Message from the President

Much has happened since the beginning of the year due to the Covid-19 outbreak and the various actions that are being taken around the world to mitigate its impact.

In mid-March, we regrettably had to decide to cancel the ISMPB workshop in Stockholm (14th – 15th May). Since then, all such conferences and meetings have been either cancelled or postponed. The situation for conference planning for the whole scientific community is, at best, uncertain with many societies rethinking not just their plans for 2020 but also beyond. We are actively reviewing our plans for ICAMPAM 2021 in Keystone, CO, and we will let you know when we have finalised the details.

The lockdown conditions and social distancing policies will have and are having, huge immediate practical implications on the conduct of our studies. However, lockdown and other strategies being employed, fundamentally affect our physical behaviour. This makes the work we undertake as a research community even more relevant: from studying how our free-living physical behaviour is changing and the impact this has on health, to looking at novel ways in which we can measure these behaviours. I know some of you are already looking at addressing these issues and look forward to hearing about this work.

In the meantime, we are repurposing some of the themes and material that were going to be central to the Stockholm workshop and are creating a series of webinars. We plan to run these sometime in October/November this year. In addition, we are working on another webinar which will be delivered this August/September. Full details of these webinars will be publicised as soon as we have finalised the details.

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I hope you are all keeping well in these difficult times.

Malcolm Granat
Everybody has a unique career path to their current destination. Can you share some of your stops along the way?

I’m originally from Portugal (Cascais), where I did my initial training in Sports Science at the School of Human Kinetics, in Lisbon (Portugal). After that, I soon decide to come to US to continue my studies. I started a MS. at University of Georgia with a focus on psychometrics, learning the pros and shortcomings of physical activity questionnaires. I then moved to Iowa (Iowa State University) to learn from Greg Welk. With Greg, I got the chance to dive into the details of physical activity measurement, and worked with various techniques, including direct observation, devices, and physical activity questionnaires/recalls. I spent about 6-7 years at ISU and my dissertation discussed the potential of using devices to calibrate self-reports. Today I still collaborate with Greg on a few projects. Along the way I was also fortunate come across the Cooper Institute (TX, Dallas), and work on youth fitness and the FitnessGram battery. A lot of this work provided a good background on measurement of physical activity and fitness. After this I was looking for opportunities to apply this expertise to etiologic studies where physical activity could play a role. Its now been 4 years since I’ve been at the National Cancer Institute working with Charles Matthews.

Tell us about a current project you are working on.

I’m now working on a large surveillance project using the ACT24, a previous-day recall. We worked with NORC at the University of Chicago to collect data on a representative sample of US adults. The ACT24 can provide very detailed information about amount, type, and timing of physical activities. I led a symposium on previous-day recalls for ACSM 2020 and there are four presentations that will be available online starting June 17th. My talk and others on this symposium describe this work with more detail. These data were collected before the pandemic so luckily this work was not affected.

What do you think are the most important research advancements in this area?

I think the progress we’ve made with devices has been a unique contribution given that it has implications across various disciplines in Kinesiology. We’re now going through the hurdles of processing and interpreting high resolution data from devices but recent efforts have been successful and show tremendous potential moving forward. I’ll also take this opportunity to congratulate ISMPB for launching a scientific journal that disseminates science on physical activity measurement where we can discuss these and other related topics. This was a huge achievement accomplished by the ISMPB.

Have you participated in any ISMBP events? If so, can you please describe your experiences?

ICAMPAM is my go-to conference among with one or two other conferences. My experiences with this meeting have been very positive. This is a good niche to discuss the details of measurement and create networks. I like how this meeting rotates between US and international locations attracting experts/scholars from various countries.

In the future, what would you like to see from the ISMPB?

Most of my experiences with ISMPB have been limited to ICAMPAM. I think this meeting could benefit from more discussions on other methods of physical activity measurement, physical activity questionnaires/recalls in particular. It would also be important to generate more discussions on how to address measurement error associated with various measures, including devices.

Contact information: pedro.saintmaurice@nih.gov
ICAMPAM 2021

Key Dates

October 26 2020  Oral & Poster Abstracts call open
October 26 2020  Symposia Submissions Open
October 26 2020  Pre-Conference Workshop Open
December 11 2020  Symposia Submission Close
December 21 2020  Pre-Conference Workshop Close
January 26 2021  Registration open
January 26 2021  Poster Abstracts deadline
June 16-20 2021  ICAMPAM Conference

Accommodations
Keystone Lodge & Spa is surrounded by the majestic Rocky Mountains and thousands of acres of national forest close to Denver. Keystone Lodge is on the shuttle route and boasts easy access to a host of summer activities, including mountain biking, golf, tennis, rock climbing, whitewater rafting and more. Feel free to take a break from your adventures and luxuriate in our state-of-the-art spa. The Lodge also includes a steam room, indoor and outdoor hot tubs, an outdoor heated swimming pool, and even an equestrian center.

