

# IMPROVING PATIENT & POPULATION HEALTH THROUGH INNOVATIVE e-HEALTH INTERVENTIONS

# 17

**May 2019**

Friday

**LECTURE**

 CHL - Centre  
4, rue Ernest Barblé  
L-1210 Luxembourg  
**Room: Amphitheatre**
**11.30-12.30pm**
**MEET THE SPEAKER\***

 Light snacks provided  
LIH, 1A-B, rue Thomas Edison  
L-1445 Strassen  
**Room: Curie/Pasteur (3<sup>rd</sup> floor)**
**12.45-2.00pm**


\*Registration is mandatory to meet the speaker by sending an email to [tania.zamboni@lih.lu](mailto:tania.zamboni@lih.lu)

## Understanding and intervening on obesity-related health behavior using m-Health approaches

**ABSTRACT**

This presentation will cover four areas of mHealth research, 1) observing behavior in real time and in context, 2) intervening on behavior in real time and in context, 3) the challenges of modeling the streams of multilevel, highly personal, contextualized and temporally dense data that can be accrued through wearable and deployable sensors and smartphones, and 4) lessons learned working in transdisciplinary teams. The first part of the talk will focus on our NSF-funded observational study 'Modeling and Monitoring Family Eating Dynamics' (M2FED). In this study we are placing light-touch Cyber-Physical systems (CPS) in family homes. We provide family members with a smartwatch and a phone app, and using the CPS, watches and phone, we monitor family eating behaviors, mood, and a number of other things.

The second part of the talk will focus on a new microrandomized trial to intervene in real time on physical activity in overweight adults. The third part of the talk will focus on developing new, dynamic models of behavior using the kind of intensive data we obtain through mobile technologies. The final part of the talk will provide some lessons learned in transdisciplinary collaborations.


**SPEAKER**

### Prof Donna Spruijt-Metz

Director, USC mHealth Collaboratory at USC Center for Economic and Social Research, Los Angeles, Professor, Department of Preventive Medicine at the University of Southern California (United States)

**HOSTS:**

LIH/UniLU

**INVITED BY:**

 Prof Claus Vögele  
UniLU

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