Wearables: Overview

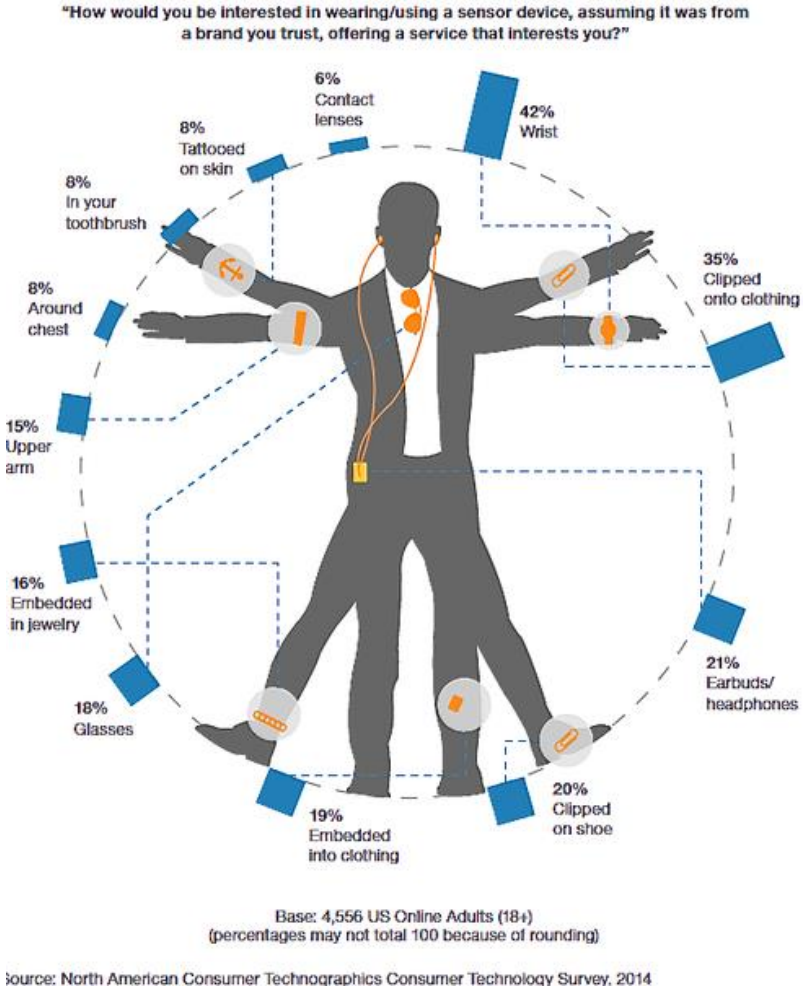
JSM 2019

JOHNS HOPKINS
BLOOMBERG SCHOOL
of PUBLIC HEALTH

SMART
Johns Hopkins University
STATISTICAL
METHODS AND
APPLICATIONS FOR
RESEARCH IN
TECHNOLOGY

Wearables


HEADSET COMPUTER
AV GLASSES
HEALTH BRACELET
CLIP-ON SENSOR
SMART WATCH


"How would you be interested in wearing/using a sensor device, assuming it was from a brand you trust, offering a service that interests you?"
6% Contact lenses
42% Wrist
8% Tattooed on skin
8% In your toothbrush
35% Clipped onto clothing
8% Around chest
15% Upper arm
16% Embedded in jewelry
21% Earbuds/ headphones
18% Glasses
20% Clipped on shoe
19% Embedded into clothing
Base: 4,556 US Online Adults (18+)
(percentages may not total 100 because of rounding)
Source: North American Consumer Technographics Consumer Technology Survey, 2014

Wearables

Research

Consumer

What do wearables offer?