Conference Village 1 & 2 Bedroom
Several condominiums are located around the Keystone Lake as well as the secluded, forested area around the Keystone Conference Center. 1-bedroom condos feature a separate bedroom and pull-out sofa bed. 2-bedroom condos feature two separate bedrooms and a pull-out sofa bed.

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Change in Journal Leadership

The society would like to give an overwhelming “Thank You” to Patty S. Freedson (aka PSF) for her contributions to not only founding the society but also her timeless efforts in establishing our own successful professional journal.

On Patty’s bucket list for some time, she had no idea what was involved in creating a journal. There were so many decisions to make: online only, hard copy or both; how many issues per year; publishing fees; author guidelines; open access or not; subscription costs; etc. From deciding on the right publishing company to recruiting a stellar editorial team, Patty worked tirelessly to provide a means for us to showcase our hard work, a journal that has become the “go-to” resource for the most current science on the measurement of physical behavior.

Patty is now retired and enjoying a game or two of golf, leaving the society and her journal in the capable hands of the new Editor-in-Chief, Philippa Dall.

We wish you health and happiness, Patty!

Please join us in welcoming Dr. Philippa M. Dall, Glasgow Caledonia University, UK, as the new Editor-in-Chief for the Journal for the Measurement of Physical Behavior.

Dr. Dall began working at Glasgow Caledonian University measuring physical activity using an activPAL in 2006, and is still there. She is passionate about the methods and procedures underpinning the measurement of physical behaviours.

Dr. Dall has served as an associate editor for the journal since 2018 and on the editorial board since it’s inception, contributing to its mission to publish high quality research on fundamental measurement problems. Dr. Dall was lead author of one of the few papers included in the journal’s inaugural issue in 2018, and is honoured to be taking over as editor-in-chief of the JMPB in August, 2020.

JMPB is looking for Reviewers & Associate Editors!!!
Please contact Dr. Dall if you are interested.
Journal for the Measurement of Physical Behaviour
Volume 3, Issue 2!!

Original Research

- **Consequences of Choosing Different Settings When Processing Hip-Based Accelerometry Data From Older Adults: A Practical Approach Using Baseline Data From the SITLESS Study.** Jason J. Wilson, Mathias Skjødt, Ilona McMullan, Nicole E. Blackburn, Maria Giné-Garriga, Oriol Sansano-Nadal, Marta Roqué i Figuls, Jochen Klenk, Dhayana Dallmeier, Emma McIntosh, Manuela Deidda, Mark A. Tully, Paolo Caserotti, On behalf of the SITLESS Group

- **Physical Activity Monitor Accuracy for Overground Walking and Free-Living Conditions Among Pregnant Women.** Christopher P. Connolly, Jordana Dahmen, Robert D. Catena, Nigel Campbell, Alexander H.K. Montoye

- **Alternative Wear-Time Estimation Methods Compared to Traditional Diary Logs for Wrist-Worn ActiGraph Accelerometers in Pregnant Women.** Samantha F. Ehrlich, Amanda J. Casteel, Scott E. Crouter, Paul R. Hibbing, Monique M. Hederson, Susan D. Brown, Maren Galarce, Dawn P. Coe, David R. Bassett, Assiamira Ferrara

- **Reported and Device-Based Physical Activity By Race/Ethnic Groups in Young-Old Women.** Andrea Stewart, Barbara Sternfeld, Brittney S. Lange-Maia, Kelly R. Ylitalo, Alicia Colvin, Carrie A. Karvonen-Gutierrez, Sheila A. Dugan, Robin R. Green, Kelley Pettee Gabriel

- **University Student’s Perceptions of Self-Tracking Devices, Data Privacy, and Sharing Digital Data for Research Purposes.** Marianne I. Clark and Matthew W. Driller


- **High-Tech Video Capture and Analysis for Counting Park Users.** Richard R. Suminski, Gregory M. Dominick, Philip Saponaro, Elizabeth M. Orsega-Smith, Eric Plautz, Matthew Saponaro

