



# WEARABLE HEALTH MONITORING

## *Online Human Activity Recognition using Low-Power Wearable Devices*

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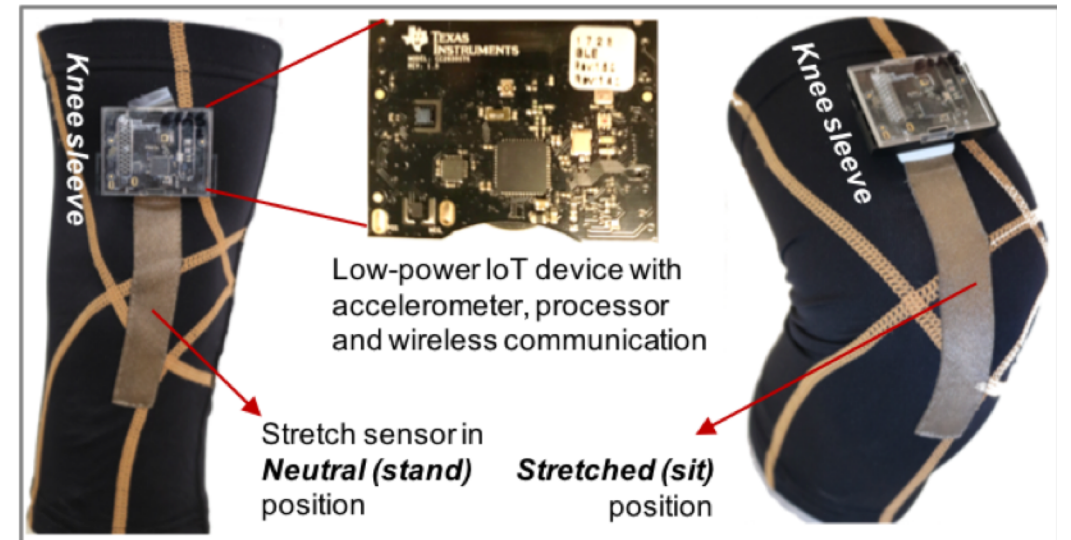


**Dignity Health.**  
St. Joseph's Hospital and  
Medical Center

**ICCAD 2018**

# Outline

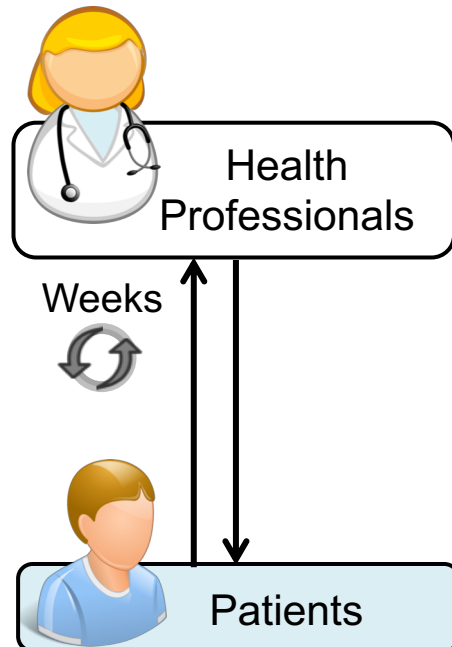
- Motivation
- Human Activity Recognition
  - Feature Set and Classifier Design
  - Online Reinforcement Learning with Policy Gradients
- Experimental Results
- Conclusions



