



ISSUE 24 · JANUARY 2026

# ISMPB NEWSLETTER

Official Newsletter of the International Society for the Measurement of Physical Behavior

## Message from the President

BY JORUNN L. HELBOSTAD

Dear ISMPB Members and Colleagues,

As the new president of ISMPB, I would like to briefly introduce myself. I have been a member of the society since its establishment nearly 10 years ago and have attended most of the 9 ICAMPAM conferences.

Over the past two decades, the field of measuring physical behaviour has undergone a remarkable transformation. What began with simple self-reports and pedometers has evolved into a discipline powered by wearable sensors, sophisticated algorithms, and large-scale data integration. Today, we can capture not only activity levels but also postures, gait, and context with unprecedented precision. This progress has been driven by technological innovation, standardization efforts, and a growing recognition of the importance of objective measurement in both research and clinical practice. ISMPB has played a key role in shaping this journey, bringing together experts worldwide to share knowledge and set standards for the future. It is therefore an honor to serve as president and to contribute to the continued development of this exciting field.

Our annual virtual Fall Symposium was this time on the timely topic of harmonization and standardization of measurements from wearable sensors. The first day highlighted WHO's work on developing guidance for the use of wearable devices in national monitoring of physical activity. The second day addressed variability in accelerometer-based physical activity methods and outcomes. The webinar was well attended, and recordings of the presentations are available on the ISMPB website.



SOCIAL MEDIA:

**LinkedIn**<sup>®</sup>

WEBSITE:

[HTTP://WWW.ISMPB.ORG/](http://www.ismpb.org/)



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International Society for the Measurement of Physical Behaviour

## This issue:

Message from the President

PAGE 01-02

Member Profile

PAGE 02-03

ICAMPAM 2026 Keynote Speakers

PAGE 04

ICAMPAM 2026 Speaker Spotlights

PAGE 05

Virtual Fall Symposium

PAGE 06-07

ISMPB on LinkedIn

PAGE 08

News from JMPB

PAGE 9

Memberships and Sponsors

PAGE 10-11

## Contributors:

Valerio Antonio Arcobelli  
and  
Aidan Buffey

PAGE 01



Our journal, JMPB, continues to grow steadily in impact. I encourage you to explore the ongoing special issue on standardization and harmonization, which is still open for submissions.

Looking ahead, the next major ISMPB event is the ICAMPAM conference, which will take place in Knoxville, Tennessee, USA, from June 23–26, 2026. Abstract submissions for posters and oral presentations are open until February 3, 2026. We have an excellent scientific committee reviewing abstracts and, together with the local organizing committee, they are preparing an outstanding scientific and social program. I hope to see many of you in Knoxville!

To serve you well as a society, we need your input on what you want and need from ISMPB. There are many opportunities to actively contribute to the society's work, and we particularly welcome early career researchers to get involved—please reach out to me or any Board member. After summer 2026, we will also be seeking new Board members. If you are interested, please contact us.

I look forward to an active and inspiring ISMPB-year and hope to meet many of you at ICAMPAM 2026!

## Member Profile

BY DR. ALEXANDER H.K. MONTOYE

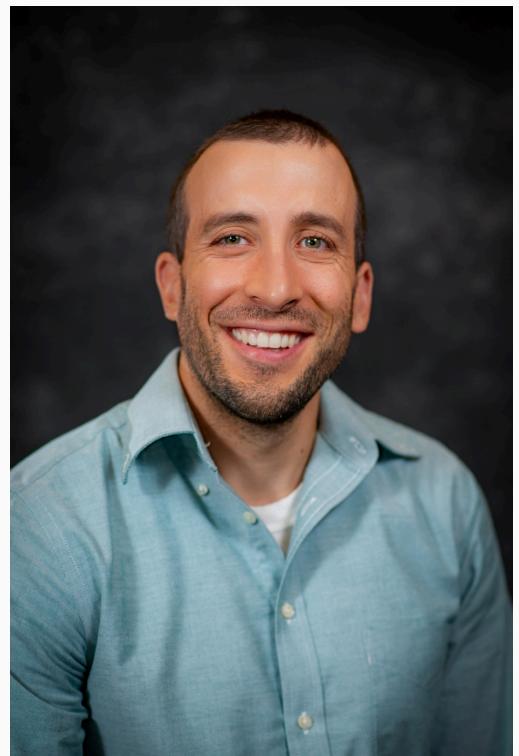
Everybody has a unique career path to their current destination.

Can you share some of your stops along the way?