- **Infant Leg Activity Intensity Before and After Naps.** Ivan A. Trujillo-Priego, Judy Zhou, Inge F. Werner, Weiyang Deng, Beth A. Smith


Review

- **Review of Validity and Reliability of Garmin Activity Trackers.** Kelly R. Evenson and Camden L. Spade

Members can access JMPB at https://journals.humankinetics.com/loi/jmpb. If you have ideas for special issues or a few papers on specific topics of interest from a seminar, workshop, symposium etc., please prepare a short proposal that includes name of guest editor, description of the general content of the special issue, authors and working paper titles and timeline. Submit these proposals to Dr. Philippa Dall at philippa.dall@gcu.ac.uk.

https://journals.humankinetics.com/page/authors/jmpb

To subscribe to JMPB: https://journals.humankinetics.com/page/subscribe/jmpb
DIVERSITY EQUITY INCLUSION STATEMENT

The International Society for the Measurement of Physical Behaviour (ISMPB) recognizes that a diverse, inclusive, and equitable environment is one in which all members are valued and respected, irrespective of gender, race, ethnicity, national origin, culture, religion, age, sexual orientation or identity, education or disability, and thoughts and ideas. Diversity maximizes true potential for creativity, innovation, quality and educational excellence of our activities. We are committed to a nondiscriminatory approach and to providing equal opportunity for participation in all our activities. We respect and value diverse life experiences and heritages and strive to ensure that all voices are valued, heard, and represented. It is a high priority for ISMPB to determine methods to address diversity, equity, and inclusion. It is our desire to act as a leader among other professional organizations globally.

To provide informed, authentic leadership for cultural equity, the ISMPB strives to:

• See diversity, inclusion, and equity as connected to our mission and critical to ensure the well-being of our membership and activities.
• Acknowledge and dismantle any inequities within our policies, systems, programs, and services, and continually update and report organization progress.
• Explore potential underlying, unquestioned assumptions that interfere with inclusiveness.
• Advocate for and support higher-level thinking about how systemic inequities impact our organization’s work and how best to address that in a way that is consistent with our mission.
• Help to challenge assumptions about what it takes to be a strong leader at our organization and who is well-positioned to provide leadership.
• Practice and encourage transparent communication in all interactions.
• Commit time and resources to expand more diverse leadership within our membership.
• Lead with respect and tolerance. We expect all individuals in ISMPB to embrace this notion and to express it in interactions and through everyday practices.

ISMPB abides by the following action items to help promote diversity and inclusion:

• Designate a board member with the task of oversight of board activities with regards to diversity and inclusion.
• Augment existing programs and policies and regularly re-visit them to ensure they are current and reflect best practice.
• Pursue cultural competency throughout our organization by creating substantive learning opportunities and formal, transparent policies. Learning opportunities will take place through our scientific meetings.
• Generate and aggregate evaluation related to equity to make incremental, measurable progress toward the visibility of our diversity, inclusion, and equity efforts. The board will discuss these metrics at a minimum of one meeting per year.
• Improve our cultural mentorship pipeline by creating and supporting programs and policies that foster leadership that reflects global diversity. An example of this is creating balanced scientific programs for meetings.
• Develop and present events devoted to diversity, inclusion, and equity to provide information and resources internally and to the greater community. This includes ensuring diversity of scientific content and invited speakers at events.
• Develop a system for being more conscious of bias during elections and evaluation processes, including potential training for our board members on equitable practices.
• Advocate for policy that promotes diversity, inclusion, and equity. Challenge systems and policies that create inequity, oppression and disparity.
**COVID-19 Guidelines for Research Facilities**

As some research facilities begin to open, the CDC (updated May 30, 2020) offers considerations for ways to help slow the spread of COVID-19. The research conducted by members of ISMPB can require face-face contact with human subjects, please regard the safety of your subjects, as well as the research team.

**Hand Hygiene and Respiratory Etiquette**
- Reinforce handwashing with soap and water for at least 20 seconds.
  - If soap and water are not available, hand sanitizer that contains at least 60% alcohol can be used.
  - Encourage students, faculty, and staff to cover coughs and sneezes with a tissue or use the inside of your elbow.

**Cloth Face Coverings**
- Reinforce use of cloth face coverings among subjects, students, faculty, and staff. Face coverings are most essential in times when physical distancing is difficult. Information should be provided to all students, faculty, and staff on proper use, removal, and washing of cloth face coverings. If subject is not able to wear the face covering, the research team should consider additional face shields to protect themselves.

**Social Distancing**
- Consider reducing manpower or increase facility space to allow for adequate social distancing among the research team.