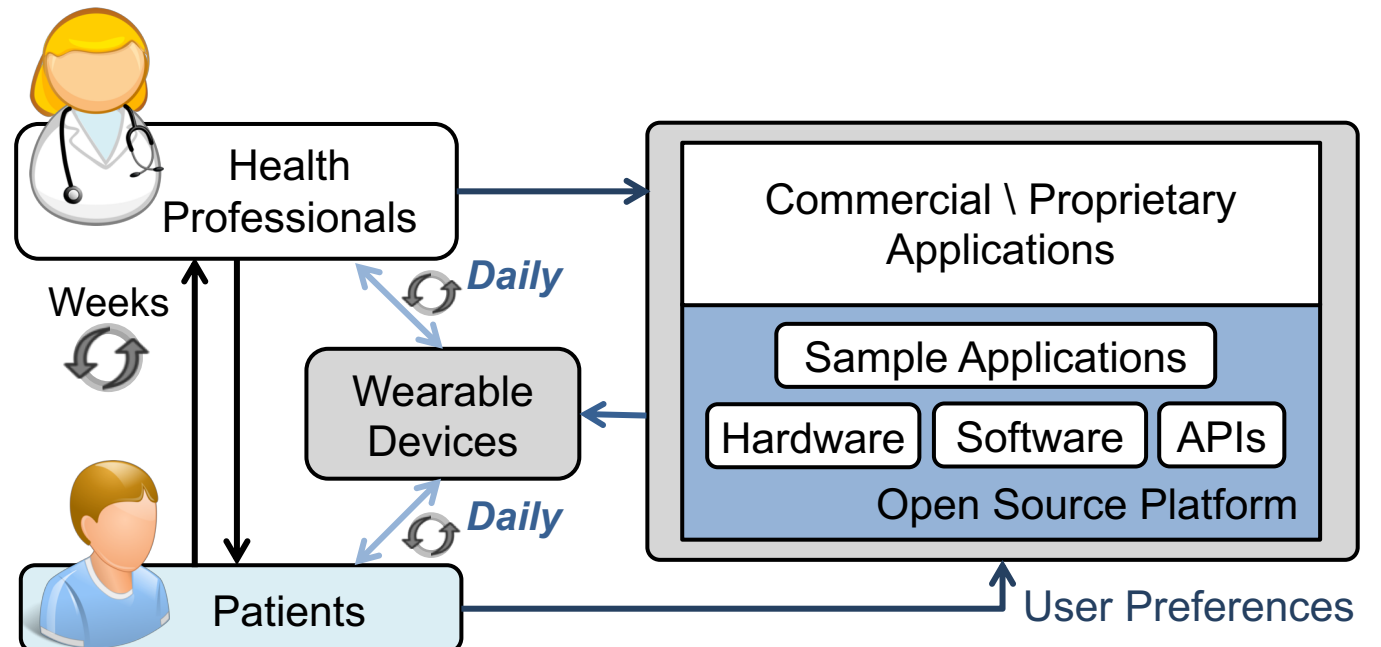
# Health Monitoring using Wearable Devices

- 15% of the world's population lives with a disability
- 110-190 million people face significant difficulties in functioning
- ***Intl. Parkinson and Movement Disorders Society Task Force on Technology:***
  - Low-cost and small form-factor wearable devices offer great potential
  - Enabled by advances in low power sensors, processors, communications

## Current Health Practice



## OpenHealth Wearable Vision



# Why **Human Activity Recognition (HAR)**?

- HAR identifies activities, such as walking, sitting, driving, jogging
- It is the first step to solutions for movement disorders



*We have to know what the patient is doing to reach a conclusion*

- HAR can provide valuable insight to health specialists
- Applications of HAR
  - Patient rehabilitation
  - Fall detection
  - Physical activity promotion



# Why Online Learning on Wearable Devices

- Smartphones have been popular:
- **But, they are not appropriate**
  - *Some patients cannot even carry them*
  - Large power consumption & charging requirements
  - Cannot provide real-time guarantees (e.g., sampling rate)
  - ***They are not designed for this purpose***

