



Facts About Accelerometers

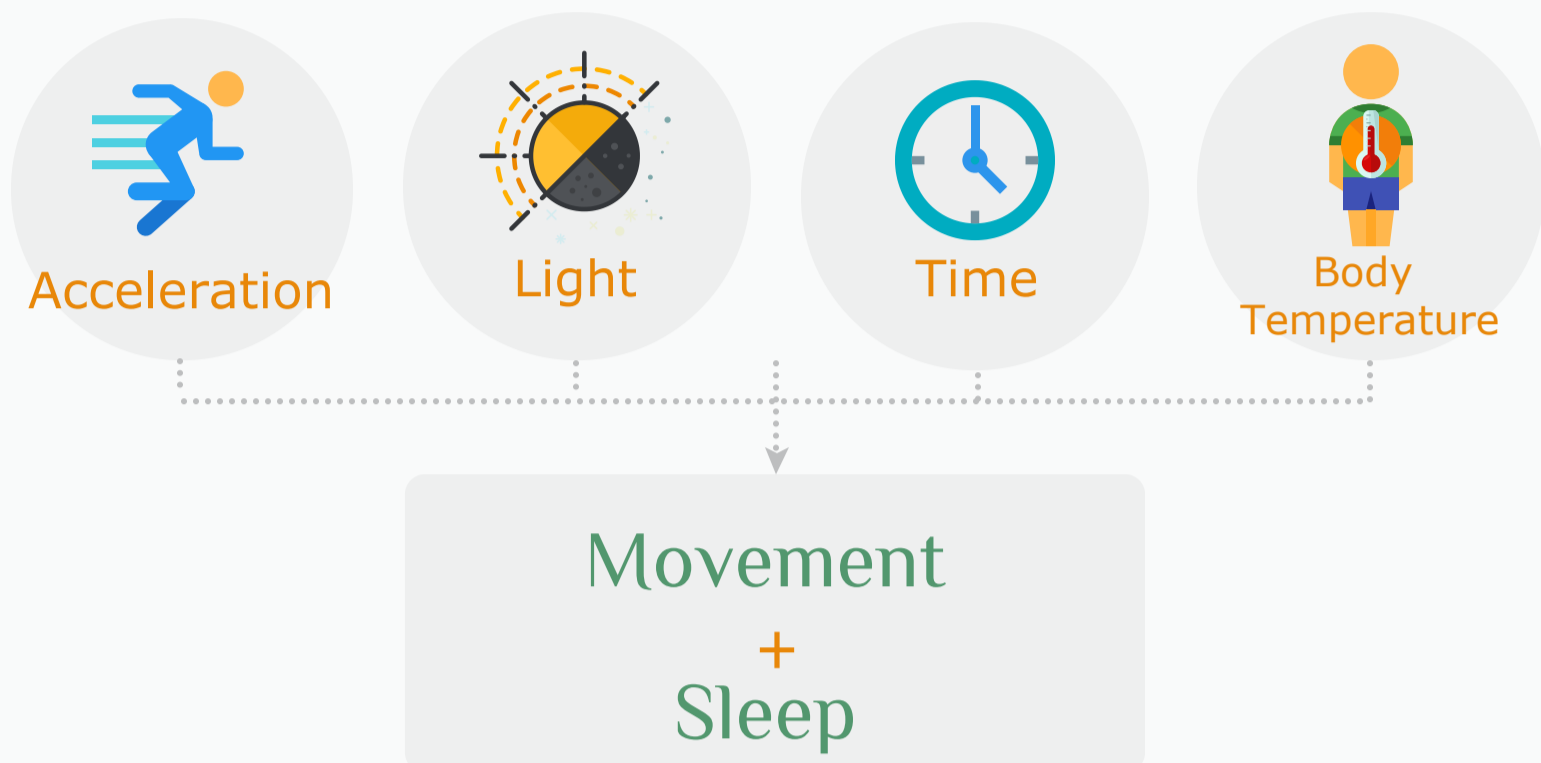
PPAHP Spotlight: Using Accelerometers to Measure Movement in Our Research

Accelerometers are used to determine acceleration of motion (i.e., movement) (1).

1

What Does it Record?

Accelerometers record movement, periods where there is no movement, light, time and body temperature in order to measure sedentary behaviour, light physical activity, moderate-to-vigorous physical activity, and sleep (2).



2

What Will it **Not** Do?

Accelerometers record acceleration, light, time, and temperature, but they do not:

Work as a GPS

The accelerometers will not record location.

Send Direct Information

All recordings will remain on the device until returned and transferred onto a computer.

Record Audio

Accelerometers do not record sound.

Get in the Way

Children will not feel held back from daily activity while wearing these, as they are a light weight.

3

Why Use Accelerometers to Measure Children's Movement and Sleep?

Light weight

Accelerometers are not heavy. They are a plain, plastic box similar to a wrist watch. (2)

24/7 Wear

These devices can be worn at all times. They're light weight, typically water proof and non-intrusive. (3)

Attachment

Accelerometers can be worn on the hip or the wrist.

Personalized

The device is personalized to each individual who wears it. Height and weight are used to set up the device, in order to obtain the most accurate physical activity, sedentary behaviour, and sleep.