations in total. The keynote speaker, Harry Dugmore, offered insights into online social media and eHealth from a health journalist's perspective, and his engaging presentation left the audience wanting more.

At the conference, the e-& mHealth SIG offered two prizes - best oral presentation and best poster presentation. Competition was fierce, and the standard was high, however I'm very pleased to be able to extend my congratulations to the winners, Jonathan Rawstorn and Artur Direito, who each made excellent presentations. The winner of the inaugural Annual best publication award, Gladys Block, was also announced at our SIG's Annual General Meeting at the conference. Please see full details in this newsletter.

The turn out to our SIG's AGM was large, highlighting the rapid growth in our research field, and the appetite of researchers to connect with others in the field. I would like to thank our expert panelists Hans Brug, Ralph Maddison and Rik Crutzen for providing their time, expertise and insights on our discussion topic, '*There are thousands of apps for that already*', as well as Melanie Hingle for her adept MC'ing. The AGM was also the time when we said goodbye to our outgoing chair, Corneel Vandelanotte. Corneel founded the e- & mHealth SIG back in early 2014, and has chaired the committee for the past two and a half years. Under his leadership, the e-& mhealth SIG has achieved great success in a short space of time, growing to over 180 members, creating conference awards to recognise the outstanding work occurring in our field, producing regular newsletters, a social media presence, our inaugural SIG webinar, and a publication co-authored by the committee members. It has been a pleasure being Corneel's co-chair during the formative period, and I hope that as chair I can build on Corneel's vision for the SIG.

Looking to the future, I'm excited to welcome Camille Short into the co-chair role. Congratulations to committee members Melinda Hutchinson on the birth of her daughter and newly-wed Andre Muller. I would like to thank the committee for their hard work making our SIG's activities at the conference such as success, as well as the communication team's dedication to bringing you regular social media content and newsletters.

I hope you enjoy our newsletter. Please let us know if you have any activities to highlight, and be sure to follow the latest happenings on Facebook and Twitter. Also, keep an eye out for our next webinar, coming later this year (details coming soon!).

e- & mHealth SIG Annual Meeting

'There are thousands of apps for that already'

Thank to all those that came to our SIG annual meeting at ISBNPA this year. The turn out was great!



We had a lively discussion about the future of apps and apps of the future. Thanks to our panel mem ***Johannes Brug, Professor Ralph Maddison, Dr Rik Crutzen and Dr Carol Maher*** for making it fu lots to think about. There was discussion of chat bots, making apps more enjoyable, using apps as stand-alone interventions, the pros and cons of using existing apps, and how useful technology (including a quip about how getting rid of apps, and all other technology, is probably a better techn people become more active!). As soon as Prof Brug opened the session with ***'There are thousand: not for that'*** I knew it was going to be good.

A very big thank you to ***A/Professor Melanie Hingle*** for organising and chairing the session too.

e- & mHealth SIG Best Oral Presentation and Poster Presentation WINNERS

There were over **60** e-&mHealth presentations at ISBNPA this year (yes, we counted them). The work presented was magnificent.

To select the winners of the SIG best presentation awards we had two SIG committee members att short-listed presentations (5 orals, 5 posters) and score them based on both quality of content

presentation style.

It is our pleasure to announce....

THE WINNER OF THE BEST ORAL PRESENTATION GOES TO:

Jonathan Rawstorn

University of Auckland, Auckland, New Zealand

for "Real-time remotely monitored exercise-based cardiac rehabilitation could augment traditional programmes: results from a pilot non-inferiority randomised controlled trial." [Jonathan Rawstorn](#), Nic Warren, Andrew Meads, Anna Rolleston, Ralph Maddison.

You can read a little more about Jonathan and his work [here](#) and [here](#).
or follow him on twitter [@jrawstorn](#)

Congratulations Jonathan, you've won a free ISBNPA membership (\$200 USD) for one year!

