

 **369 MINS**
Sleep per night

 **24**
Hours of
nonstop video

 **73**
bpm heart rate

 **3,324**
Nike FuelBand
score

 **582**
photos logged

 **11,726**

 **3,089**
Calories burnt














The disruptive power of gathering your own data
Dr. Martijn de Groot
Quantified Self Institute
Hanze University of Applied Sciences Groningen







44 recorded measures

	Date	SYS	DIA	BPM
mei 2015				
	27 mei 2015 08:08	126	73	67
	26 mei 2015 18:41	143	83	62
	26 mei 2015 10:55	138	83	57
	25 mei 2015 19:17	139	82	69
	24 mei 2015 21:38	134	79	68
	24 mei 2015 10:01	136	79	68
	23 mei 2015 10:49	143	87	66
	22 mei 2015 18:34	148	82	64
	22 mei 2015 06:55	138	80	64
	19 mei 2015 10:20	123	79	81
	18 mei 2015 23:14	141	73	57
	18 mei 2015 19:45	140	79	68
	18 mei 2015 14:29	131	75	70

08.00 133/82 59 voel me prima
 → na meting pil ingenomen
 06.10 122/79 68 ☺
 07.55 129/77 67 gesloten v. 1300-2000
 voel me prima
 — pil ingenomen
 09.40 129/77 71 duidelijk
 lichte hoofdpijn
 12.45 127/78 62 lichte hoofdpijn
 13.05 128/78 68 erg duidelijk
 13.45 128/68 68 net gezeten
 duidelijk na meting pil

Weight

Blood pressure



- As a result of self monitoring
 - Increased autonomy
 - New patient-GP interaction
 - Lowering of medicine intake!

QS Community

- Founded in 2007 by Gary Wolf and Kevin Kelly
- 2010: TED talk by Gary Wolf
- 2011: First international conference California
- May 2015: 206 groups in 38 countries
- Almost 50 k people active worldwide



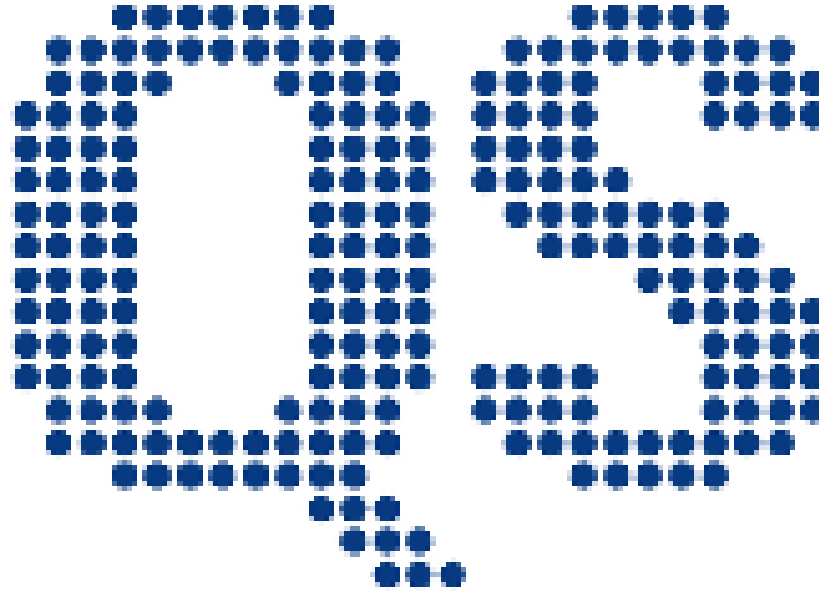
Quantified Self Meetups

Find out what's happening in Quantified Self Meetup groups around the world and start meeting up with the ones near you.

