

Attachment J.

Protocol for Physical Activity Monitor (PAM) Pilot Study (ages 6+)

**National Health and Nutrition Examination Survey (NHANES)
Physical Activity Monitor (PAM) Pilot Study**

OMB no. 0920-0237

Expires: 12/31/2011

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Physical Activity Monitor (PAM) Study Protocol:

Eligibility: Sample persons aged 6 years or older are eligible for the Physical Activity Monitor (PAM) Pilot Study.

Informed Consent: Informed consent will be obtained as a part of standard NHANES consenting procedures.

Exclusion Criteria: Respondents who do not have arms will not be able to participate in the component, since the device must be worn on the wrist.

Study Design: A trained technician in the Mobile Examination Center (MEC) will demonstrate the wearing of the PAM by the respondent. The PAM is about the size of a wrist watch. The technician will attach the PAM to participants' wrists with a wrist band and instruct that the participant conduct their normal daily routine for the next 7 days. After the 7th day the participant will remove the PAM and mail it back to NHANES for processing.

Data Collection: NHANES participants will be given instructions about wearing the PAM and the PAM will be put on the participants' wrists in a NHANES Mobile Examination Center (MEC) room. The participant will then wear the device for the next 7 days. The device will automatically record the participant's daily physical activity for 7 days. At the end of this time

period, participants will mail the device back to NHANES in a preaddressed and stamped envelope.

Report of Findings: Results will not be reported to the participant.