

Connected health: Uses for research

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Outline

1

Trends in use of connected health technology

2

Current technology and uses

3

Possible future directions

What is *connected health* technology?

Devices capturing biometric health data.

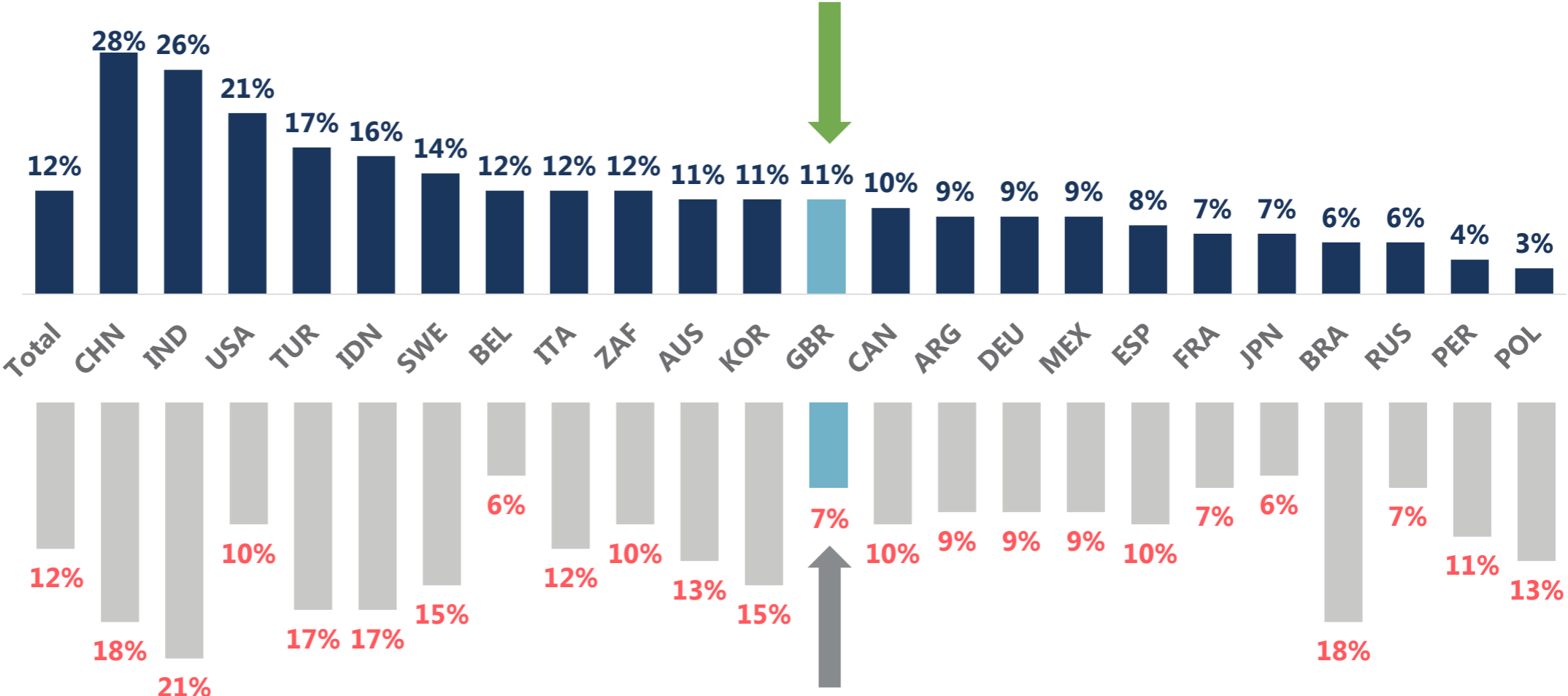
*Some of the more well-known connected health devices and tools would include **wearable technology devices** which have tracking ability (such as Apple watch, Fitbit, wahoo tickr – heart rate monitor, etc.) or devices which have a **connectivity ability** (e.g. body monitoring equipment which links to a mobile app).*

Do you currently, or have you ever, used a connected health device or tool to manage your health?

