

Vigorous-intensity lifestyle physical activity (VILPA) and health - ActiveLIFE

Background

The Dutch physical activity guidelines were created in 2017 by the Dutch Health council. These guidelines are based primarily on questionnaire data, which are imprecise and subject to recall bias. In ActiveLIFE, we create one of worlds' largest and best characterized dataset of objective physical activity data (60,000 assessments). The aim of ActiveLIFE is to formulate more specific physical activity guidelines, adapted to subgroups based on age, sex and health status. We study different chronic diseases such as brain diseases, cardiovascular diseases and lung diseases. We will also provide recommendations on novel physical activity metrics, such as vigorous-intensity lifestyle physical activity (VILPA).

Research question

What is the dose-response relationship between VILPA and health outcomes in healthy individuals and those with (chronic) disease?

Methods

For this internship, you will analyse data that has been collected thus far within the ActiveLIFE project (n=9,000). Participants in ActiveLIFE wear an accelerometer for 8 consecutive days. These assessments are conducted in the North of the Netherlands and are not part of the internship. The accelerometry data is pre-processed by the ActiveLIFE team with open-source software. During this internship, you will work with these data and write and implement scripts to determine VILPA. To answer the research question, you will then relate VILPA to health outcomes.

Are you a student Biomedical Sciences or Medicine with expertise/interest in data analysis and/or specialization in Epidemiology? Please contact onderwijsintegratieve.fysiol@radboudumc.nl and share your CV and a motivation.