

**GetAMoveOn Network +
Progress Report and Highlights
June 2016 to May 2018**

The GetAMoveOn Network+ is funded by EPSRC and led by Principal Investigator, Anna Cox (UCL), and Co-Investigators Ann Blandford (UCL), Lucy Yardley (Southampton, Bristol and Oxford), m.c. schraefel (Southampton) and Ian Craddock (Bristol). The network launched in June 2016. A lot has happened since then!

Introduction

Professor Anna Cox, UCL, Principal Investigator



Our aim is to transform health by enabling mobility and getting people moving more with the help of digital technologies. To that end, we've established a multi-disciplinary network of researchers working in human computer interaction, sensor

networks, data analytics, interactive visualisation, online citizen engagement, behaviour change and sports science, to collaborate in researching novel technical solutions that will reduce sedentarism and enable mobility. We're also capacity-building through workshops, events and summer schools, and pump-priming research. Our goal is to develop novel solutions and interventions that help to motivate and support behaviour change. We're focusing on three target groups: children, adults at work, and older people in care settings.

So far, we have:

- Established and grown a network of 270 academics and practitioners from 85 institutions, in 21 different countries, representing a wide range of disciplines and interests from HCI to health psychology, data science, wearable tech and exergames.
- Funded seven 'thinkpieces' to stimulate debate about the challenges in the field.
- Produced two reports: [*1st Symposium - Workshop Report*](#) and [*Behaviour Change to Address Sedentarism*](#) - which together set out our research agenda and will help to guide our funding priorities. Click on the report titles to download them.

- We held our first symposium in May 2017 to provide a forum to disseminate ongoing research, explore challenges, form new collaborations, and consider how we might shape future funding calls; attended by 40 researchers, including 13 PhD students/early-career researchers.
- We've also held seven workshops: the first, at CHI 2017 exploring how HCI can be improved by a better understanding of how the human body works; this was a huge success and was repeated at the RCA and for the Data Science department at Southampton University. We hosted a new workshop at UCL in June 2017 looking at how we can use technology to support physical activity in older people; and another in February 2018 exploring approaches to behaviour change for reducing sedentarism in our target communities. We also held a workshop at CHI 2018 exploring the relationships between human function and design for HCI.
- We will be funding three events for academics and practitioners, to be run by Network+ members over the summer in 2018. One will explore the intersection between physical (in)activity, digital technology and mental wellbeing; another will be an interdisciplinary meeting to foster collaboration between researchers developing wearable technologies and people working in NHS primary care, with a view to developing practical ideas and funding proposals to develop them, another will explore how smart materials, wearables, and the data they generate might create positive emotion and motivation for behaviour change.

We will also be funding additional public engagement activities linked to those events, including a collaboration with an artists' collective to explore innovative ways of visualising 'quantified self' data from wearables and activity trackers and a mindfulness workshop.

- We held our first Feasibility Funding call and received 30 submissions for grants of up to £50k to fund projects that will pilot new ideas and innovative approaches. We're looking forward to announcing the first Feasibility awards in July 2018.

We have plans next year for more academic meetings & workshops, public engagement events, a winter school and our first design competition.

If you'd like to find out more or stay in touch with GetAMoveOn, you can:

- Join our network & receive our email newsletter about events, other activities and funding opportunities www.getamoveon.ac.uk/join Anyone who is interested is welcome to join.
- Visit our website www.getamoveon.ac.uk
- Follow us on twitter [@GAMOnetwork](https://twitter.com/GAMOnetwork)

Highlights

Growing our network



Our membership grew from 62 at launch in November 2016 to 187 a year later, to 270 in March 2018

Developing our research strategy & funding priorities



7 ThinkPieces
commissioned to stimulate
debate about what we
know and what we need to
find out (January 2017).
[Download ThinkPieces here](#)



Report on priority areas for
research identified in the
closing workshop at our 1st
Symposium (June 2017)
[Download Symposium
Report here](#)



Report on Behaviour Change
to Address Sedentarism, to
guide research in the field
(April 2018)
[Download workshop report
here](#)

Sharing knowledge & building capacity



1st Symposium May 2017

7 workshops 2017/2018

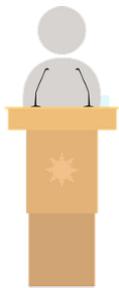
258 participants



Participants from **21** institutions...

...in **7** different countries

30% ECRs or PhD students



40 research presentations and keynotes

15 open mic and 'one minute madness' presentations

9 research posters

Pump priming research & enabling collaboration

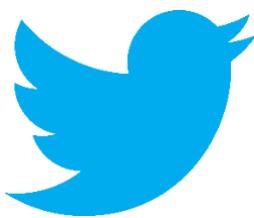


5 funding calls issued

9 projects involving **29** collaborators funded so far

30 submissions for grants up to £50k from a research fund of £450,000 for feasibility studies & pilot projects

Engaging our Network and beyond



409 followers

1002 tweets

5696 engagements

285,085 impressions

270 subscribers

13 email newsletters

12,667 pages viewed

2603 new users in Y2

1175 downloads of reports, publications and funding info.