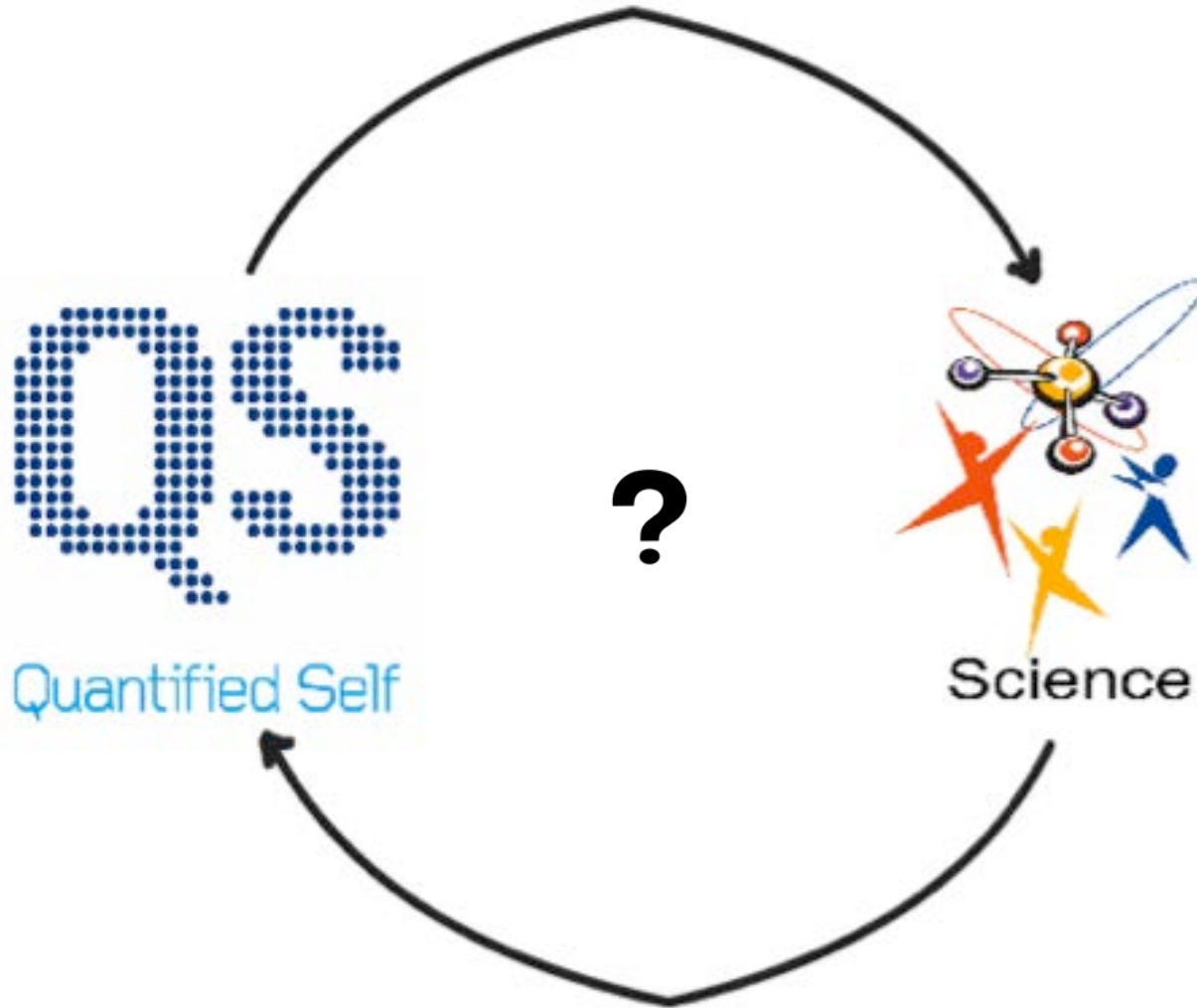


Groups	Members	Interested	Cities	Countries
206	48,555	12,038	131	38

Personal Meaning to Personal Data



Quantified Self

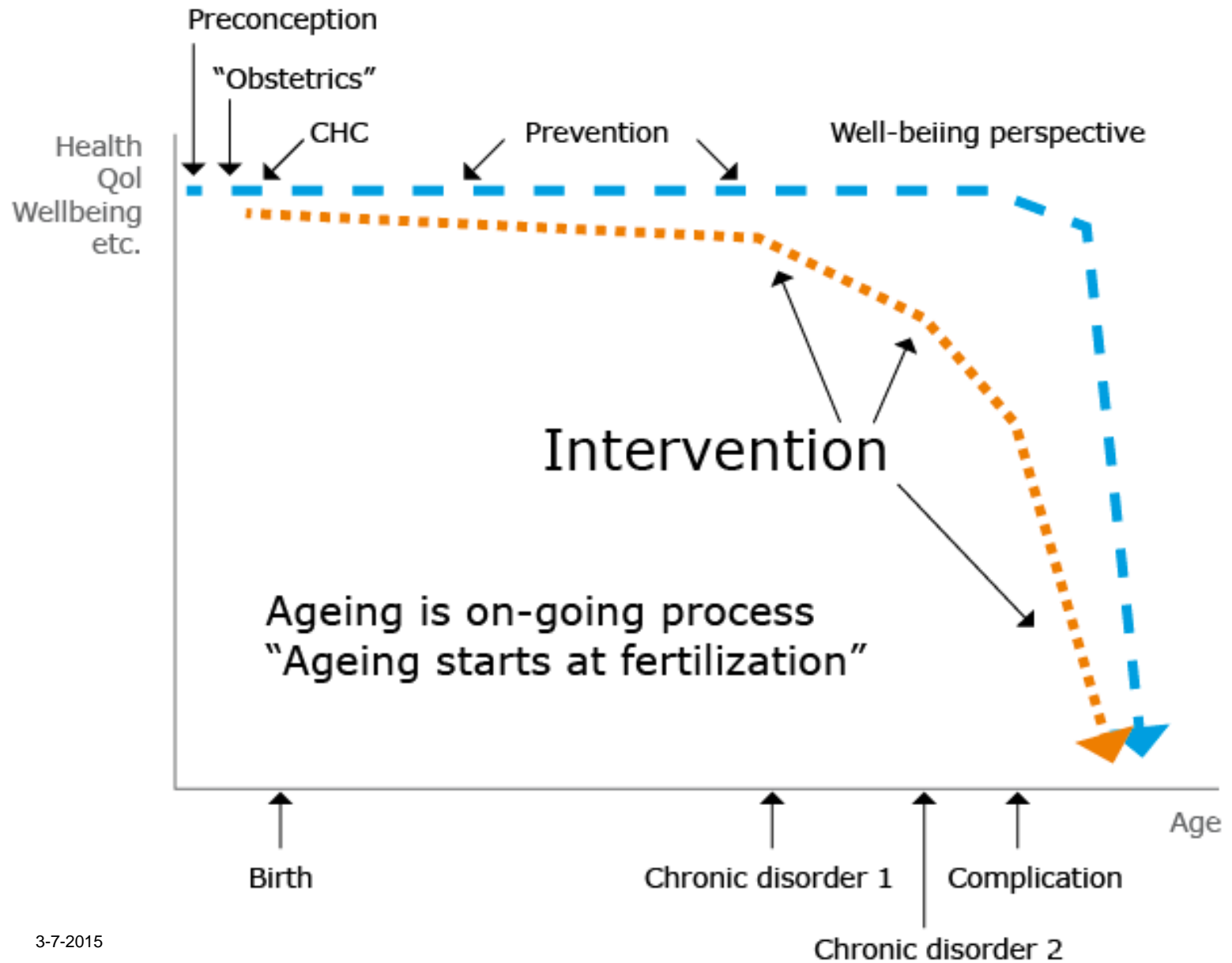


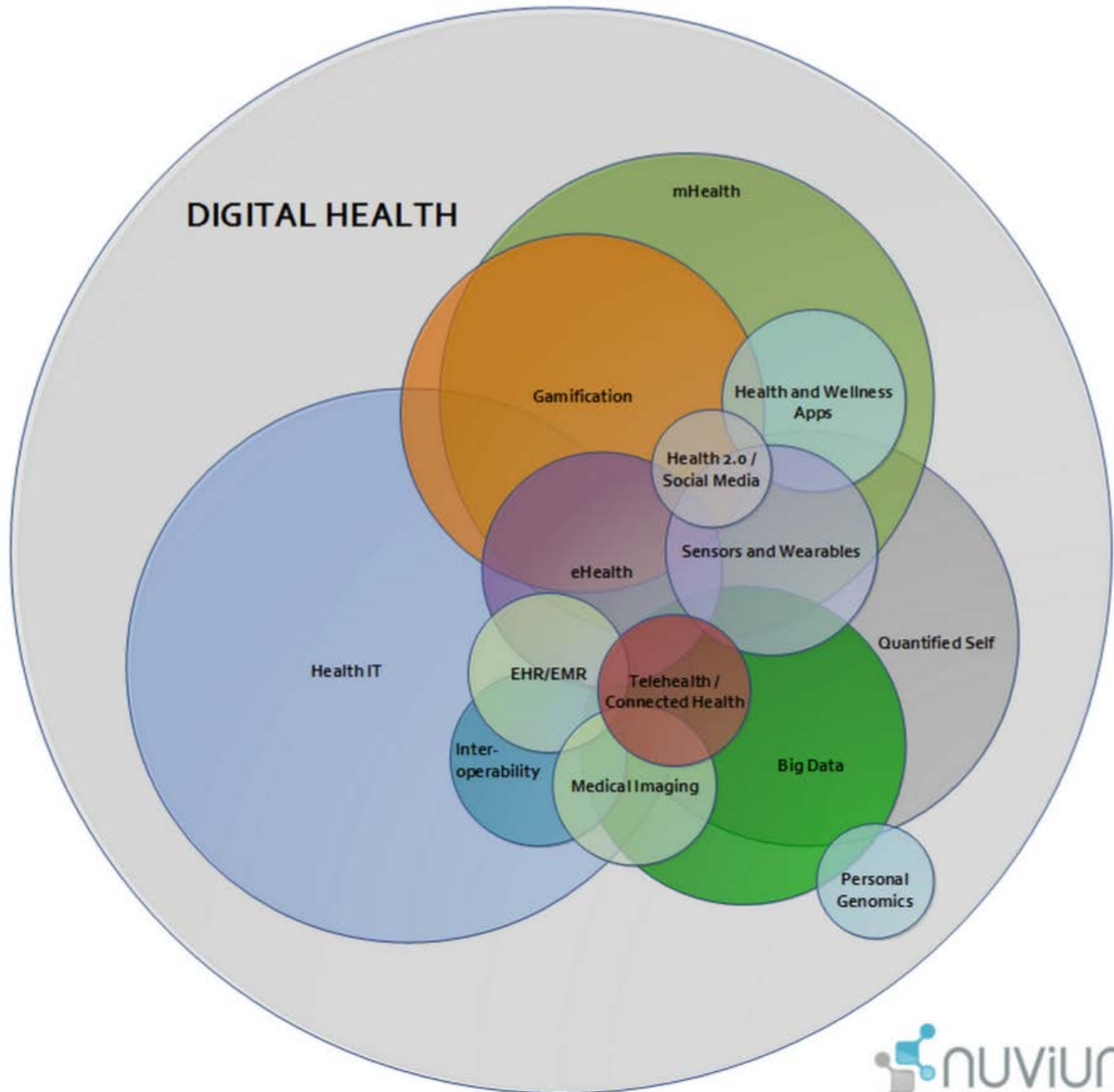
Network Organisation

- To encourage a healthy lifestyle through technology, science and fun.
- Focus on ‘the big five for healthy life’
 - Physical activity & sports
 - Food
 - Sleep
 - Stress & relaxation
 - Social interaction
- Availability, Creativity, Validity and Efficacy
- Applied research, higher education & new business development



