

ISER Study in the Anchorage School District:

PRINCIPAL INVESTIGATOR:

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DESCRIPTION:

Fitness and wellness technology, which includes devices like the Fitbit and Nike Fuelband; and mobile apps like MyFitnessPal and Runkeeper, is a growing area. Given how common these devices are, it makes sense to use them to improve public health. In particular, children love technology, and this sort of device may be especially useful in encouraging healthy habits.

Providence Alaska and the Anchorage School District are working together to provide SQORD to teachers and students. The Institute of Social and Economic Research (ISER) is studying whether using SQORD will help children become more active.

Our study will use data from the SQORD devices to measure activity among children across the Anchorage School District. Participants in the study will be asked to wear the SQORD and sync the data regularly. Schools will be in one of three groups. Most schools will plan school-specific programs around SQORD use. Some schools have volunteered to participate in a study where we will use a random assignment (like a coin toss) to assign them to two groups that are able to use different features of the SQORD, and in which students will be able to take the device home with them.

VOLUNTARY NATURE OF PARTICIPATION:

Your participation in this study is voluntary. You may stop using the device at any time. You are free to make your own choice about being in this study or not and you may quit at any time without penalty.

CONFIDENTIALITY:

ISER will be receiving activity data recorded by the SQORD device. This data will not have any identifying information, and only researchers will have access to the data. Reports and articles produced from this data will only use aggregated data.

BENEFITS:

The use of the SQORD device which registers points earned and allows you to monitor daily activity. This study will highlight how technology can affect physical activity and health.

RISKS:

There are no known risks to you from participating in this study.

CONTACT PEOPLE:

If you have any questions about this research, please contact the principal investigator listed at the top of the page. If you have any questions or concerns about your rights as a research subject, please contact Sharilyn Mumaw, Research Compliance Officer at 907.786.1099 or email simumaw@uaa.alaska.edu at the University of Alaska Anchorage.