THE WINNER OF THE BEST POSTER PRESENTATION GOES TO:

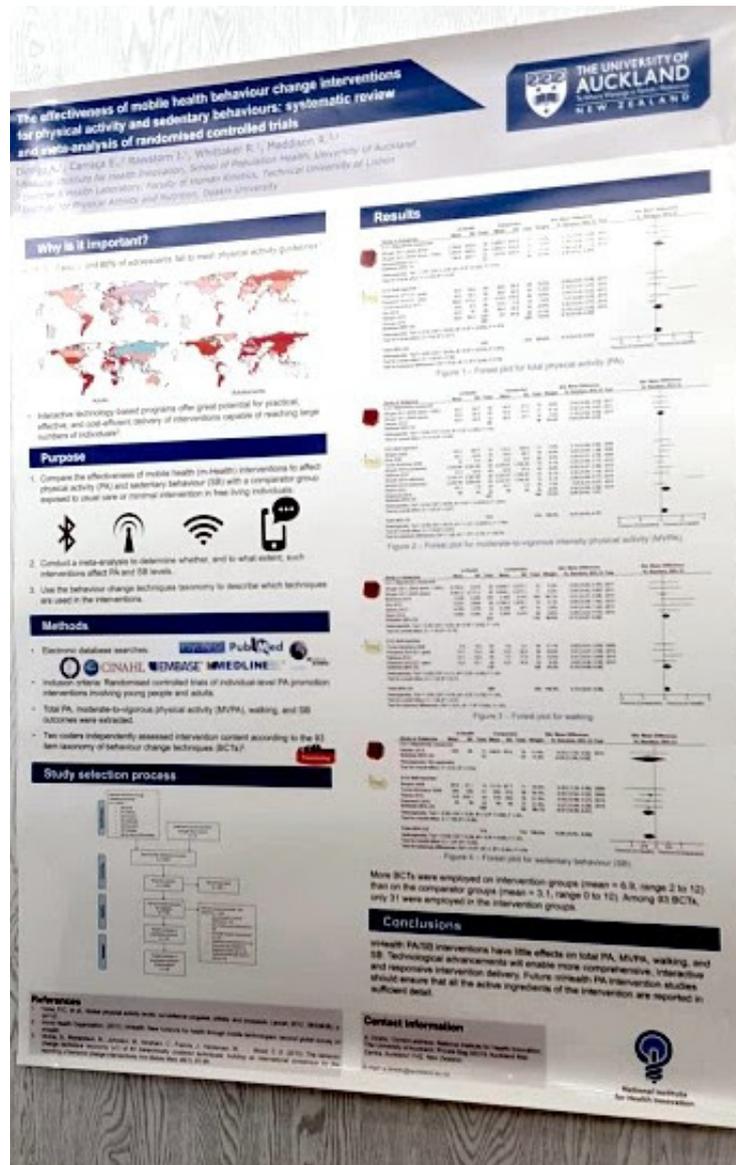
Artur Direito

University of Auckland, Auckland, New Zealand

for "The effectiveness of mobile health behaviour change interventions for physical activity behaviours: systematic review and meta-analysis of randomised controlled trials". Artur Carraça, Jonathan Rawstorn, Robyn Whittaker, Ralph Maddison

You can read more about Artur's work [here](#) and [here](#) and check out his winning poster below!

Well done and congratulations to all involved in both presentations.



