

Data donation of personal physical activity trackers

Maaïke Kompier, Anne Elevelt, Annemieke Luiten, Joris Mulder, Centerdata, Barry Schouten and Vera Toepoel (Statistics Netherlands (CBS), Netherlands)

me.kompier@cbs.nl

Abstract

Physical inactivity is a growing worldwide concern. Population monitoring of physical activity (PA) is generally done using questionnaires, yet recently there has been a shift towards more objective forms of measurement. With the prevalence of personal activity trackers, respondents could be asked to share the data that their own devices from which their PA could be determined. In this study, we explored two different methods of data donation to measure PA: uploading of spreadsheets and manual copying of data into questionnaires. Next to the response and representativity of willingness to donate, we compared the substantial outcomes of these different methods to assess PA. The results showed that device ownership is limited and biased with age and education level. The majority of respondents were willing to copy their data in a questionnaire, whereas uploading with a spreadsheet proved to be too difficult. Future research should focus on assessing differences between brands and finding alternatives to measure PA amongst the population without a personal tracker.