# The Dish | *All of Us* Research Program Teams with Fitbit

<https://www.youtube.com/watch?v=oKKdzD5XxZM>

## Scene

Eric Dishman on screen. The All of Us Research Program logo is in the upper left corner.

## Eric Dishman

So I’m really excited to give this update that we are about to integrate digital health technologies. DHT you’ll hear us talk about. So the kinds of wearables and apps and phone apps and other kinds of things that many of us are carrying around on our person these days.

We’re going to start integrating that kind of data and giving people the choice of whether they want to share their data, and the first partnership is with Fitbit. So if you have a Fitbit and you want to share your data with researchers in our program, like your steps or your heart rate, or even if you’re one of these people like me that keeps track of food and water in the log—I keep all my water in there, as a kidney transplant person who drinks 180 ounces of water a day. So some researcher is going to see my log at some point and go, “Oh my gosh, this person drinks a lot.”

You know, all that data can be linked if you want us to, to the rest of the data that you’ve volunteered to provide. And it’ll be protected in the same way, and you can turn it off at any point if you don’t want to share it anymore.

But this kind of digital health technology data is really important to the future of our program because we can collect kind of real world, real time data. When I go to the doctor, I’m nervous and it’s not surprising my blood pressure is high, but what’s my blood pressure like the rest of the time? Or my heart rate, for that matter?

So collecting that kind of in the wild, in the home, in the workplace data is a fundamental part of the program because it’s going to help us truly understand the impact of lifestyle and environment on health outcomes and really, hopefully, develop better strategies for keeping people healthy in the first place in a very precise, individualized way.

So this is just the first partnership, with Fitbit. There’ll be other device manufacturers that we’ll partner with and other opportunities to share data if you don’t happen to have a Fitbit.

So more to come, but let’s just say and celebrate that the *All of Us* Research Program is moving into the era of the digital health technologies like wearables, and I’m pretty excited to see how that goes.

## Closing slide

*Logo of the* All of Us *Research Program.*

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