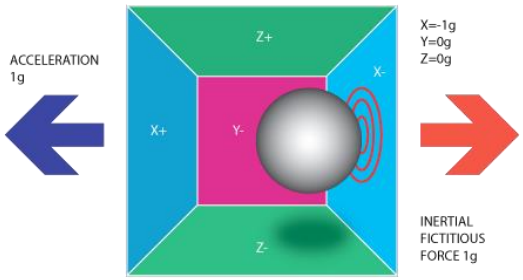
- Physical Activity
  - Steps or Activity Counts
  - Steps and Gait (temporal asymmetry, stride variability)
  - Energy Expenditure (calories, …)
- Sleep
- Circadian Rhythmicity
- Electronic Diary/Ecological Momentary Assessment (1-2-4 per day)

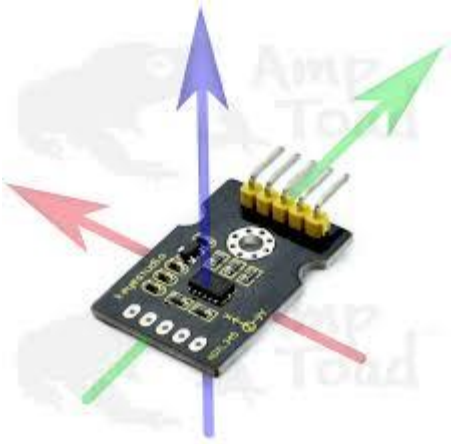
- Heart Rate (ECG, bpm)
- Blood Glucose Monitoring
- Light, Temperature (Circardian markers)
- Voice (Mood, Progression of Disease)

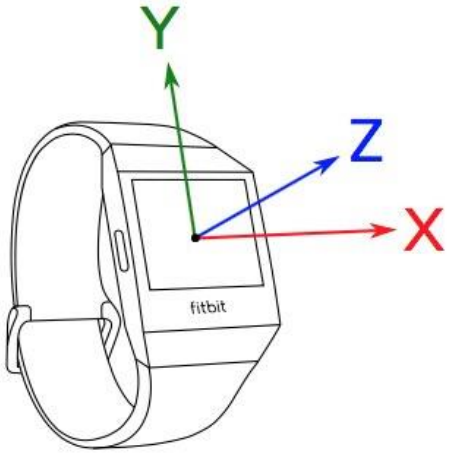
Clinical applications

- Aging (BLSA, Health ABC, NHANES, UKBiobank, WHI)
- Dementia and AD (Sleep & Agitation)
- Cardiovascular: CHF, Afib, and post-surgery
- Multiple Sclerosis (Disability & Sleep)
- Mood Disorders
- Cancer: Fatigue and Sleep
- Diabetes (T2)
- Diabetes in babies (Nurture)
- Rehabilitation (METRC)

Accelerometers





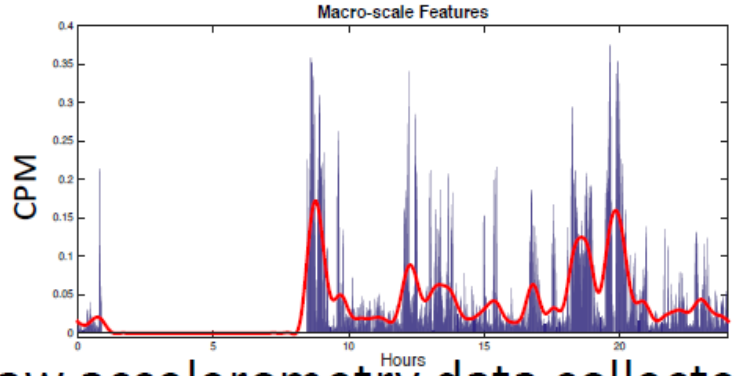


- Detects acceleration in three orthogonal planes

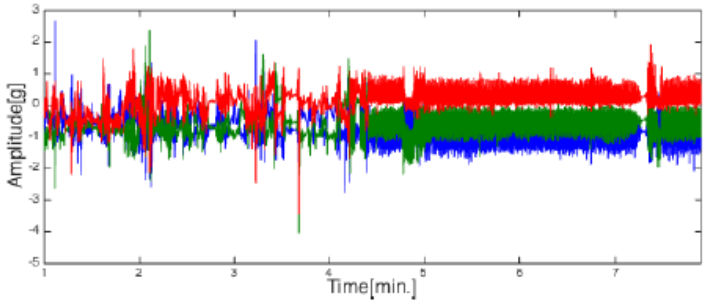
- https://www.youtube.com/watch?v=irjG9Y4NGnE

Macro- and Micro-scale

- **Macro-scale** – summarized data (1 minute intervals)



