



ISSUE 24 · JANUARY 2026

ISMPB NEWSLETTER

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

SOCIAL MEDIA:



WEBSITE:

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

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.



ISMPB

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Contributors:

Valerio Antonio Arcobelli
and
Aidan Buffey



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 multidisciplinary nature 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.

ICAMPAM
KNOXVILLE, TENNESSEE, USA 2026

Oral and Poster Deadline: January 19th 2026
ismpb.org/abstract-submission/
JUNE 23-26, 2026



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 “sixth 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 Parkinson's 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.

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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

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 remote assessment at scale. However, reliable use of these measures requires rigorous technical validation and robust data standards.

This talk will outline why monitoring mobility in daily life matters and how high-quality digital outcomes can be generated. **Key findings from the Mobilise-D Technical Validation Study** will be presented.

ICAMPAM
KNOXVILLE, TENNESSEE, USA 2026

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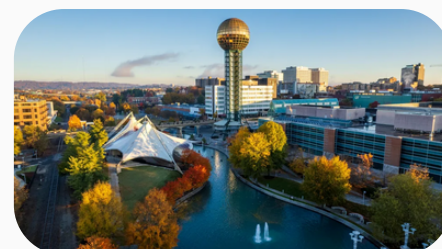
ICAMPAM 2026 KEY DATES

ABSTRACTS

**Submission Close for
Orals/Posters:**
February 3rd 2026

Notice of Acceptance:
February 20th 2026

Knoxville, Tennessee, USA
June 23rd to 26th 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



ActiGraph is now
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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 27th: [SEE HERE](#).

VIRTUAL FALL SYMPOSIUM – DAY 2



DR GRACE DIBEN
Uni. of Glasgow, Scotland
“Towards consensus-based reporting standards for accelerometry in health research”



DR MARCO GIURGIU
Karlsruhe Inst. of Technology, Germany
“Performance evaluation of wearables: actions to improve the quality of validation processes”



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”

SOCIETY PREMIUM SPONSOR PRESENTATIONS

ActiGraph is now
Ametris



**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”

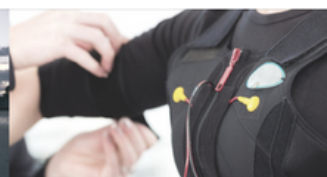
NOV 5 15-17 (ET)



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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!

 June 23–26, 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 JMBP 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.humankinetics.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!



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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](#)



ICAMPAM

KNOXVILLE, TENNESSEE, USA 2026

MEMBERSHIP FEES:

Regular-Academic members:
\$175

Post-doc members: \$175

Student members: \$95



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