

Meeting Minutes

Location: SICCS Building 2nd floor

Date: October 11, 2017

Time: 4:05

Meeting Type: Client/Mentor

Attendance

Julian Shak, Alfonso Martinez, John Basler, Chantz Spears

Topic: Researched Data

Discussions:

1. Received back documents
2. Make sure to finish Research next week
3. Fitbit information isn't available to users, need to pay for license
 - a. There is no API to pull data from Fitbit
 - b. Kyle might have a license for us to use
 - c. Use his ware-ware portal for this feature
4. Don't worry too much on the data visualization (Don't spend too much time on it)
 - a. Have basic graphing - Useful for other researchers
 - b. Not needed for our Client
5. No need for any gamification from Client (Not really on the side for Social Media side)
 - a. Still apart of the Phase 2 definition
6. Prediabetes isn't diagnosable
 - a. PreDM is detected when an individual exhibits either or both of the following states:
 - i. Impaired fasting glucose
 - ii. Impaired glucose tolerance

- b. Prediabetes Intervention:
 - i. Change of lifestyle
 - 1. Designed for loss of at least 7% of initial body weight
7. Limitations of Current Research
- a. There is a limited understanding of how momentary experiences influence whether the individual will or will not engage in health behaviors that reduce type 2 diabetes risk
 - b. Blood sugar may have some correlation with feeling hungry
 - i. If your blood sugar is higher you feel hungrier
8. Ecological Momentary Assessment Apps (ESM Apps)
- a. Apps that are used to ask users their current experiences
9. Application is used to look at stress
- a. Look at what other apps can do
 - b. Some apps are already created but won't be shared (Proprietary)
10. Come up with a Vision - A better App
- a. Open Source
 - b. Can have multiple features that other apps currently have
 - c. Integration with wearable accessories
11. Make the App so it isn't hardwired to a certain Topic
- a. Portal - Easily changeable to change to any type of research
 - b. Be able to have research divide user into subgroups
 - i. Different protocols for different subgroups
 - ii. Be able to drag in different instruments (Widgets) for different subgroups
 - iii. Different Protocols
 - 1. Default Baseline Questions
 - a. Questions given to everyone
 - 2. Time Based Questions
 - a. Have some go off every half hour
 - b. End of day
 - c. Lunch
 - 3. Event Based Questions
 - a. Someone gets a text
 - b. Facebook

- iv. Be able send user responses
- v. Branching Questions
- vi. Being able to snooze questions

12. Long-Term Purpose

- a. Carry out an Ecological Momentary Assessment study to track predictors of health behaviors among American Indians with prediabetes
- b. Asking questions to users that would increase their user experience
 - i. Give them different solutions/contexts and see what they would prefer

13. Demo

- a. Have a smartphone app that can ask a group of questions
- b. Set up a portal for the researcher

14. Figure out what's out there already

- a. Use targeted features for our App