Healthy Ageing



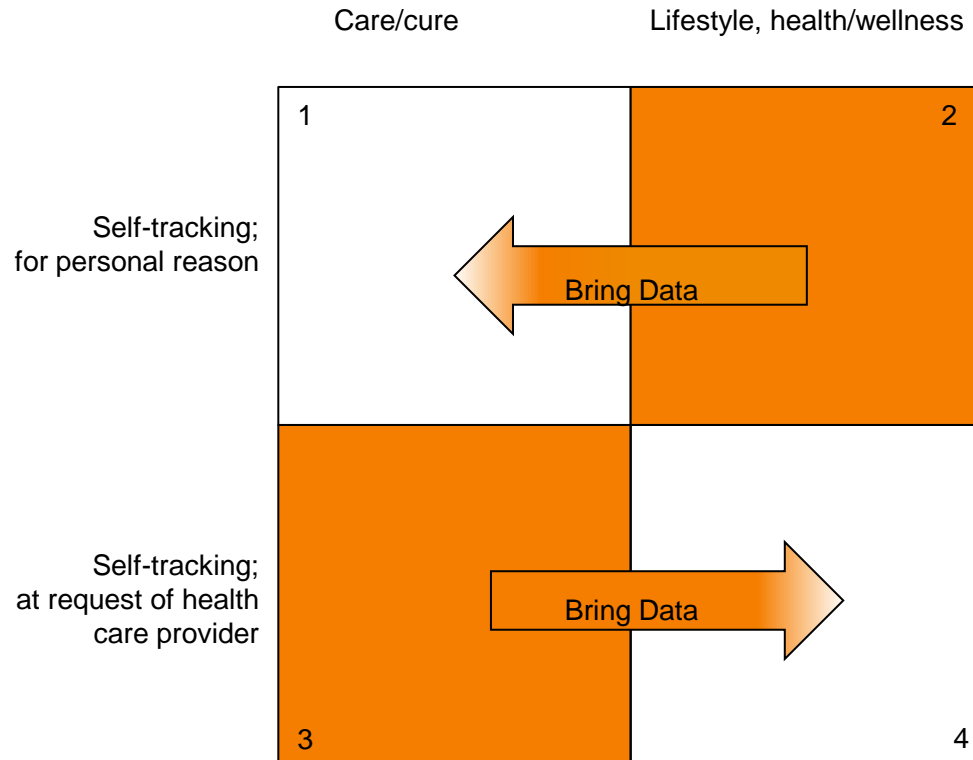


All about data...

A huge amount of personal data...

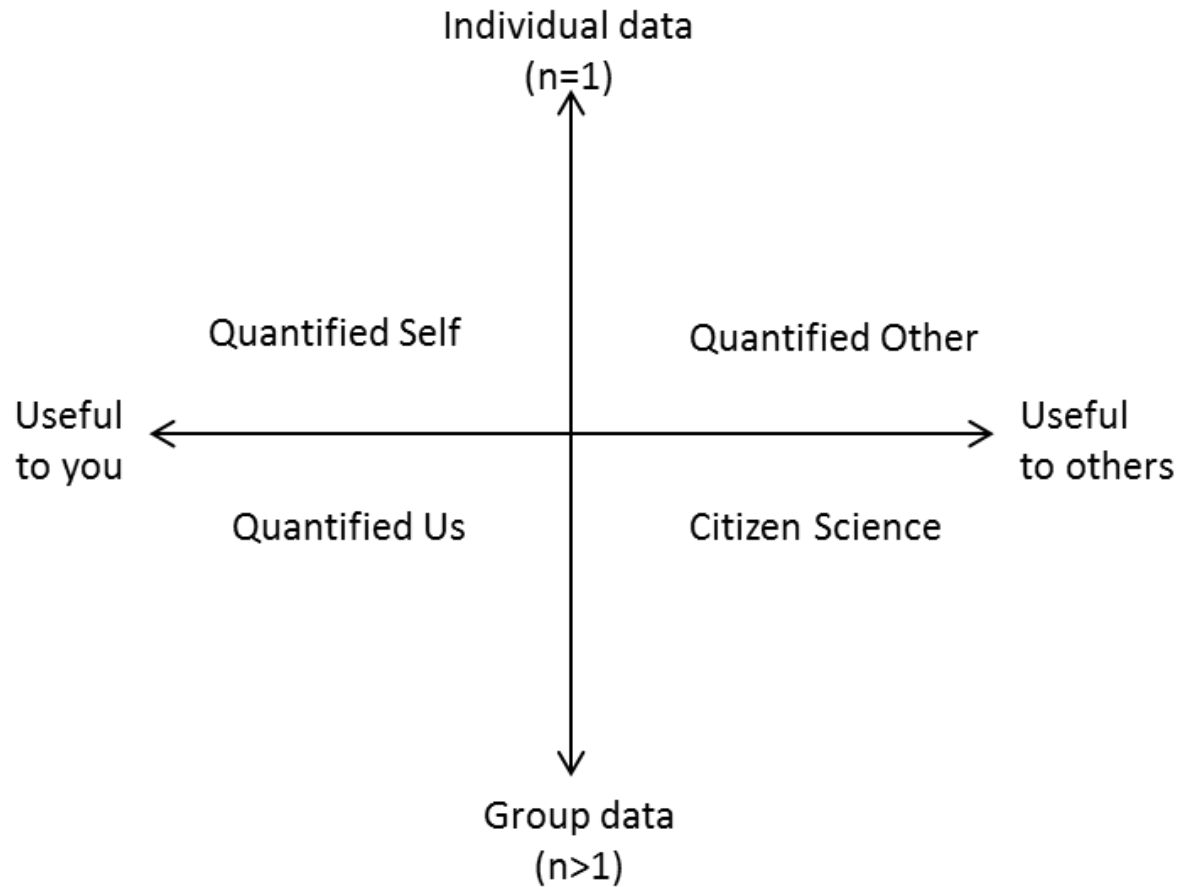
And a lot of stakeholders

.....