I actually started out planning to be a math teacher, but quickly realized I enjoyed using math far more than teaching it. That realization, combined with a lifelong interest in athletics, pushed me toward exercise science, where quantitative skills could be applied directly to statistical modeling and behavioral data analysis.

My first faculty role was at Ball State University in their historic Human Performance Laboratory ([Human Performance Laboratory \(HPL\) | Ball State University](#)), where I had a 50/50 teaching/research split that suited me well. Family circumstances later brought me back to my hometown region, and I spent nine years at Alma College ([Alma College | Top Liberal Arts School for Excellence in Michigan](#)) in a teaching-focused position at a private liberal arts institution.

More recently, after relocating for my wife's job and managing an increasingly challenging commute, I joined Montcalm Community College ([Home | Montcalm Community College](#)), where I am building an Exercise Science program to complement the college's health sciences offerings.



Google Scholar

PubMed



Although each career move has involved progressively less protected research time, being a scholar and scientist has remained central to my professional identity. I've worked hard to maintain an active research agenda by forming partnerships with colleagues who have rich datasets but limited writing time. Together we've found creative, mutually beneficial ways to conduct high-quality scholarship even in nontraditional academic environments.

#### **Tell us about a current project you are working on.**

One ongoing project involves a collaboration with a former student who is now a research scientist for a major wearable-device company. Their users consent to the use of aggregated, deidentified data for research, which has opened up fascinating opportunities.

Our current project examines sleep quality and autonomic function (resting heart rate and heart rate variability) comparing sleeping alone vs. sleeping with a partner vs. sleeping with a pet. My background is largely in small validation datasets of 10-100 participants, so analyzing data on more than 10,000 individuals (even after strict inclusion criteria and matched sampling) has been both humbling and exciting. It's providing statistical power and generalizability far beyond what is typically feasible in academic research alone.

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

For decades, academic researchers have developed the foundational technology and analytic methods for device-based assessment of physical behaviours and shown its promise for improving measurement quality compared to survey tools. Industry has since refined those tools, scaled them to millions of users, and sparked widespread adoption of wearable monitoring for everyday health and fitness.

The most important advancement, in my view, is the emerging synergy between academia and industry. Academic labs bring rigor, nuance, and methodological grounding; industry brings scale, engineering excellence, and real-world relevance. Together, we can produce robust analyses and insights that neither sector could achieve alone. As a teaser from our current project: based on early findings, I may have to stop trying to kick our cat out of bed. She might actually be improving our sleep!

#### **Have you participated in any ISMPB events? If so, can you please describe your experiences?**

I've been to four ICAMPAM conferences and several of the online webinars. Each time I attend these, I'm left with the same feeling: "these are my people." I love the multidisciplinarity of this field, combining physiology, behavior science, data analytics, engineering, and public health, and the genuine collaborative spirit of the community. What excites me most is how device-measured physical behavior research is both scientifically rigorous and directly translatable to improving everyday life. I feel fortunate to have stumbled into this field 15 years ago and to have grown alongside it.

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

I'd love to see the society continue all the strong work it's already doing while broadening its focus to include areas such as device-based monitoring in sport performance. In recent years I've collaborated with sports scientists using wearables to support collegiate and professional athletes, and it's been inspiring to see how these technologies are shaping training decisions, performance monitoring, and injury rehabilitation. Expanding ISMPB's reach into these applied domains would bring in new perspectives, new collaborators, and new avenues for impactful research.

# ICAMPAM 2026

## SPEAKER ANNOUNCEMENT

ADDITIONAL SPEAKERS TO BE CONFIRMED



### PROF. JEFFREY M. HAUSDORFF

WHAT WE MISS WHEN WE MEASURE ONLY PHYSICAL ACTIVITY: ADDING ML TO WRIST-WORN WEARABLES REVEALS THE HIDDEN WORLD OF REAL-WORLD GAIT



