

Activity Monitoring Study

Diabetes Clinic at the University Hospital of the West Indies, Summer of 2021

First and foremost, thank you so much for volunteering for this summer's activity monitoring study through the UHWI. We're excited to get to know you and work towards building a healthier, more active Jamaica. In this document, you'll find a brief overview of the study and the people behind it.

Diabetes in Jamaica is described as an epidemic as it is found in 12% of the population who are 15 years or older (reference – Jamaica Health and Lifestyle Survey III – Wilks et al). It is also the leading cause of death of women in Jamaica, and it contributes to other complications if not properly managed. Some of the best ways for people with diabetes to manage their health is through physical activity and diet. The goal for this study is to **increase the health** of Jamaican patients with diabetes (seen at the UHWI in the diabetes clinic) by developing a framework to **collect daily step count**, incentivize step count, and **promote community** among patients. This summer is just the beginning; we hope that you are the first of many study participants with diabetes in Jamaica seeking to increase their physical activity and improve their diabetes by upping the number of steps taken in a day.

The research team this summer consists of three students. We'll be the ones interacting with you and answering any questions you may have about the step-tracking technology or the study itself. Below is a brief introduction:



Daniel Chambers

Hometown: Hanover, Jamaica

College: UTech, Jamaica

Major: Computer Science

Main Job: Software Development



Raymond Li

Hometown: Queens, NY

College: Carnegie Mellon Univ.

Major: Information Systems

Main Job: Application Development



Tay Michell

Hometown: Plano, TX

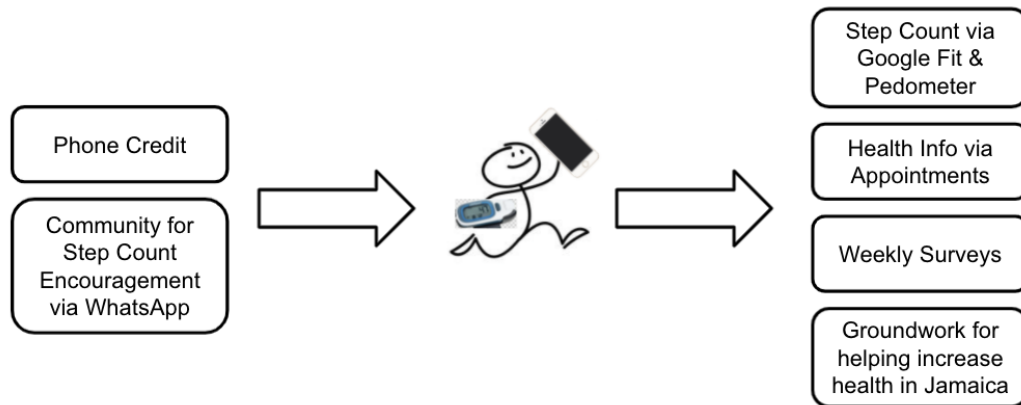
College: Carnegie Mellon Univ.

Major: Masters in Data Analytics

Main Job: Project Management

So, how will the study work? You'll be providing us with some basic health information, both through weekly surveys and through appointments at the clinic. In addition to this, you'll carry your phone with the application "GoogleFit" installed as well as a pedometer. This will help us

to track your daily step count. The goal is to increase your weekly average step count from the beginning of the study to the end. The diagram below gives an overview of how this will work...



...and here's the timeline for the study:

- June 23: Introductory Brief
 - Introductory questionnaire is sent out; please return by June 25th
- June 28 - July 2: Technology Set-Up
 - Pedometers will be mailed to you, or you can pick them up at the clinic
 - You'll receive instructions on how to download and use GoogleFit Application
- Monday, July 5: Data collection begins
 - Weekly progress reports sent out via Google Forms / email; if you would prefer to speak with one of us on the phone, just let us know and we'll give you a call!
 - Daily reminders will be sent out via our WhatsApp group.
- Sunday, August 1: Data collection ends

The first week of the study (July 5-11) will serve as your baseline. We'll use this week to get used to wearing a pedometer and carrying a phone around. This will give us an idea of how many steps you usually take. Then, we'll set goals for the next three weeks. If you meet those goals, you'll be sent compensation in the form of phone credit. Ultimately, the six of us (three research students and three study participants) will form a community to help encourage each other throughout the duration of the study.

We will send out more information next week on how to get started, but in the meantime, please let us know if you have any questions or need anything from us.

Sincerely,

Daniel, Raymond, and Taylor
Student Researchers, Summer 2021