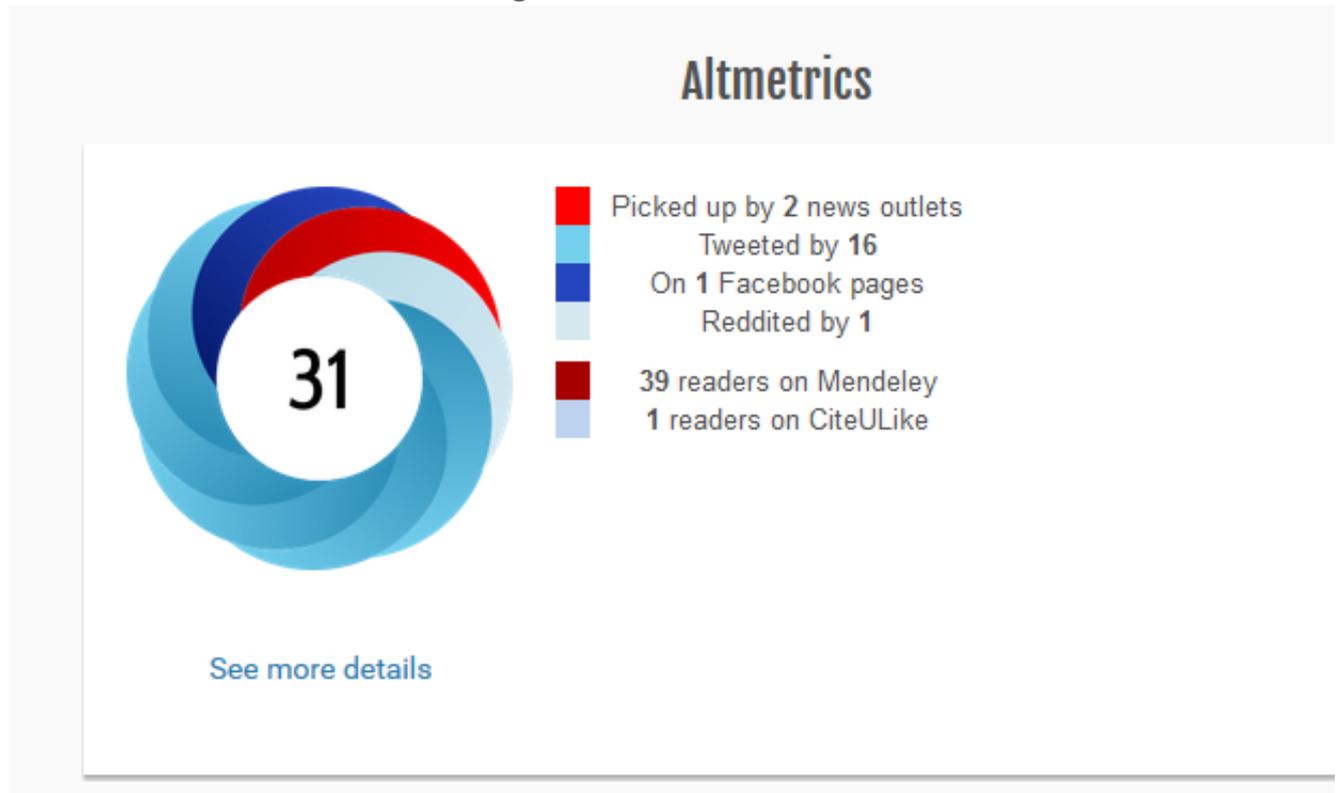
e- & mHealth SIG 2015 Publication Award WINNER

For those of you that couldn't make it to the annual meeting this year, the best e- & mHealth SIG 201 award went to **Block et al** for:

*Block G, Azar KMJ, Romanelli RJ, Block TJ, Hopkins D, Carpenter HA, Dolginsky MS, Hudes ML, Pa Block CH. **Diabetes prevention and weight loss with a fully automated behavioral intervention and mobile phone: A randomized controlled trial among persons with prediabetes.** Journal of Medical Research 2015;17(10).*

The study evaluated the effectiveness of a fully automated multiple health behaviour change intervention for diabetes prevention (Alive-PD) in a 2-arm RCT. The intervention, which targeted physical activity, eat among other things over a 1-year period was delivered via the Web, mobile phones, and automated messages. The primary outcomes were changes in fasting glucose and glycated hemoglobin A1c (HbA1c) at 6 months baseline (during the intervention period). Significant intervention effects were observed for both primary outcomes compared to a usual care wait-list control. As a fully automated system with demonstrated efficacy for health makers it has high potential for wide-spread dissemination.

Not a bad Altmetrics score either! **Congratulations** to all involved.



SIG member profile- Deborah Thompson



Debbe is a Scientist/Nutritionist at the USDA/ARS Children's Nutrition Research Center and Associate Professor of Pediatrics Baylor College of Medicine, Houston, TX, USA. You can follow her work on Researchgate for answering our questions Debbe!