Yes, currently use

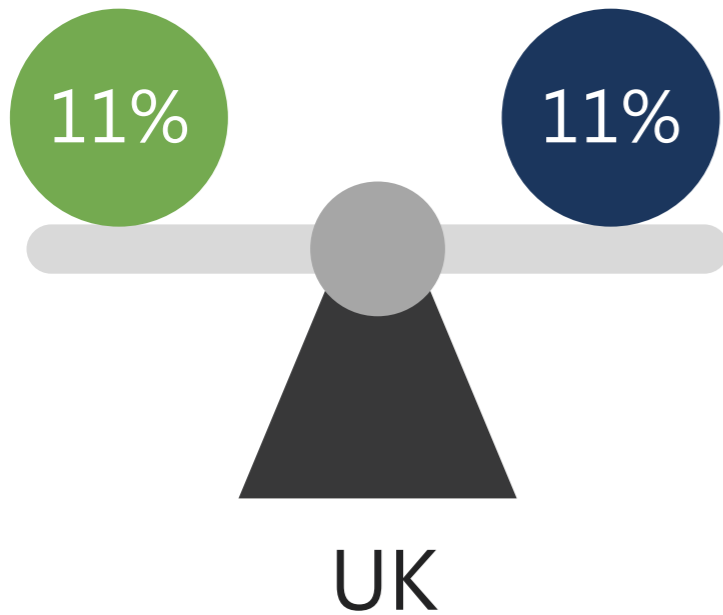


Formerly used



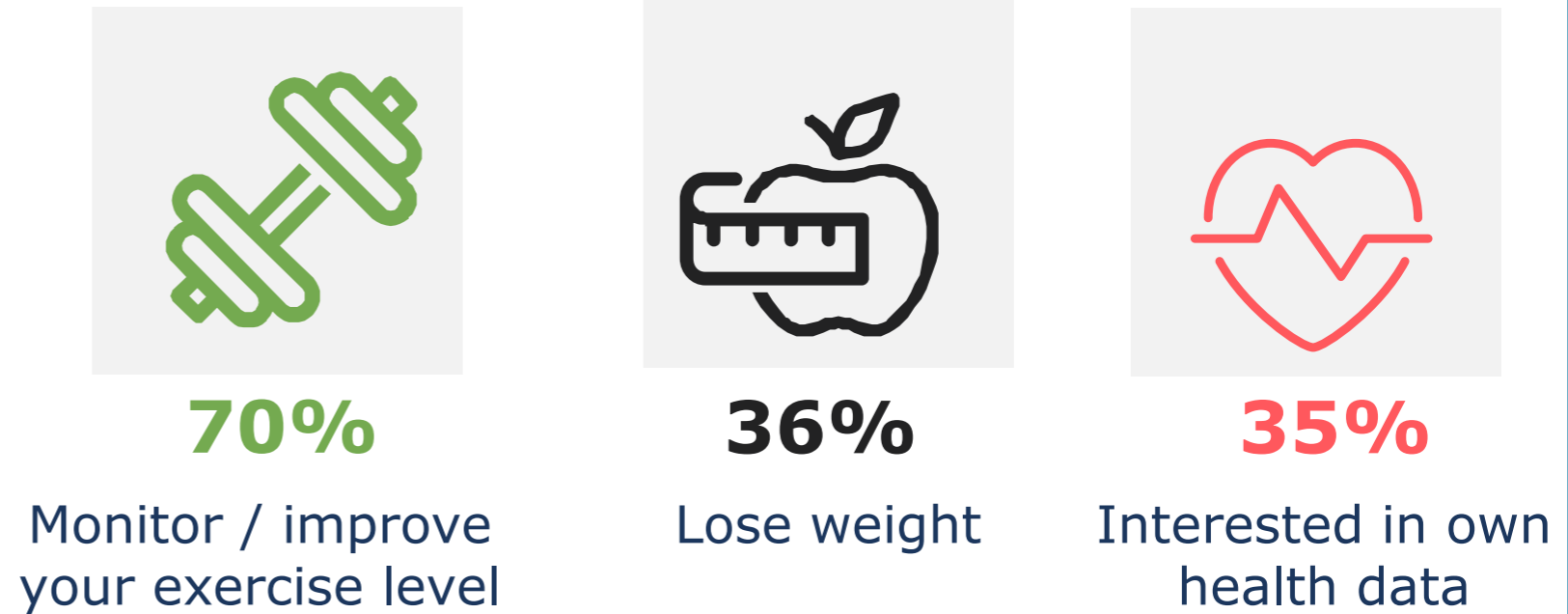
Connected health uptake trend

2015 vs. 2016



Reasons for currently using a connected health device?

UNITED KINGDOM



Currently available technologies

SIMPLE ACTIVITY TRACKERS



GPS / ADVANCED ACTIVITY TRACKERS



SMARTWATCH



SMARTPHONE APPS



CONDITION SPECIFIC DEVICES



SPECIALIST DEVICES



Current approaches to integration

- Two options for integrating connected health data
 - participants can use their **own** wearable technology; or
 - we can give participants a **consistent** wearable to use.
- **Pros...**
 - using their own technology allows participants a degree of **familiarity** and is **less intrusive**, and more cost-effective / efficient;
 - providing devices ensures **consistency** of data.
- ...and **cons** attached to both...
 - only a **small proportion** of a cohort will have a device;
 - there will be **compatibility** issues if using own devices; and,
 - potential behaviour change **driven by use** if introducing devices to non-users.



Possible future directions

- **Wearable device uptake slowing**
 - Potential future utility limited, given range of devices in use.
- **Bespoke research-focussed devices, e.g. Verily 'study watch'**
 - Specially designed for accurate collection of health data for longitudinal studies, e.g. Project Baseline.
- **Connected home devices the next step?**



Thank **you.**

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