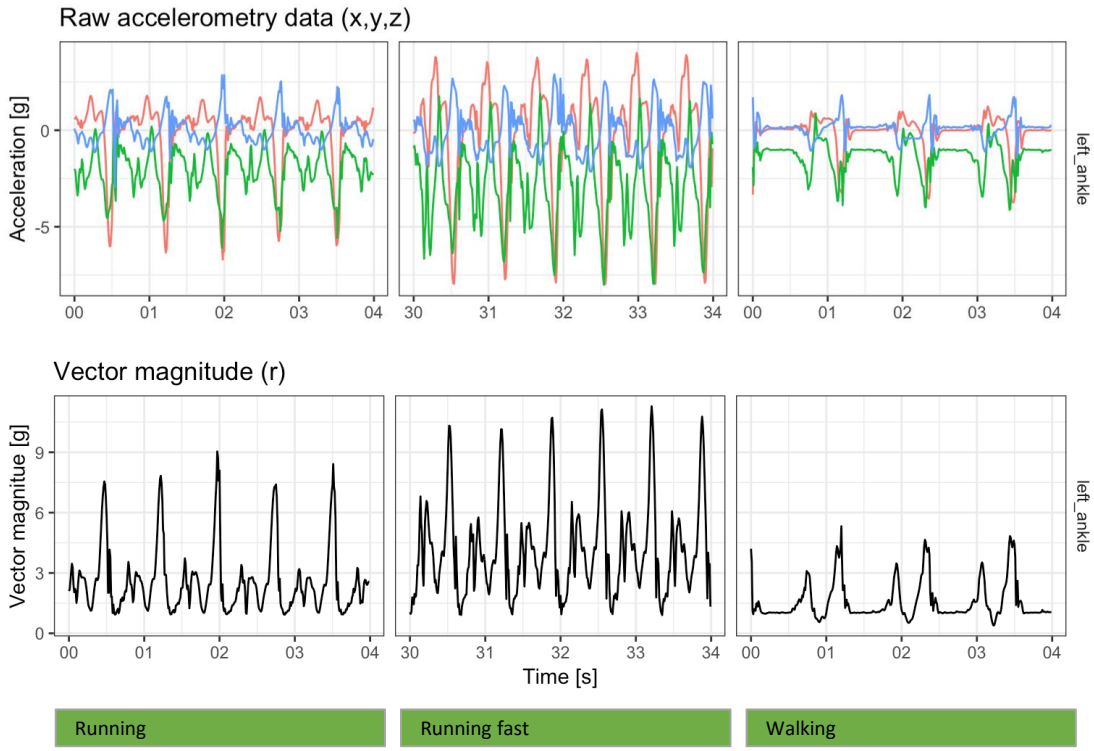
- **Micro-scale** – raw accelerometry data collected (10Hz+)



Subsecond-level accelerometry data analysis

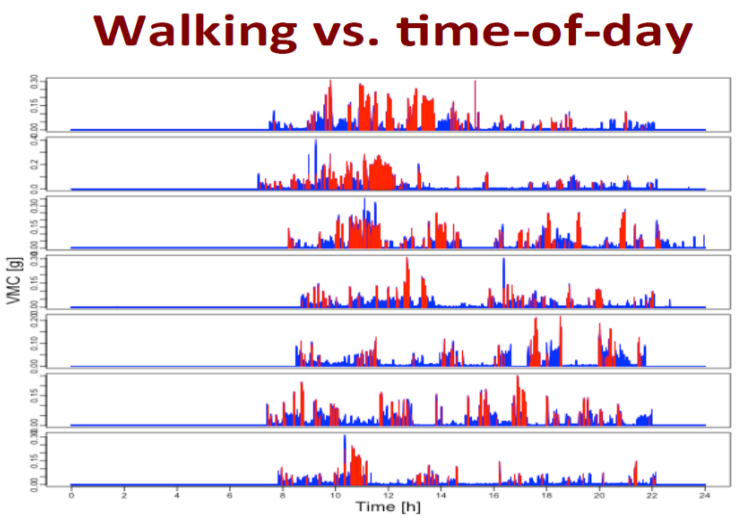
- **Vector Magnitude (VM)**: 1-dimensional summary of 3-dimensional time-series