### PROF. KELLEY GABRIEL

MOVEMENT PHENOTYPING AT SCALE: INTEGRATING WEARABLE SENSORS INTO EPIDEMIOLOGICAL RESEARCH



### DR. EDDIE MITCHELL



### DR. LINDSAY TOTH

STEPS, SCIENCE, AND A LITTLE FUN:  
THE DAVID R. BASSETT LECTURE



### PROF. STEWART TROST

CAPTURING EVERY MOVEMENT: TOWARD MORE ACCURATE AND INCLUSIVE ACCELEROMETER MEASUREMENT FOR ALL CHILDREN



### DR. SILVIA DEL DIN

EVERY STEP COUNTS: A JOURNEY TOWARD VALIDATING DIGITAL MOBILITY OUTCOMES IN THE REAL WORLD



### PROF. PAUL JARLE MORK

FROM DATA TO DISCOVERY: INSIGHTS FROM DEVICE-MEASURED PHYSICAL ACTIVITY AND SLEEP IN THE HUNT STUDY



### DR. CAITLIN BAILEY

LEVERAGING CONSUMER WEARABLES FOR POPULATION HEALTH RESEARCH: INSIGHTS FROM THE ALL OF US RESEARCH PROGRAM



# ICAMPAM 2026

## SPEAKER SPOTLIGHT

OVER THE COMING MONTHS WE WILL HIGHLIGHT EACH OF  
OUR KEYNOTE SPEAKERS ON OUR LINKEDIN



### DR. SILVIA DEL DIN



EVERY STEP COUNTS: A JOURNEY TOWARD VALIDATING DIGITAL MOBILITY OUTCOMES  
IN THE REAL WORLD

A Speaker Spotlight focusing on  
Dr. Silvia Del Din's Talk can be  
found on our [LinkedIn Page](#)



### ICAMPAM 2026

Meet the Speaker:  
Dr Silvia Del Din



#### EVERY STEP COUNTS: A JOURNEY TOWARD VALIDATING DIGITAL MOBILITY OUTCOMES IN THE REAL WORLD

This includes the development and validation of a framework for algorithm validation, benchmarking algorithms performance across diverse conditions, and establishing transparent, reproducible pipelines to ensure accuracy in real-world environments.

The work on data harmonisation and standardisation will be discussed—critical steps for comparability across devices, studies, and clinical applications.

Throughout the talk, applications from Parkinson's disease research will highlight both the potential and the challenges of using validated digital mobility outcomes to transform clinical trials and personalised care.



KNOXVILLE, TENNESSEE, USA 2026

Oral and Poster Deadline: January 19<sup>th</sup> 2026

[ismpb.org/abstract-submission/](http://ismpb.org/abstract-submission/)

JUNE 23-26, 2026



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### ICAMPAM 2026

Meet the Speaker:  
Dr Silvia Del Din



#### EVERY STEP COUNTS: A JOURNEY TOWARD VALIDATING DIGITAL MOBILITY OUTCOMES IN THE REAL WORLD

Have you ever thought about how you walk? Mobility—and specifically gait—is recognised as the “fifth vital sign”, offering a sensitive biomarker of overall health and brain function.

Changes in mobility can signal early risk, support diagnosis, and track disease progression across numerous conditions, including stroke and disease. Traditionally, quantitative gait analysis has been confined to specialised laboratory environments, capturing only brief snapshots of walking performance.

Yet assessing mobility in the home and community—the “real world”—provides a far richer and more ecologically valid picture of how people truly move through daily life.

Oral and Poster Deadline: January 19<sup>th</sup> 2026

[ismpb.org/abstract-submission/](http://ismpb.org/abstract-submission/)

JUNE 23-26, 2026



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JUNE 23-26, 2026



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Measurement of Physical Behaviour

### ICAMPAM 2026

Meet the Speaker:  
Dr Silvia Del Din



#### EVERY STEP COUNTS: A JOURNEY TOWARD VALIDATING DIGITAL MOBILITY OUTCOMES IN THE REAL WORLD

Digital health technologies, such as wearable devices including inertial measurement units, now enable continuous, objective monitoring of real-world mobility.

These devices can quantify walking behaviour, capture clinically relevant digital mobility outcomes (e.g., step count, gait speed), and support research and clinical practice. However, reliable use of these measures requires rigorous technical validation and robust data standards.

This talk will outline why monitoring mobility in daily life is important, what types of digital outcomes can be generated. Key findings from the Mobile-It Technical Validation Study will be presented.

Oral and Poster Deadline: January 19<sup>th</sup> 2026

[ismpb.org/abstract-submission/](http://ismpb.org/abstract-submission/)

JUNE 23-26, 2026



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## ICAMPAM 2026 KEY DATES

### ABSTRACTS

Submission Close for  
Orals/Posters:

February 3<sup>rd</sup> 2026

Notice of Acceptance:  
February 20<sup>th</sup> 2026

Knoxville, Tennessee, USA  
June 23<sup>rd</sup> to 26<sup>th</sup> 2026



# VIRTUAL FALL SYMPOSIUM



The ISMPB Virtual Fall Symposium 2025 brought together global experts to advance the science and policy of wearable technologies for physical activity monitoring. Over two days, **more than 500 registrants and nearly 300 attendees engaged** with presentations linked to the WHO Montreal meeting outcomes, highlighting progress toward global guidance, methodological harmonization and standardization of measurement methods.

