

Centre de Recherche en Nutrition Humaine – Rhône Alpes

Privacy Policy – Research Study on Physiological Data Collection Using Connected Watches

1. Introduction

This Privacy Policy describes how we collect, use, and protect personal data obtained through the use of connected smartwatches in the context of an academic research study. The study aims to analyze physiological data, including **heart rate (HR), heart rate variability (HRV), physical activity, and sleep patterns**, to assess the validity of **energy expenditure estimation** compared to indirect calorimetry.

2. Data Collected

The following types of data will be collected from the Garmin smartwatch:

- **Heart rate (HR) and heart rate variability (HRV)**
- **Physical activity data** (e.g., steps, movement, energy expenditure)
- **Sleep data** (e.g., sleep duration, sleep stages)

Additionally, we may collect general demographic information (e.g., age, sex) but no personally identifiable information (PII) such as name or contact details.

3. Purpose of Data Collection

The collected data will be used exclusively for **scientific research purposes** to:

- Investigate physiological responses in different conditions (e.g., rest, exercise, sleep).
- Better estimate **metabolic fluxed and energy expenditure estimation** as measured by
- **indirect calorimetry measurements.**

The data will not be used for commercial purposes.

4. Data Anonymization & Protection

- All data will be **fully anonymized** before analysis.
- No personally identifiable information (PII) will be linked to the dataset.
- Data will be stored on **secure institutional servers** with restricted access.
- Only authorized researchers will have access to the anonymized data.

5. Data Sharing & Publication

- Aggregated results may be published in **scientific journals and conferences**, but no individual participant data will be disclosed.
- Data may be shared with collaborators **only in anonymized form**.
- No data will be sold or shared with third parties outside of the research team.

6. Participant Consent

- Participants will be **fully informed** about the study procedures and data collection.
- Written informed consent will be obtained before any data collection.
- Participants can withdraw from the study at any time without justification.

7. Contact Information

For any questions regarding this Privacy Policy or the study, please contact:

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8. Compliance with Ethical and Legal Standards

The CRNH-RA is an authorized research center for studies involving human participants, excluding the first administration of a drug to humans, in accordance with French regulation (**Arrêté n°2019-17-0582**), valid until **July 10, 2026**.

This study follows the guidelines of **[your ethics committee or institutional review board]** and complies with **data protection regulations** GDPR, as applicable in France.