Qualifications and position:

I hold Bachelor's and Master's degrees in Nutrition and a multidisciplinary PhD, with coursework in physiology, counseling, and education. I completed a postdoctoral fellowship at Baylor College of Medicine with Tom Baranowski focusing on youth diet and physical activity. I am a GS-15 USDA/ARS Research Scientist with a faculty appointment as Associate Professor of Pediatrics at BCM.

How would you briefly describe your research to someone who is not familiar with your field or research?

My research investigates ways in which to help children and adolescents adopt healthy diet and physical activity behaviors in an effort to prevent obesity and related chronic diseases. I conduct research in three areas: behavior change and measurement, health message design, and intervention research examining ways to use digital technology to help youth make healthy choices. As part of this work, I conduct qualitative research to more fully understand the needs and interests of the target audience to develop interventions and messages that address the needs and interests of the target audience.

Who do you work with?

I am located at the USDA/ARS Children's Nutrition Research Center, BCM, where I work with the Nutrition & Physical Activity Group. Many of our faculty include ISBNPA members, such as Tom Baranowski, Karen Cullen, Sheryl Hughes, Teresia O'Connor, and Jayna Dave.

In your opinion, what are the biggest barriers to conducting innovative e- & mHealth research, and how would you overcome them if you had unlimited resources?

As with any expanding field, there are many barriers. The biggest barriers I see are concerns regarding ethical issues; limited theoretical frameworks to guide e-/mHealth research; few fully powered, tightly controlled RCTs; limited research to identify mechanisms of action; and not fully realizing the potential of this technology. I believe well designed, adequately-powered research studies will help address some of these limitations, especially as collaborations with experts outside our field.

What do you think will be the biggest innovation for e- & mHealth in the next five years? What does the future of e- & mHealth look like?

This is a difficult question to answer. Indications are that smartphone ownership will continue to increase across all demographic groups. Combined with wearable and fixed environmental sensors, this creates great opportunities for e-/mHealth research and for identifying and understanding health determinants using real-time data. However, just because we can, doesn't mean we should. We need strong safeguards to ensure the likelihood sensitive data will be misused. Further, it is possible that people will push back from a reliance on technology, preferring alternative methods instead. So, although the potential for rapid development is high, it is difficult to say what will actually happen. Guess we'll all have to stay tuned!

Do you have an e- & mHealth paper you'd like to share?

I'd like to share the methods paper for the 'TXT Me' intervention. I chose this one because it was a randomized controlled intervention and SDT grounded text messages were developed to promote walking to teens.

Thompson D, Cantu D, Bhatt R, Baranowski T, Rodgers W, Jago R, Anderson B, Liu Y, Mendonça R, Buday R. Texting to Increase Physical Activity Among Teenagers (TXT Me!): Rationale, Design, and Protocol. *JMIR Res Protoc* 2014;3(1):e14

URL: <http://www.researchprotocols.org/2014/1/e14/doi:10.2196/resprot.3074>

PMID:24622344

[Full text](#)

e- & mHealth publication spotlight

Special e- & mHealth issue in *Progress in Cardiovascular Disease* (IF 4.6)

May 2016–June 2016

Volume 58, Issue 6, p577-692

"Using Technology for Cardiovascular Disease Prevention and Treatment"

Edited by Nina C. Franklin, Michael Pratt

This special issue has 11 manuscripts, spanning 115 pages. We've picked a few to give you a taste. [View the full list of papers here.](#) It is worth a look.

Editorial: Let's Face It: Consumer-Focused Technology Is the Future of Cardiovascular Disease Prevention and Treatment

Nina C. Franklin, Michael Pratt

"Given the positive impact of adopting healthy lifestyle behaviors including weight management, good physical activity, smoking abstinence, and reduced alcohol intake, we seek unremitting exploration in which technology can be used to support consumers and patients in their efforts to manage, delay, or prevent cardiovascular disease and achieve optimal wellness. As well stated by Dr Stephen Beck, "Technology can be the driver that changes the patient with the prospect of wellness. By coupling research and development with continuous improvement strategies aimed at encouraging better rates of adoption and adherence, technology will surely change the way which people behave for the betterment of their health and, ultimately, the healthcare industry as a whole."