$$r(t) = \sqrt{x_1^2(t) + x_2^2(t) + x_3^2(t)}$$



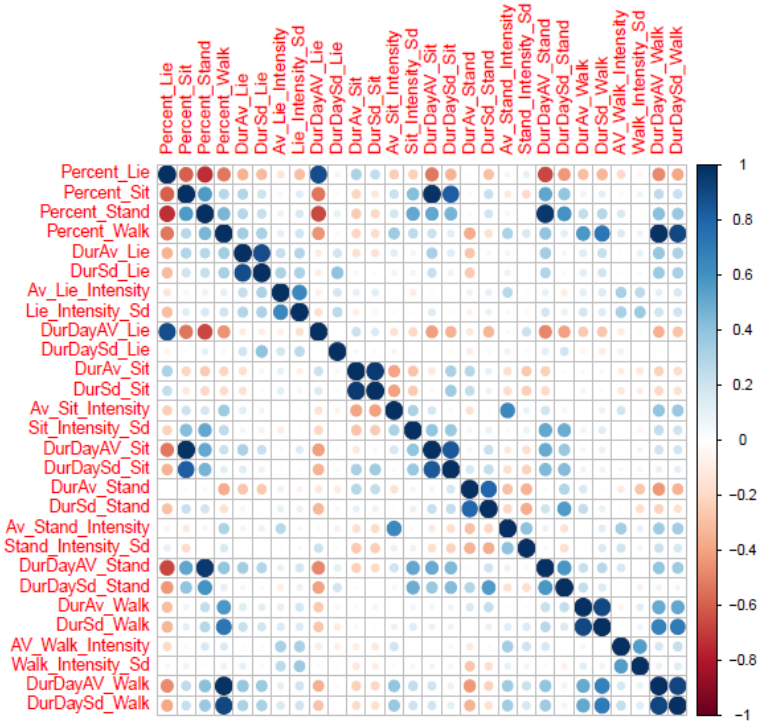
Stage 1: Episode Detection

- Non-wear time
- Posture: sitting, lying, standing, driving, stairs climbing, …
- Activity: walking, running, driving, …
- Sleep: rest/wake, in/out of bed, …