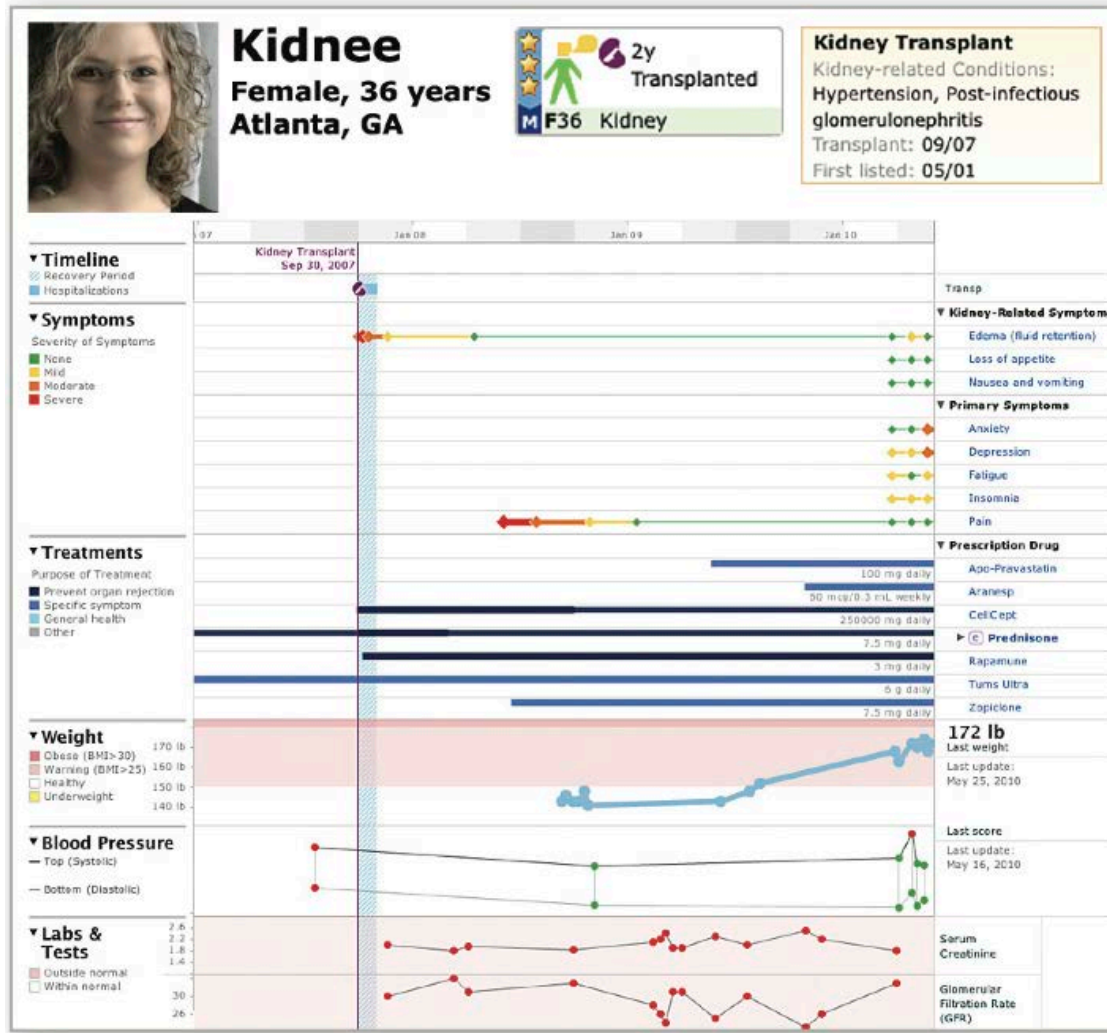
Adapted from:
www.nictiz.nl

Sharing data



<http://www.digitalezorggids.nl/blog/quantified-self-quantified-us-quantified-other>

Patients like me

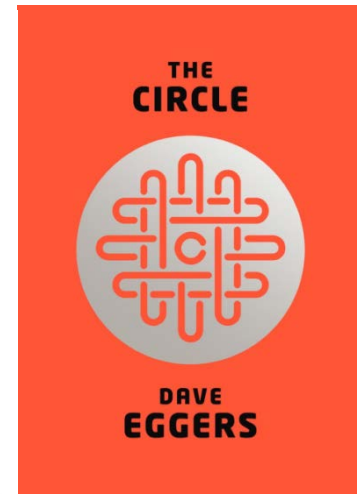
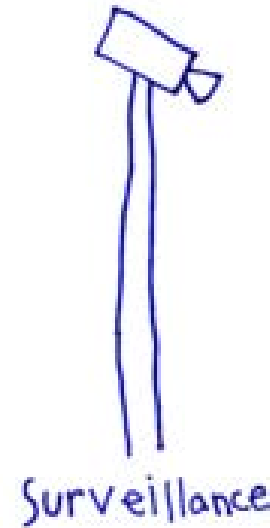


Quantified Us



Points of interest and debate

- Quality of the data
(validity and reliability)
- Data sharing
(usability and interoperability)
- Privacy, safety, legality and incentives
(data access and control)





Thea Kooiman

Oefentherapeut / Bewegingswetenschapper

Onderzoeker Lectoraat Healthy Ageing, Allied health care and Nursing.

