



**University of
Zurich^{UZH}**

Institute of Social and Preventive Medicine

Colloquium

New technologies to assess physical activity behaviour

Do they add clarity or confusion?

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Monday, 5 March 2012, 15.30-17.00
Institute of Social and Preventive Medicine
Hirschengraben 84, 8001 Zürich, Room F-05

The importance of physical activity for health is increasingly being recognized and there is growing interest in expert knowledge and evidence-based interventions. Measurement of physical activity is important to assess levels and trends at the population level, for quantitative assessments in epidemiological studies and to assess the success of policies and programmes. Two international, standardized questionnaires exist but they have methodological limitations. In addition, many countries use their own national instruments, often of unknown quality. In recent years, objective measurement tools have started to be used more widely, including step counters, accelerometers and camera-based devices.

This colloquium will provide an overview of new technologies and discuss their pros and cons in measurement studies, including results from the United Kingdom, USA and Australia.

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