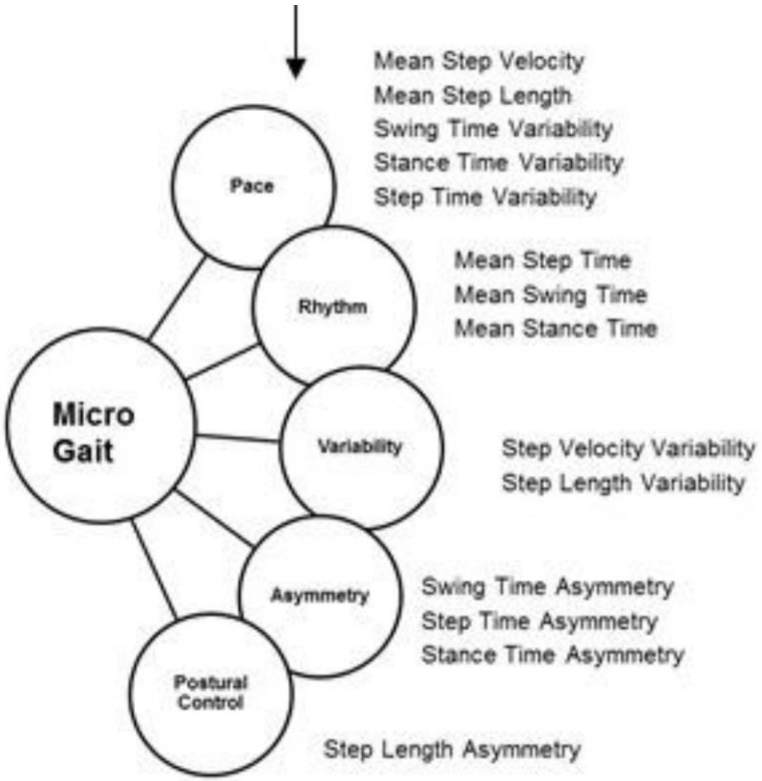
Stage 2: Feature extraction

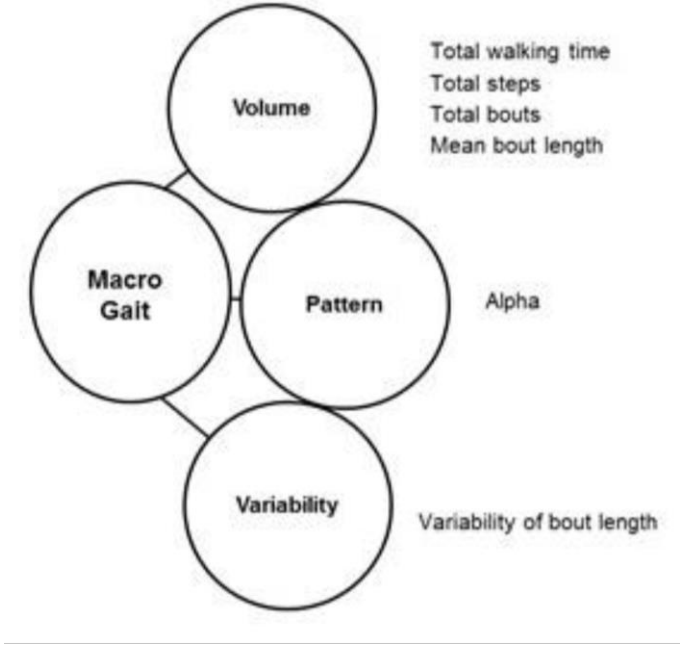
- Walking: cadence, stride-variability, asymmetry, …
- Sleeping: time in bed, fragmentation, variability, …



Stage 3: Feature Grouping

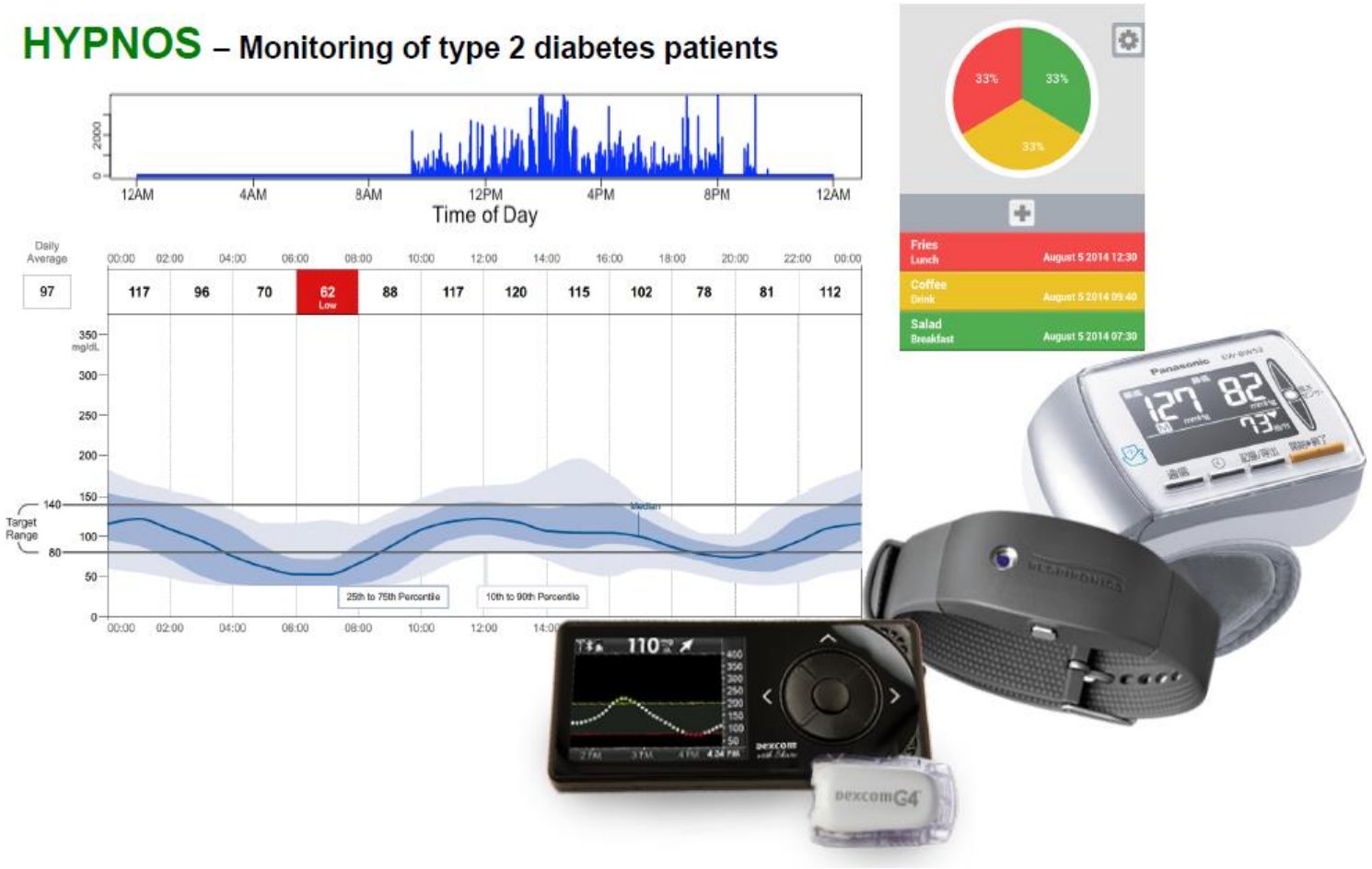
- Example: grouping of gait characteristics