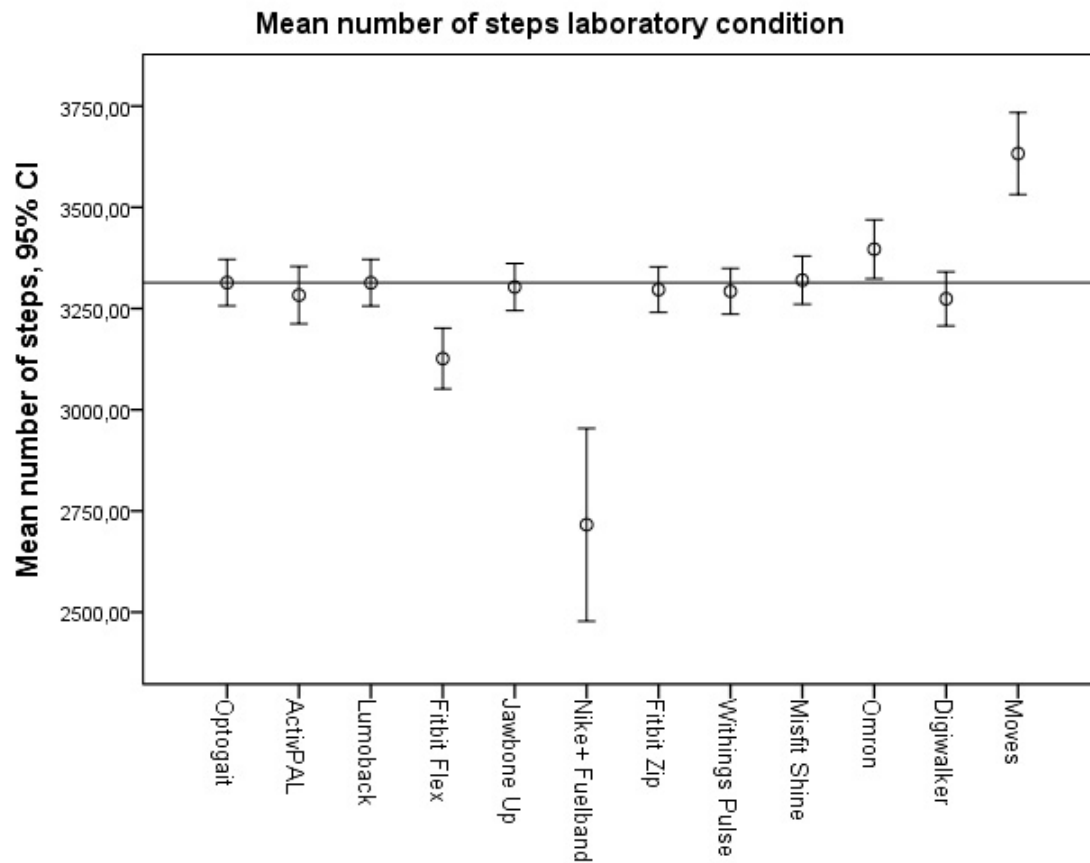
Reliability and Validity of ten consumer activity trackers.

- 1= Fitbit Zip
- 2= Misfit Shine
- 3= Nike+Fuelband
- 4= Omron
- 5 = Withings Pulse
- 6 = Fitbit Flex
- 7 = Digiwalker SW-200
- 8 = Lumoback
- 9 = Jawbone Up
- 10 = Moves app



Results – Lab condition

Mean number of steps walked (95 % CI), measured in the Lab condition.



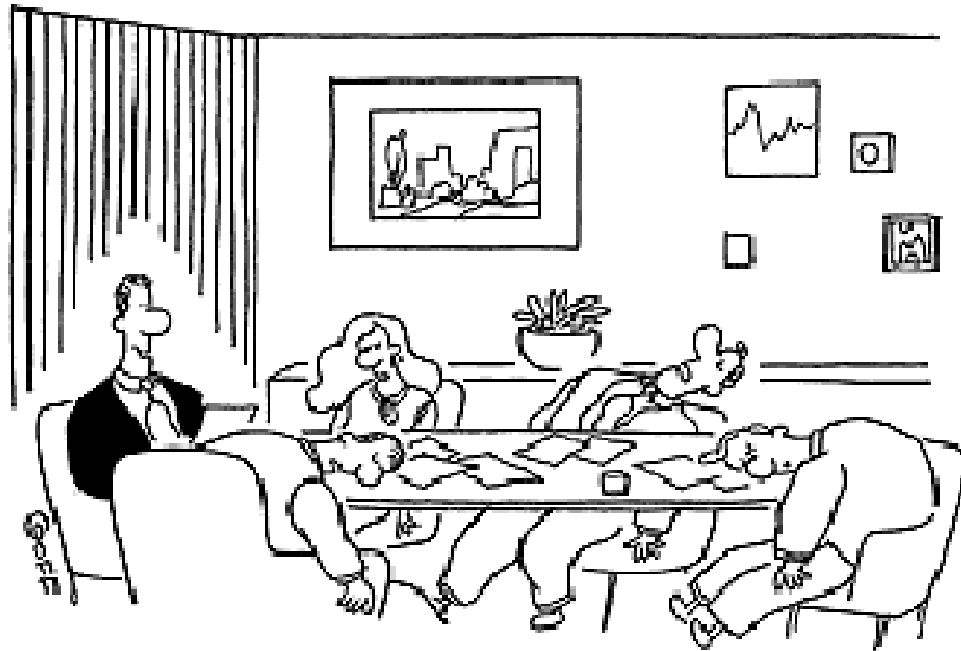
Conclusion

- All trackers showed good reliability, except for the Omron, Nike+Fuelband and Moves app.
- In the lab situation, the **Fitbit Zip**, **Lumoback**, **Withings Pulse**, **Misfit Shine** and **Jawbone Up** showed the highest validity.