**Maintaining Healthy Operations**
- Designated COVID-19 Point of Contact
  - Designate an administrator or office to be responsible for responding to COVID-19 concerns. All IHE students, faculty and staff should know who this person is and how to contact them.
- Staff Training
  - Conduct mandatory training to ensure that the recommendations are maintained by all members of the research team and subjects within the research lab
- Clean and Disinfect
  - Clean AND disinfect frequently touched surfaces daily: tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks
  - Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting
  - Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing products securely away from children.
- Recognize Signs and Symptoms
This article by several ISMPB members took social media by storm!

Notes from the Author:

What is the take home message of the paper?
Taking more steps each day is associated with a reduced mortality risk among U.S. adults. Individual fitness, health status, and baseline step counts should be considered when setting short- and long-term step goals. Compared to those taking fewer steps per day (4,000 steps/day) accumulating 8000 steps/day was associated with substantial health benefits and accumulating higher levels of activity to about 12,000 steps/day was associated with further reductions in risk and the lowest overall risk observed in our study.

Did you expect to see these results?
The most surprising finding was that we did not find an association between higher stepping intensity (steps/minute) and all-cause mortality after adjusting for the total number of steps per day. This is one of the first studies to examine this relationship and more research is needed to confirm this finding.

How might these findings impact our current physical activity guidelines?
It’s important to emphasize that optimal physical activity is not “one size fits all” — different people may have different needs depending on their age, chronic disease status, or other factors. There is no “magical” number for the right number of steps/day and this study can also inform future guidelines about the type of messaging that should be used to promote physical activity in the population. For example, it was clear in our study that individuals who are currently getting low levels of steps per day (around 4,000 or fewer), might gain benefit by working toward 8,000 steps per day. And people currently getting 8,000 steps per day may get additional benefit by aiming for 12,000 steps.

What’s the next step?
I think we still need to understand better the relation between stepping intensity and mortality using more sophisticated measures of cadence and/or walking speed. Also, understand how steps/day might be associated with other health outcomes, including individual cancer types.

Acknowledgement for your collaborators?
This scientific contribution has a lot of merit from various scholars. All my co-authors uniquely contributed to this work: Richard Troiano, David Bassett Jr., Barry Graubard, Susan Carlson, Eric Shiroma, Janet Fulton, and Charles Matthews. I’m particularly fortunate to work with Charles Matthews, my mentor here at the National Cancer Institute. Took a team effort to get this paper in its final shape. I also want to acknowledge the Intramural Research Program at the National Cancer Institute that supported my work on this project.
Look what our members have been up to.


Accuracy of Physical Function Questions to Predict Moderate Vigorous Physical Activity as Measured by Hip Accelerometry

Daniel S. Rubin, M.D., M.S., Megan Hulsingh-Scheetz, M.D., Anthony Hung, B.S., R. Parker Ward, M.D., Peter Nagele, M.D., M.S., Ross Arena, Ph.D., P.T., Donald Hedeker, Ph.D., Departments of Anesthesia and Critical Care (D.S.R., P.N.) and Public Health Sciences (D.H.), the Sections of Geriatrics and Palliative Medicine (M.H.-S.) and Cardiology (R.P.W.), the Pritzker School of Medicine (A.H.), University of Chicago, Chicago Illinois; and the Department of Physical Therapy, College of Applied Health Sciences, University of Illinois at Chicago, Chicago, Illinois (R.A.).

Journal of Physical Activity and Health, 2019, 16, 1092-1097
https://doi.org/10.1123/jpah.2019-0261
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Cadence-based Classification of Minimally Moderate Intensity During Overground Walking in 21- to 40-Year-Old Adults


Combining sensor tracking with a GPS-based mobility survey to better measure physical activity in trips: public transport generates walking

Bärbel Chaix¹, Talia Bernstein¹, Ian KS Carr², Huub Brander⁴, Camille Fehske³, Philipp Gatter¹, and Chantal Carrié¹

Towards a Portable Model to Discriminate Activity Clusters from Accelerometer Data

Petra Jones¹,², Evgeny M. Mirkes³, Tom Yates²,⁴, Charlotte L. Edwardson²,⁴, Mike Catt⁵, Melanie J. Davies¹,²,⁴, Kamlesh Khunti¹,⁴ and Alex V. Rowlands²,⁴,⁵

sensors
Social media reports

Alexis Le Faucheur
@AlexLeFaucheur
Assessing the pain experienced by people with PAD under daily walking conditions using activity monitors: a promising clinical and research tool for PAD management? onlineibrary.wiley.com/doi/10.1111/sm...
Method improvement soon! AQMI PeripheralArteryDisease Claudication exercise

Sjaan Gomersall
@sjaan_gl
Newest paper - with a great team

Grégoire Mielke @gregoremielke · Dec 10, 2019
New research: Reliability of a multi-domain sedentary behaviour questionnaire and comparability to an overall sitting time estimate @JSportsSci @sjaan_gl @inacio_cms
tandfonline.com/eprint/179389U...

