

Winter  
2019



# THE CART INITIATIVE

Quarterly  
Newsletter

Collaborative Aging Research using Technology



## OFF TO A GREAT START

As of the end of November, 145 homes have been enrolled nationwide in the research study, representing the areas of Chicago, Miami, Portland, OR. and towns in rural areas of Oregon and Washington. We eventually hope to enroll a grand total of 240 homes.



59 homes

Recruited by  
OHSU



53 homes

Recruited by  
the VA



19 homes

Recruited by  
Rush University



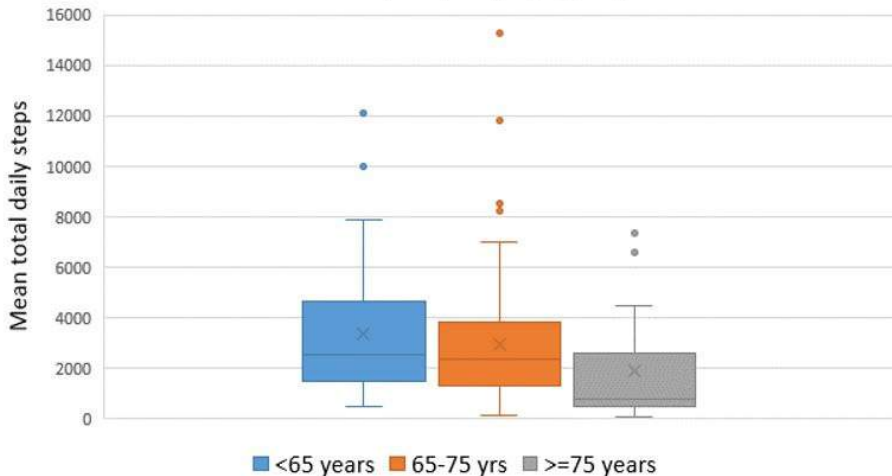
14 homes

Recruited by the  
University of Miami

# EVER WONDER WHAT YOUR DATA LOOKS LIKE?



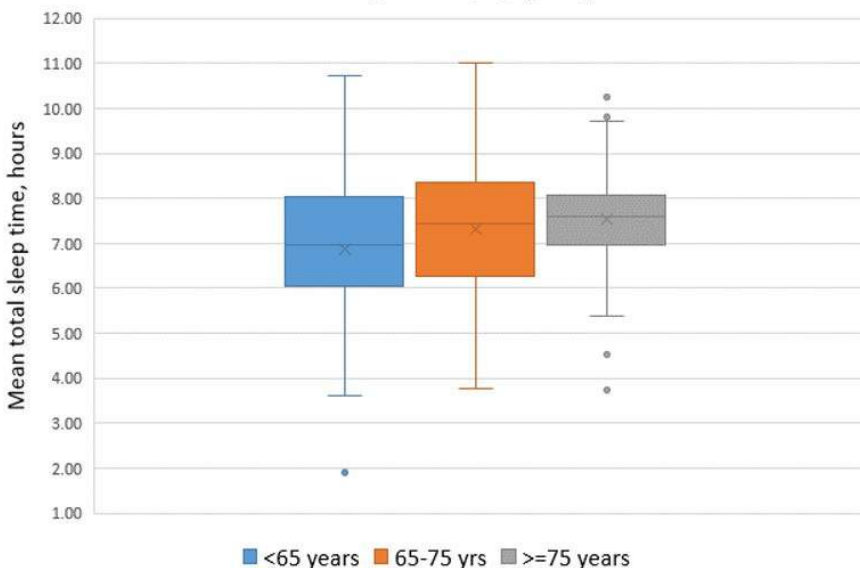
Total daily steps by age group



The watches monitor time spent sleeping and count how many steps are taken a day.

The top graph shows that as a group, enrolled participants under the age of 65 took, on average, around 3,500 steps a day (since the time they were enrolled until mid-January). Those between 65-75 took around 2,990 steps and those over 75 took around 1,850 steps. As age increases, the number of steps taken a day decreases.

Total sleep time by age group



The bottom graph shows how many hours, on average, each age group slept during the night. Those under the age of 65 slept around 6.9 hours, those between 65-75 slept around 7.3 hours and those over 75 slept around 7.4 hours. There wasn't much difference between the age groups regarding how many hours participants slept a day.

## SHARE YOUR EXPERIENCE

"This study is so exciting. We go about our daily lives and don't even think about [the devices]. I like being a part of something meaningful."

- Anonymous CART participant



# TIPS FROM OUR TEAM

A few helpful reminders about the research study.



Remember to wear your watch to bed. This ensures that data is collected more accurately.



Please fill out the weekly online health form. It helps us get a clearer picture of your activities.

# FEATURED IN THE NEWS



**Car and Driver Magazine:**

Can your car tell if you have dementia?

Click on the box above to read the story online



**OPB's Think Out Loud:**

Aging research technology

Click on the box above to listen to the story online

Reviewed and Published by these CART partners



U.S. Department of Veterans Affairs

