WEDNESDAY, MAY 18

8:00 - 9:00  COFFEE/RECEPTION

9:00 - 10:00  SESSION 1

200 CASE STUDIES: USING AND NEGLECTING DATA
Gary Wolf
This short introductory session will expose some of the social/psychological forces driving the massive increase in individual data collection.

SELF-COLLECTED DATA IN PRACTICE: CLINICAL ENCOUNTERS WITH SELF-TRACKING
Amy Edgar
A key source of self-collected data will be clinical practice, which is also the setting where many discoveries based on self-collected data will be applied. Physician and practice pioneer Amy Edgar will describe today's practical realities of helping people gather and understand their data in clinically relevant ways.

MOOD TRACKER REFLECTS ON THE PROPOSAL FOR A NATIONAL SCREEN FOR DEPRESSION
Jon Cousins
The U.S. Preventive Services Task Force recently recommended screening all adults for depression. Are current clinically approved screening tools adequate, or might consumer-driven “mood tracking” approaches be a better fit?

10:00 - 10:30  BREAK

10:30 - 11:30  SESSION 2

WELCOME TO QS PUBLIC HEALTH 2016
Kevin Patrick
Our QS Public Health Symposium is hosted by Calit2, a center for collaboration among stakeholders advancing research practice in our field. Kevin Patrick welcomes us.

RAPID ACCELERATION OF RESEARCH DISCOVERY WITH SELF-COLLECTED DATA
Dana Lewis, Scott Leibrand
Promising approaches that will transform diabetes care are on the horizon, with “closed loop” artificial pancreas systems currently going into large-scale trials. But can access to self-collected data support profound acceleration of research discovery?

FRAMEWORKS FOR A NEW FIELD
Larry Smarr
Scaling the QS movement for public benefit – where do we stand?
11:30-13:00 LUNCHTIME BREAKOUT SESSIONS

1 MULTI-MODAL SELF-TRACKING FOR FAMILY CAREGIVERS
Rajiv Mehta
Join Atlas of Caregiving lead Rajiv Mehta to discuss how self-tracking using both sensors and paper helps family caregivers become more aware, effective, and empowered.

2 SELF-COLLECTED DATA IN CANCER TREATMENT AND RESEARCH
Dawn Lemanne
Clinical oncologist Dawn Lemanne leads a conversation about how self-collected data supports individualized treatment and discovery.

3 TRACKING MENTAL HEALTH
Jon Cousins
Discuss current tools, trends, and challenges of tracking one’s mental health, and what could be learned from aggregated data.

4 “SENSE MAKING” – FROM DATA TO MEANING
Eric Jain
How can consumers make sense of and learn from their own data? Discuss the state of current visualization and analysis tools designed for lay users. What works well, and why is this so hard?

5 LOCATION TRACKING AND GEOSPATIAL DATA
Meghan Winters
Are you using “location” as a data type in your research, or making a tool that supplies location coordinates? Share your projects and explore today’s state of the art.

6 EXPERIENCE SAMPLING AND ADAPTIVE INTERVENTIONS
Donna Spruijt-Metz, Bob Evans
Measurement and intervention can merge into a flow, with momentary assessment influencing how we interact with a system in an ongoing way. Let’s discuss current and emerging tools for adaptive support of personal change.

7 ADVANCING ETHICAL MHEALTH RESEARCH
Camille Nebeker, John Harlow
Researchers using wearable sensors and mobile apps to collect participant information need to consider new ethical and regulatory challenges. Learn about the CORE (Connected and Open Research Ethics) project, which is developing resources to guide ethical human subject research.

8 LEARNING FROM BLOOD GLUCOSE DATA
Dana Lewis, Scott Leibrand
People with diabetes and toolmakers supporting diabetes care are at the forefront of deploying advanced measurement technologies that combine with health research and self-care communities. The next stage: metabolic measurement for anybody.

9 HEART RATE AND HRV AS MEASURE OF STRESS
Paul LaFontaine
Among the many ways of measuring stress, heart rate variability – patterns of change in time between heartbeats – has emerged as a practical choice. Discuss current tools and challenges with one of the most knowledgeable HRV trackers in the QS community.

10 VISUAL LOGGING – USING PHOTOS AS DATA
Ramesh Jain
Consumers are using photos and video for logging their lives, using phone cameras as well as specialized products like Narrative and GoPro. How could such data be incorporated into public health research?
11 SLEEP TRACKING AND HEALTH
Satchin Panda, Michael Herf
Scientists are starting to uncover the links between our circadian clocks and health. Join a leading researcher and toolmaker to discuss making discoveries about sleep.

12 SUPPORTING DATA ACCESS WITH BLOCKCHAINS
Martin Aboitiz
Traditional barriers between clinical, research, and consumer data are breaking down, which raises significant issues of identity, access, and control. A trending idea for managing access across systems is blockchain technology. Join this discussion to share what we know and might expect as this technology matures.

3:00-14:00 SESSION 3
ENHANCING FOOD SECURITY IN THE KLAMATH BASIN
Katherine Kim, Grant Gilkison, Alyssa Algier, Jose Ramirez
Youth in the Karuk tribe, with help from local mentors and UC Davis researchers, developed and executed a study of food and health in the Klamath basin, exposing some of the promise and challenge of academic-community collaboration.

WE'RE TRYING TO IMPROVE PACIFIC ISLANDER HEALTH – SO WHY WORK WITH ACADEMICS?
Siaosi Veimau, Coral Kenoli
Members of the San Diego Native Hawaiian and Pacific Islander community are using culturally inspired exercise activities to improve health. Working with researchers from UCSD and SDSU to measure and evaluate progress, we've made some discoveries about barriers to collaboration.

14:00-14:30 BREAK

14:30-15:30 SESSION 4
ANNOUNCING: N-OF-1 JOURNAL
Mark Drangsholt, Dawn Lemanne
Research in medicine and public health has been dominated by group studies. But research using self-collected data often involves just a single person. Today we are announcing a new journal where these results can be published.

A PUBLIC INFRASTRUCTURE FOR DATA ACCESS
David Haddad, Stephen Friend, Madeleine Ball
Self-collected data pools up in countless places. Hospital systems, research institutions, and tech companies have different systems, and can only be linked using expensive and privately controlled aggregation tools. Is there a role for a public infrastructure for data access?

15:30-16:00 BREAK

16:00-17:00 SESSION 5 – TOWN HALL
QS PUBLIC HEALTH TOWN HALL
Susannah Fox
The QS Public Health Symposium has gathered key researchers, toolmakers, clinicians, government and science leaders, and pioneering self-trackers to support advances in our emerging field. What are our prospects going forward?

SYMPOSIUM CLOSING
Gary Wolf
Thank you, feedback instructions, and where to meet for drinks.