Recent research published in @JPAHjournal by @ISPAH members Christopher Moore, Carine Tudor-Locke @ElroyAguilar & colleagues: Using Music-Based Cadence Entrainment to Manipulate Walking Intensity

Soren Brage
@SorenBrage
Wondered how to estimate total physical activity from all the physical behaviour questions in UK Biobank and anchoring them in gold-standard measures? Here's how:

Estimating physical activity from self-reported behaviours in the UK Biobank is a large prospective cohort study containing accelerometer-based physical activity data with strong validity...

12:05 PM · Mar 18, 2020 · Twitter for iPhone
**Call for Committee Members!!**

*ICAMPAM Scientific Committee*
Provides support, input and direction on the scientific content for the Society’s Conference. This will include determining the content of the conference, identifying Keynote speakers, selecting symposia and workshops, reviewing abstracts and engaging with publicising the meeting. Full Terms of Reference for the SC are defined in a separate document. The Chair of the SC is a full Board member and will also be the co-chair of the conference.

*Communication and Social Media Committee*
Responsible for designing and implementing the communication strategy for the ISMPB. Activities of this committee include but are not limited to: three-monthly newsletter, update of social media and website, organization of activities targeting Early Career Researchers.

*Journal Committee*
Primary responsibility will be to ensure that the Society can support the Journal efforts to reach a wider audience.

*Between-Conference Activities Committee*
Define and implement a strategy between-year activities. These activities are to engage our existing members and to enhance our ability to attract new members, ranging from supporting local conferences and meetings to providing incentives and resources for our ECRs.

*Nominations Committee*
Secure and present a slate of qualified, acceptable candidates for the elections of Board Members, and as required, membership within other ISMPB committees. When required, the Board approved slate will then be presented to the general membership for a vote.

Interested? [https://ismpb.org/committees/](https://ismpb.org/committees/)
Become a member of ISMPB

Membership in ISMPB is open to everyone from around the world involved in the measurement of free-living physical behaviour.

Membership fees support the mission of ISMPB in creating a vibrant community bringing together people from a wide variety of backgrounds and expertise, including researchers, clinicians, therapists, signal analysts, computational scientists and commercial companies.

Link http://www.ismpb.org/membership/

All Member Benefits - Updated:
⇒ Reduced registration rates at official meetings organized by ISMPB, including the biannual ICAMPAM
⇒ Access to online subscription to the Journal for the Measurement of Physical Behaviour, the official journal of ISMPB, published quarterly by Human Kinetics
⇒ Join one of the ISMPB Committees and get directly involved in the activities of the society
⇒ Vote on Society matters and elections
⇒ Join colleagues from all over the world at the ISMPB meetings and create a global network
⇒ Quarterly e-newsletter with most important information from the Society
⇒ Unlimited Email Addresses

 Benefits for Early Career Researchers:
⇒ Opportunity to work in close collaboration with senior research members by taking part in scientific activities related to ICAMPAM (e.g. co-chairing oral session presentations during ICAMPAM)
⇒ Opportunity to connect informally with other early career researchers during the exclusive ECR social events during the Society meetings

 Benefits for Senior Research Staff:
⇒ Free posting of job and grant opportunities in the Job Board of the ISMPB website, as well as dissemination in all communication channels (newsletter and social media)
⇒ Unsurpassed networking opportunities at ICAMPAM and other ISMPB events.

 Benefits for Clinicians, Therapists, and Policy Makers:
⇒ Networking opportunities with a range of experts in the physical behaviour monitoring and surveillance techniques
⇒ Specific clinical focused problems session at ICAMPAM and other ISMPB events
⇒ Direct access to industry sponsors
⇒ Help determine and shape the future direction of physical behaviour monitoring techniques.

 Benefits for Students:
⇒ Eligible for student awards at the Society Meetings (best oral and best poster presentations)

 Benefits for Industry Members:
⇒ Up-to-date with current needs from clinical practice