Parkinson's Disease Digital Biomarker  
DREAM Challenge

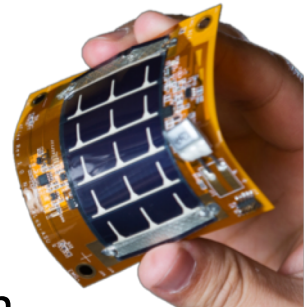


- Existing work on wearables and smartphones

	Offline	Online
Data Collection	✓	✗ → ✓
Learning	✓	✗ → ✓
Inference	✓	✓

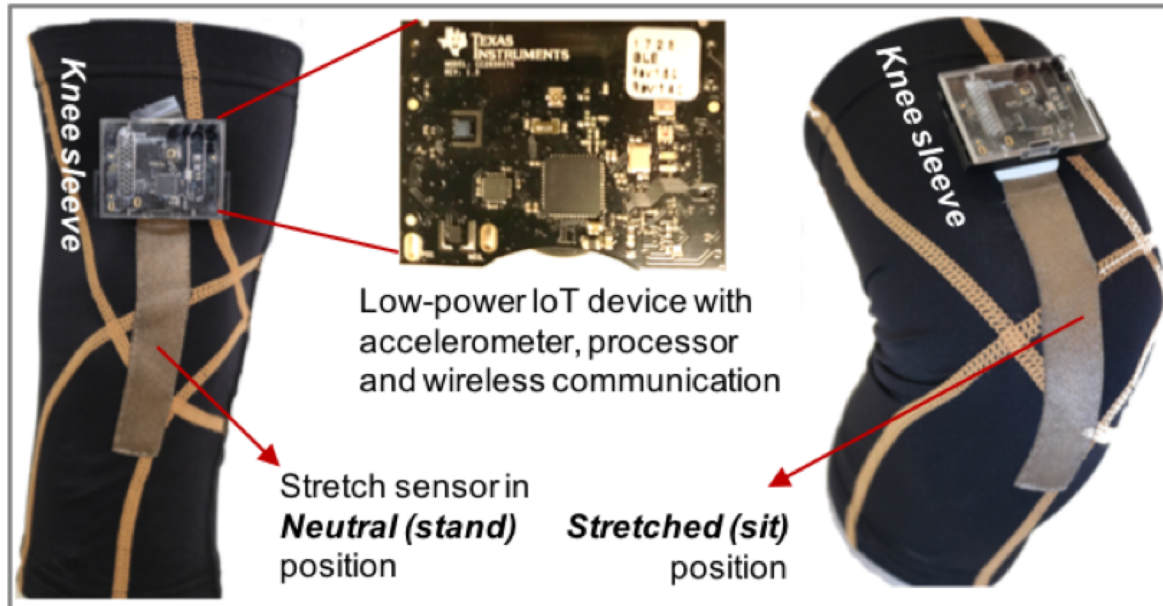
- **Our solution**

- Tailored to the problem
- Low power & Energy-harvesting
- Adapt to new users and changing user conditions



# Proposed Solution: Online Learning for HAR

- **We use a wearable device to enable online learning for HAR**
  - Uses a combination of motion and stretch sensors
  - **First work to use stretch sensor for HAR**



- ***Our Novel Contributions***

- Novel technique to segment the sensor data as a function of user motion
- Online inference and training using reinforcement learning
- Low power implementation on a wearable device

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# Goals and Problem Statement

- **Recognize *six common activities and transitions* between them**
  - Achieve greater than 90% accuracy
  - Power budget in milliwatts
- **These goals make HAR practical for daily use**
  - Low power budget enables day-long operation using flexible batteries