The Wild Wild West: A Framework to Integrate mHealth Software Applications and Wearables to Support Activity Assessment, Counseling and Interventions for Cardiovascular Disease Risk Reduction

Felipe Lobelo, Heval M. Kelli, Sheri Chernetsky Tejedor, Michael Pratt, Michael V. McConnell, Seth S. Gregory J. Welk

p584–594

Technology for Diagnosis, Treatment, and Prevention of Cardiometabolic Disease in India

Safraj Shahul Hameed, Ishita Rawal, Deepa Soni, Vamadevan S. Ajay, Shifalika Goenka, Dorairaj Prasad

Adapting Technological Interventions to Meet the Needs of Priority Populations

Sarah E. Linke, Britta A. Larsen, Becky Marquez, Andrea Mendoza-Vasconez, Bess H. Marcus

p630–638

Precision Medicine, Cardiovascular Disease and Hunting Elephants

Michael J. Joyner

p651–660

SIG updates

Corneel handed over the baton (chair) to Carol at ISBNPA this year. He'll be taking on role of past chair. He founded the e-&mHealth SIG in 2014 and has done great work as SIG chair since then. On behalf of e-&mHealth SIG we'd like to say...





Keep climbing... or onward and upward... or look!

We've also had a number of SIG members express interest in joining the committee since our ISBNPA Thank you! To those that have emailed us already, we will be in touch after our next meeting. If you have not yet but are interested please email us asap at emhsig.isbnpa@gmail.com

Social media

- For the first time at ISBNPA this year we provided an overview on twitter on all the e-&mHealth you like it? We saw a peak in retweets and likes during the conference!
- We are now up to 153 followers! Of them, 26% are from the US, 24% from the UK, and 14% from elsewhere.
- Our top tweet of the last period is: How to pick the good smartphone health apps from the bad. ow.ly/ejl7300Y7sP!
- If you want to keep updated, you can follow us on Twitter [@isbnpa_emh](https://twitter.com/isbnpa_emh) or on Facebook: [ISBNPA SIG](https://www.facebook.com/ISBNPA-SIG)

SIG Member Notice Board

Call for abstracts for symposium on Active Exergames for children at the 2nd Children's Phys and Sport Conference in Jyväskylä, Finland, 26th-28th of January 2017.

Submissions close on September 15th, 2016.

Contact Tuomas Kari if you would like to participate/ for more information (tuomas.t.kari@jyu.fi)

More information about the conference can be found from the web page:

<https://www.jyu.fi/sport/en/faculty/Congress/ciapse2>

Global Telehealth 2016 (GT2016), the 5th International Conference on Global Telehealth, will be held at the Convention Centre in **Auckland, New Zealand** from **Monday 31 October to Thursday 3 November 2016**. *Papers relating to behavioural e&mHealth researcher are increasingly common at this conference.*
Registration deadline (Early-bird): Monday 15 August 2016

Free workshop on eHealth Implementation

Presented by Centre for Oncology Education and Research Translation (CONCERT) and Implementation Research Community of Practice.

When: Friday, 26 August 2016 from 9:00 AM to 12:00 PM (AEST)

Where: The Ingham Institute for Applied Medical Research - 1 Campbell Street, Liverpool, NSW 2170
[Register](#)

Family Life, Activity, Sun, Health, and Eating (FLASHE) data set available for download

The National Cancer Institute (NCI) Behavioral Research Program is pleased to announce adolescent diet and demographic data sets from the Family Life, Activity, Sun, Health, and Eating (FLASHE) Study available for free download. The majority of the survey questions focus on diet and physical activity, with survey items about sleep, sun safety and tobacco use. Available for download [here](#).



This newsletter was compiled by Camille Short on behalf of the e-&mHealth SIG committee: Carol Maher (chair), Camille Short (chair), Andre Müller (secretary), Melanie Hingle (events), Petra Wark (events), Michael Lopez (social media), Anouk van der Wal (social media), Nicole Nathan (newsletter), Melinda Hutchesson (newsletter), Susan Williams (members), Corneel Van der Wal (chair).

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