Are you Tech Savvy?
How to assess technology for clinical applications

Kaiser Permanente Northwest and Colorado Regions
Agenda Slide

Our Experience with Zamzee®

Process for determining best technology and vendor for you

Our promise!
INTRODUCTION

What is Zamzee?

Zamzee is a Gamified Intervention for Physical Activity
Zamzee is the best!!! I am soo much more active!!! I hope that we can keep these for the rest of our lives!!! Thank you soo much!!! Our family has been going with this for 9 weeks!!! It helps our family with being active!!! I hope whoever came up with this idea will let us keep it forever!!! Zamzee I just want to say I love what this is doing to my family and I love that we can do this!!! FROM YOUR BEST FAN EVER MUSCLES!!!!!

--Muscles from Washington
What is the need?

Zamzee was created to address the issue of physical activity decreasing by 60% from ages 9-15.

- **In our clinics:**
  - Increasing prevalence of obesity and inactivity
  - Request from members and clinicians to have more physical activity resources.
  - Lack of transportation
  - Family economics/constraints
Why we chose Zamzee®

- Robert Wood Johnson co-sponsored study
- Piloted in KP Southern and Northern CA
- Cultural alignment—nonprofit
- Strong customer support
- Designed by and for youth
Demographics

- Ages 7-13
- BMI > 85th percentile
  - Over 99th percentile for one clinic
- English speaking
- Access to computer, USB port
- Meter given to child and one family member
# Program Design

<table>
<thead>
<tr>
<th>Rockwood</th>
<th>KPNW</th>
<th>Colorado</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 year program</td>
<td>12 week program</td>
<td>8 month program</td>
</tr>
<tr>
<td>RN met with families</td>
<td>RN visits week 4 and 12</td>
<td>Visits with dietitians</td>
</tr>
<tr>
<td>100 meters distributed</td>
<td>PCP visit at week 8</td>
<td>140 participants</td>
</tr>
<tr>
<td>40% Spanish speaking</td>
<td>Health Coach calls</td>
<td>Follow-up by email, text and phone</td>
</tr>
<tr>
<td>Used computer in clinic</td>
<td>Email/text messaging</td>
<td>Automated texts from Zamzee® and dietitians</td>
</tr>
</tbody>
</table>
Key Findings

- Family participation was key to children’s engagement and activity levels.
- 21% of participants averaged over 30 minutes of MVPA per day.
- Adults showed a steady increase in MVPA during the program from 16 mins at start to 37 mins at week 12. Children did not.
- The only predictor of MVPA was gender: Boys recorded 12 mins more MVPA than girls.
- Overall child BMI %ile decreased by 1.05%.
- Texting campaign increased adult engagement.
Summary

- The Zamzee device and website were an effective engagement tool for getting families excited and involved in an office intervention to increase physical activity
  - Family was the key to success
  - Kids liked different things about the program
  - The dashboard was helpful
  - The website was engaging
  - Zamzee staff was accessible and receptive
Evaluating Your Own Project
Are you tech savvy?
How to assess if technology can help kids and families

Technology Assessment Form

1. What is the need?
   (Zamzee was created to address the 60% decline in physical activity from ages 9 to 15.)

2. What are the demographics of the population you are serving?
   - Primary language
   - Have computer or cell phone access
   - Age—are they able to read or do they need audio instructions

3. Does the technology you are considering meet your needs?
   Evidence/track record:
   - What studies have been done to determine impact of the device or app? What research design was used? Are there published results?
   - Accuracy of device or app
   - How long has product been on the market? How many users?

   Usability:
   - How do you wear it? (if wearable)
   - What does the device or app track (steps, mileage, stairs, swim, sleep, heart rate, food, kcal, distance)
   - How and what it syncs to (phone/computer)?
   - Wireless or plug in?
   - How do users interface with device?
     - Is it iOS and/or android compatible?
   - How is the data viewed (screen on device, computer, etc.)?
   - How is the battery charged and what is the battery life?
   - How is quality of the device assured? What to do if device breaks?
What is the need?

- It's important to match the technology you are considering with the needs of your population.

Demographics

- Primary languages
- Computer or cell phone access
- Reasonable price
Technology

- Usability of the device or app
  - Research
  - Accuracy
  - Usability
  - Kid proof
  - iOS and Android
Working with the Vendor

- Customer support
- Willing to tailor device
- What data is provided
Is your organization prepared?

- Leadership
- Legal requirements
- Integration
- Staffing
- Data
Best time to launch new technology

- Family schedules
- Staff availability
Evaluating success

- Write your evaluation plan before starting program
- Story you want to tell
- Documenting baseline data
“My pediatrician, the dietitian, myself and Zamzee have all been part of a collaboration to get my daughter on a good path”

— Mom of 13 year old participant who was bullied
Questions for presenters

• Jenny: Jennifer.L.Bass@kp.org
• Kimberly: Kimberly.A1.Young@kp.org
• Tamie: Tamera.L.Tlustos-Arnold@kp.org
• Stephen
Group discussion

1. Please form a small group of 4-6 people

2. Discuss the following questions
   a) What brought you to this session?
   b) What are you working on
   c) What would you like help with?
   d) What questions do you have about this topic?
   e) What experience have you had using technology?
Sharing
Thank you!