

Researchers at the University of California, Irvine are using Fitbit devices and Fitabase to develop new ways to encourage middle school-aged youth to be active.

Dr. Margaret Schneider has been working to impact youth physical activity and health for a number of years. Recently, her use of Fitbit devices has encouraged her to develop exciting new ways to understand long term behavior and develop impactful intervention strategies.

Past experiences with older activity tracking led Dr. Schneider and her team to explore using Fitbit devices due to their ability to capture data in a way that provides insight to researchers and may serve as a motivation factor to adolescent participants.

“From the research perspective, being able to track activity on a daily basis over long periods of time will give us rich and textured information about long-term behavior patterns.”

Preliminary results from Dr. Schneider's research have been published in BMC Research Notes and the Journal of Behavioral Medicine.^{1,2}

Using Fitabase has enabled us to collect continuous data on physical activity over periods of weeks and even months, and to aggregate the data in multiple ways.

- Margaret Schneider, Ph.D.



About Fitabase

Fitabase is a comprehensive data management platform designed to support innovative research projects using wearable and internet-connected devices. Learn more at fitabase.com.

¹ Schneider M, Chau L, Case M, et al. Validation of the Fitbit Zip for monitoring physical activity among free-living adolescents. BMC Res Notes. 2016;9(1):448. doi: 10.1186/s13104-016-2253-6.

² Schneider M, Schmalbach P, Godkin S. Impact of a personalized versus moderate-intensity exercise prescription: a randomized controlled trial. J Behav Med. 2017;40(2):239-248. doi:10.1007/s10865-016-9776-0