## 📌 Key Highlights of the Virtual Fall Symposium 2025

### Attendance & Engagement

Day 1: 300+ registered, 170 attendees.

Day 2: 200+ registered, 110 attendees.

Participants joined from across the world, contributing actively to Q&A sessions and panel discussions.

### 🌐 Day 1 – WHO Montreal Meeting Outcomes

Presentations highlighted the work of the WHO Montreal meeting and report: Measuring physical activity in adults using wearable technologies ([ACCESS HERE](#)).

## VIRTUAL FALL SYMPOSIUM – DAY 1



**DR FIONA BULL**

World Health Organization,  
Switzerland

“From Vision to Guidance – WHO’s Path to Global Standards on Wearables for Physical Activity Monitoring”



**DR MATTHEW**

**AHMADI**

Uni. of Sydney,  
Australia

“Making it work: A Deep Dive into Fit-for-purpose Wearable Devices for Physical Activity Surveillance”



**DR SARAH**  
**KEADLE**

California  
Polytechnic, USA

“Filling the Gaps – Research Priorities to Advance Wearables in Physical Activity Surveillance”



**DR MARLA**  
**BEAUCHAMP**

Mc Master Uni.,  
Canada

“One Size or Tailored Fit? Wearables for Physical Activity Surveillance in Older Adults”

**NOV 4 15-17 (ET)**



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# VIRTUAL FALL SYMPOSIUM



## Day 2 – Harmonization & Standardization

Presentations focused on the JMPB special issue around harmonization and standardization of accelerometer-assessed physical activity methods and outcomes.

Deadline for paper submission is extended to February 27<sup>th</sup>: [SEE HERE](#).

## VIRTUAL FALL SYMPOSIUM – DAY 2



**DR GRACE DIBBEN**  
Uni. of Glasgow, Scotland



**DR MARCO GIURGIU**  
Karlsruhe Inst. of Technology, Germany



**DR ALEX ROWLANDS & DR JONAH THOMAS**  
Uni. of Leicester, United Kingdom

"The methods conundrum: A dataset for investigating methodological heterogeneity and example implications for daily step counting"

"Performance evaluation of wearables: actions to improve the quality of validation processes"

### SOCIETY PREMIUM SPONSOR PRESENTATIONS



**DR BEN MAYLOR**  
**DR KERSTIN BACH**  
**DR JULIAN MARTINEZ**

Uni. of Oxford, UK; Norwegian Uni. of Science & Technology, Norway; National Cancer Institute, US

"Harmonisation of video observational methods and device-based measures"

NOV 5 15-17 (ET)



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### Dissemination & Next Steps

- [Recordings of all sessions are available on the ISMPB website](#)
- [Stay tuned for a summary of the Q&A themes to extend the impact of discussions!](#)



# Social Media Spotlight

## ISMPB on LinkedIn

### Join the Conversation!

Our LinkedIn presence is growing fast... and we want **YOU** to be part of it!

The ISMPB LinkedIn page is your hub for the latest updates on physical behaviour research, community news, and upcoming events.



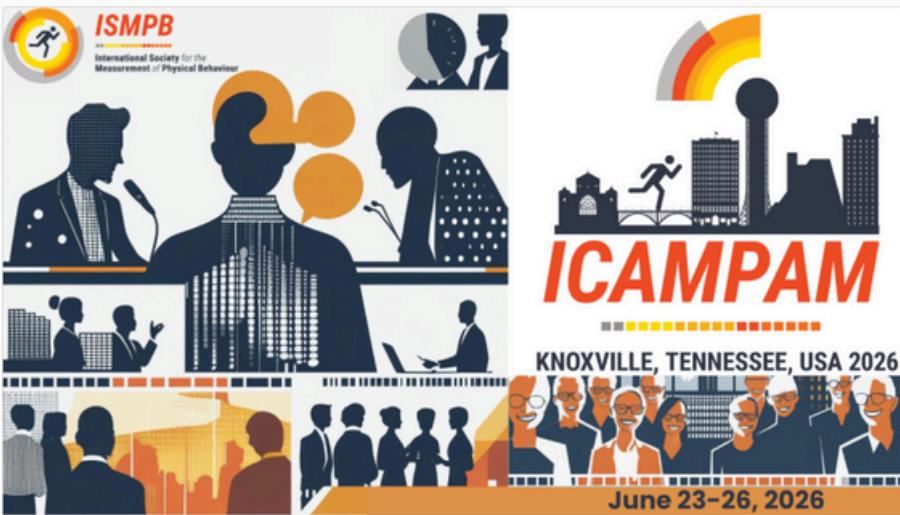
#### ICAMPAM 2026 Event Page is LIVE!