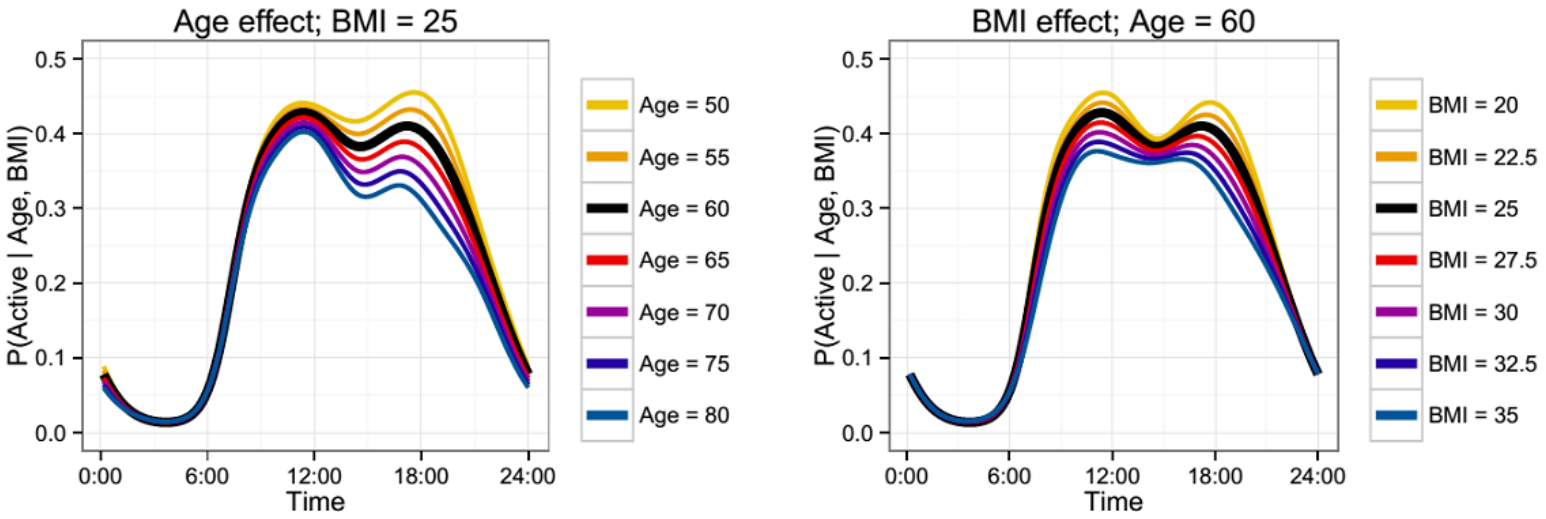
Gait in Mild Alzheimer's Disease.
Feasibility of Multi-Center Measurement
in the Clinic and Home with Body-Worn Sensors.
A Pilot Study, Zetterberg et al, 2019, JAD

Sensor fusion



Macro-level: Diurnal Patterns

- Estimated functional mean, bmi, and age effects



Activity Pattern = mean pattern + Age*(Age Effect) + BMI*(BMI effect) + other effects