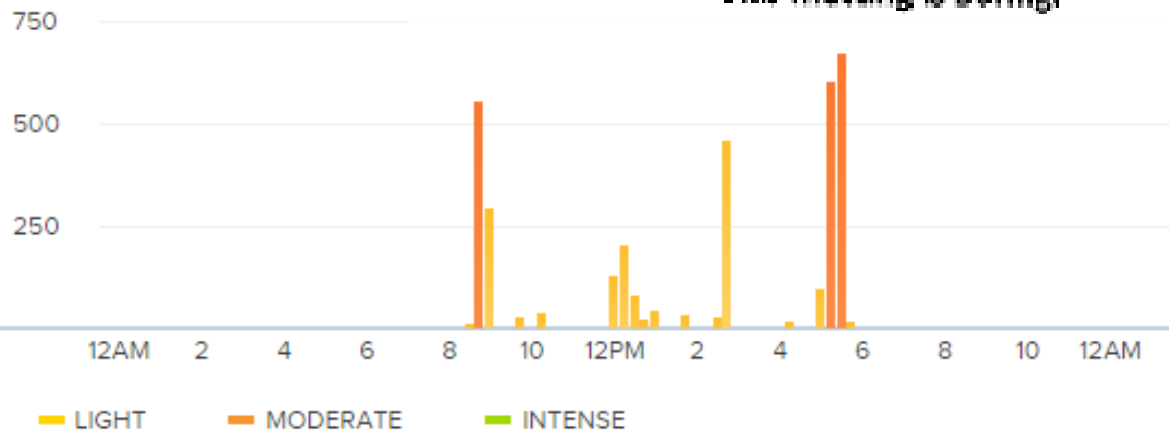
- Nike+ Fuelband and Moves app: low validity
- In the field situation, the **Fitbit Zip** showed the best validity.