We're thrilled to announce that the official ICAMPAM 2026 LinkedIn Event Page is now live!

17 JUN 2026  
Knoxville, Tennessee, USA

Why join the event page?

- ✓ Stay informed on deadlines (abstracts due Jan 19, 2026)
  - ✓ Network with researchers and industry leaders
  - ✓ Share your interest and start conversations early



#### ICAMPAM 2026: Ambulatory Monitoring of Physical Activity and Measurement

Event by The International Society for the Measurement of Physical Behaviour

Jun 23, 2026, 1:00 PM - Jun 26, 2026, 6:30 PM (your local time) [Add to calendar](#)

501 W Church Ave, Knoxville, Tennessee, US, 37902  
Hilton Knoxville

[Event link](#) · <https://ismpb.org/2026-knoxville/>

#### What's Happening on LinkedIn

Recent posts include:

- Abstract submission reminders
- Spotlights on keynote speakers and lectures
- Updates on JMPB publications and special issues
- Calls for collaboration and networking opportunities

Follow us [HERE](#):

<https://www.linkedin.com/company/the-international-society-for-the-measurement-of-physical-behaviour/?viewAsMember=true>



# News from JMPB



The Journal for the Measurement of Physical Behaviour (JMPB) is excited to announce the completion of a successful search for its next Editor.

Following an open call and interview process, JMPB and its partner society, the International Society for the Measurement of Physical Behaviour (ISMPB), have agreed to hire Prof. Scott Crouter as its next Editor, and Dr. Alex H.K. Montoye as its next Deputy Editor. Their three-year terms begin in July 2026, following the completion of the current term of JMPB Editor Prof. Charlotte Edwardson.



PROF. SCOTT CROUTER



DR. ALEX H.K. MONTOYE

The special issue on "[From heterogeneity to harmonization and/or standardization: Addressing variability in accelerometer-assessed physical activity methods and outcomes](#)" is being guest edited by Alex Rowlands, Marco Giurgiu, Charlotte Edwardson, and Ben Maylor.

Authors considering topics for this special issue or seeking feedback are highly encouraged to contact one of the guest editors.

**Submission Deadline: February 27, 2026**

**Editor in Chief, Professor Charlotte Edwardson (University of Leicester, UK):** ce95@le.ac.uk

Editors Emeriti: Patty Freedson; Philippa Dall

Journal Impact Factor: 1.7

Journal CiteScore: 3.1

Acceptance rate: 49%

Desk reject time: 0.7 weeks

Peer review time to first decision: 8.7 weeks

**DON'T FORGET**

**And remember - as ISMPB members you get a 50% discount if you opt to publish free access in JMPB.**

## Journal for the Measurement of Physical Behaviour

### Volume 8, Issue 1 (2025)

Volume 8 saw 18 original research articles, three technical notes, two scoping reviews, one commentary and one brief report published.

- **Reminder these are all open access for ISMPB members:**

◦ <https://journals.human kinetics.com/view/journals/jmpb/8/1/jmpb.8.issue-1.xml>

### Volume 9, Issue 1 (2026)

Commenced in 2026, and has already published three original research articles under the special issues: "Addressing Variability in Accelerometer-Assessed Physical Activity".

We encourage all of our members to engage with JMPB and see all articles on our journal page!



# ISMPB

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Measurement of Physical Behaviour

# MEMBERSHIP

*Membership renewals are now open. The current ISMPB membership term expires April 30, 2027.*

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.

## Member benefits:

- Reduced registration rates at official meetings organized by ISMPB, including the biannual ICAMPAM and the Virtual Fall Symposium
- Access to online subscription to the Journal for the Measurement of Physical Behaviour, the official journal of ISMPB, published quarterly by Human Kinetics
- Receive 50% discount in publishing Open Access at the Society's official journal – JMPB
- 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
- Receive a quarterly e-newsletter with most important information from the Society



## ISMPB MEMBERSHIP

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

[JOIN TODAY](#)



## MEMBERSHIP FEES:

**Regular-Academic members:**  
\$175

**Post-doc members:** \$175

**Student members:** \$95



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**THANK YOU!**

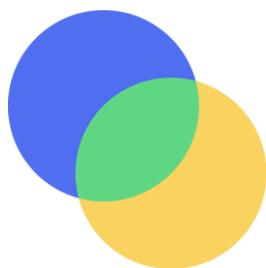
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