Steps

**"At last we've reached a consensus!
This meeting is boring!"**

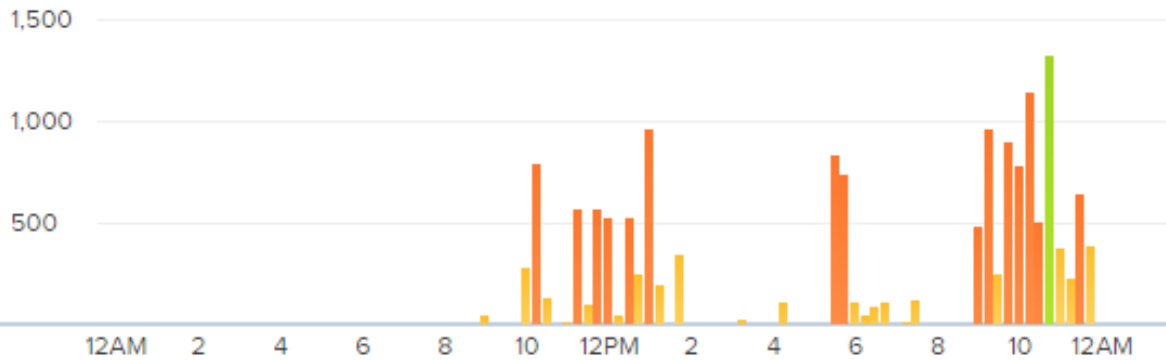


3,344 steps

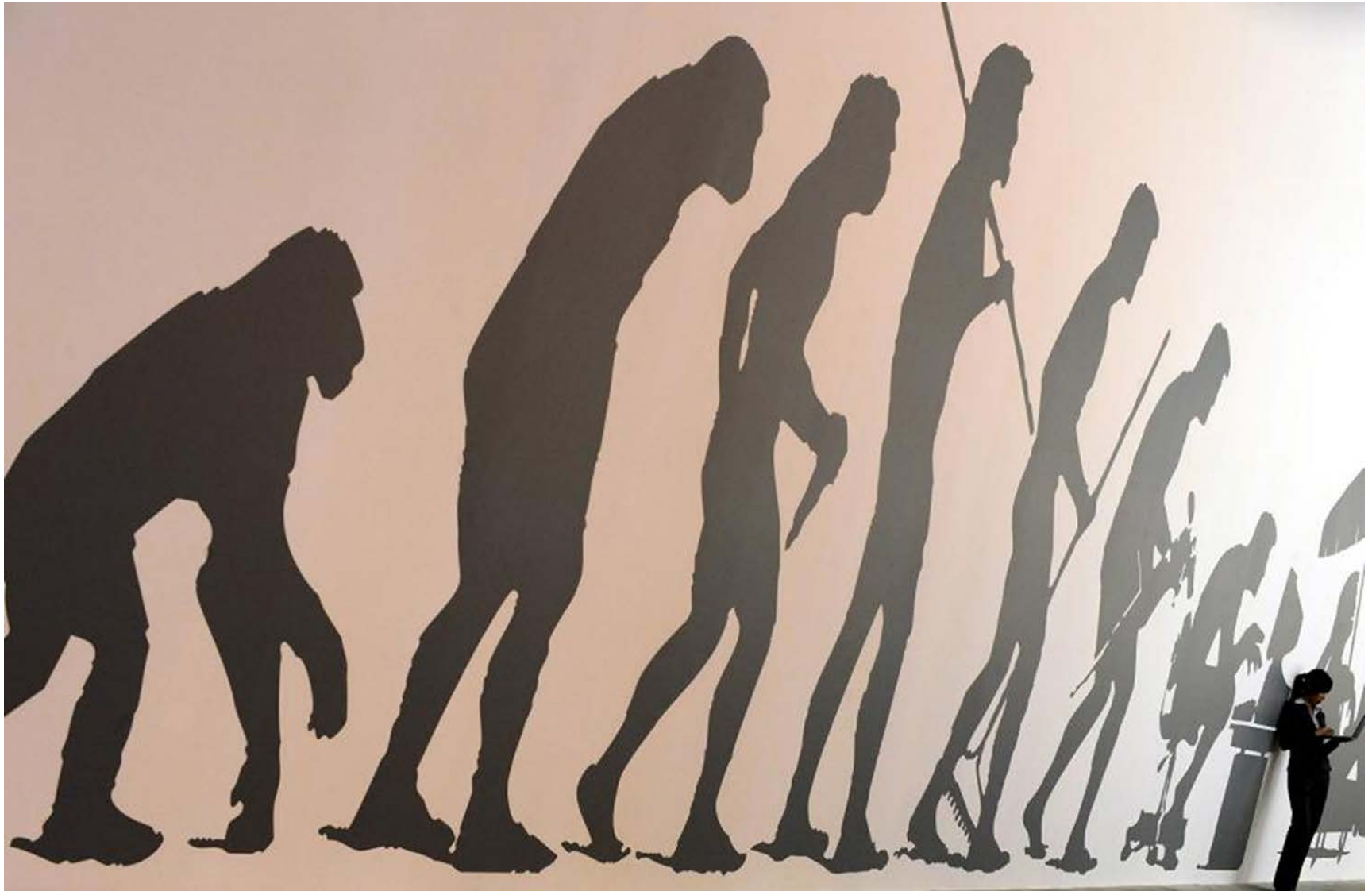


Steps

  Daily 

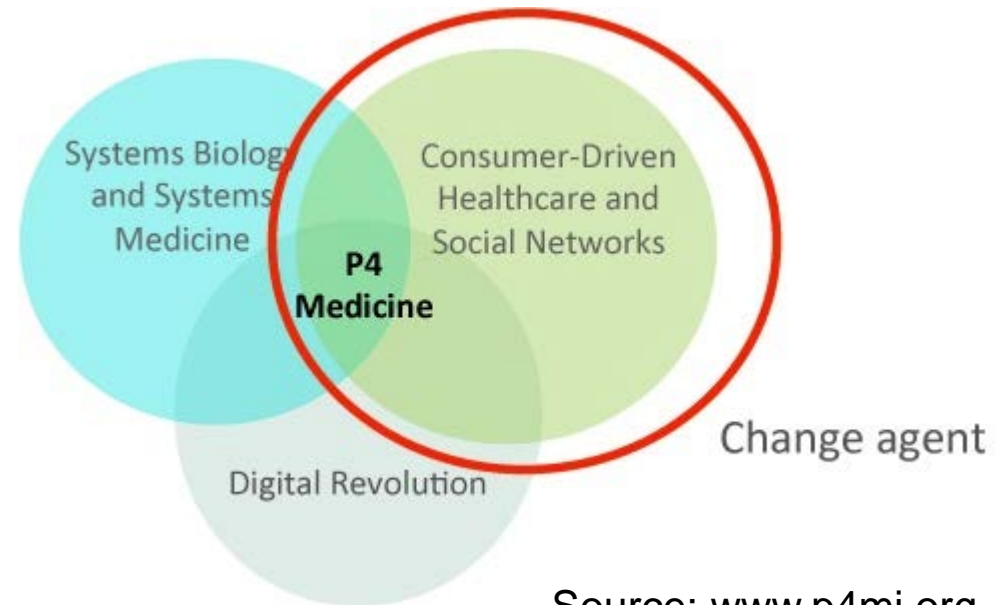


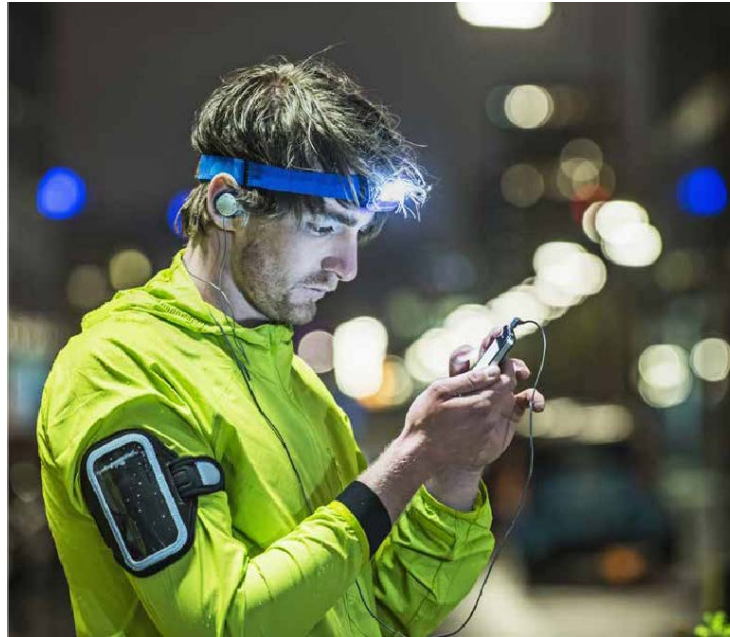
15,568 steps
Champ!



The day before tomorrow

- Preventive and predictive
- Personalised
- Participatory





www.qsinstitute.org



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