Sit



Stand



Walk



Drive



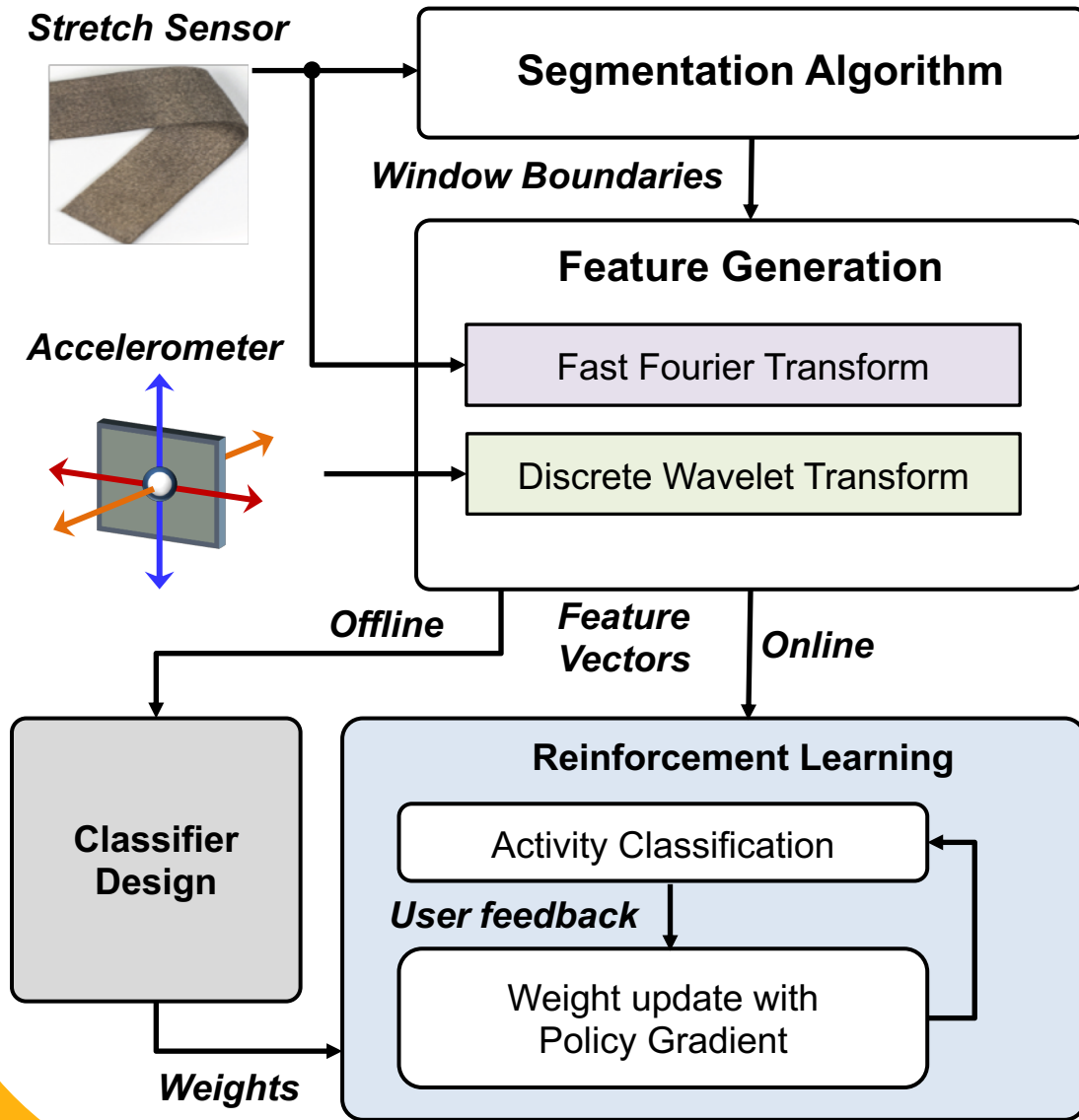
Jump



Lie Down



# Overview of Proposed HAR Framework



## ■ Segmentation

- Streaming stretch sensor data is processed to generate variable length segments

## ■ Feature Generation

- Accelerometer and stretch sensor data are processed to extract the features

## ■ Classifier Design

- Offline training of neural network using labeled segments

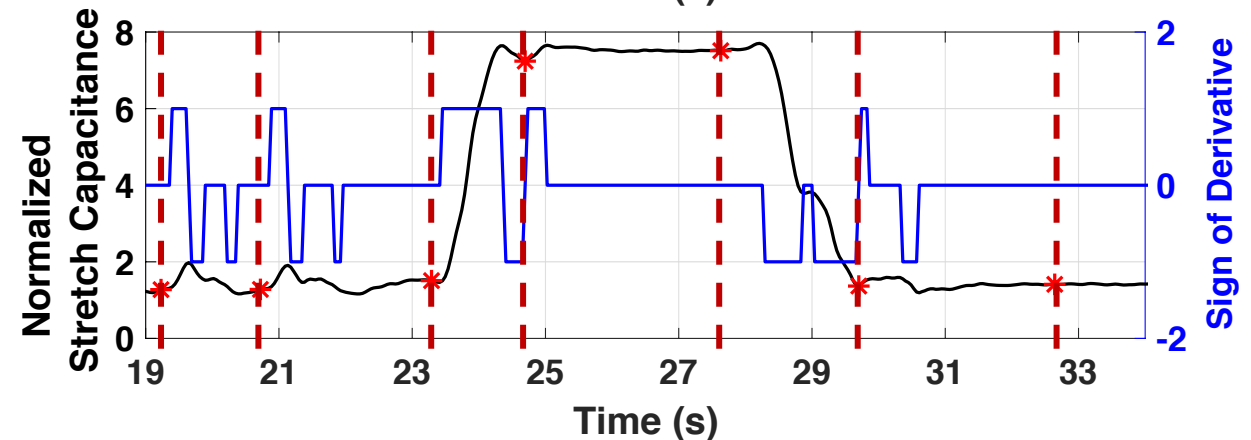
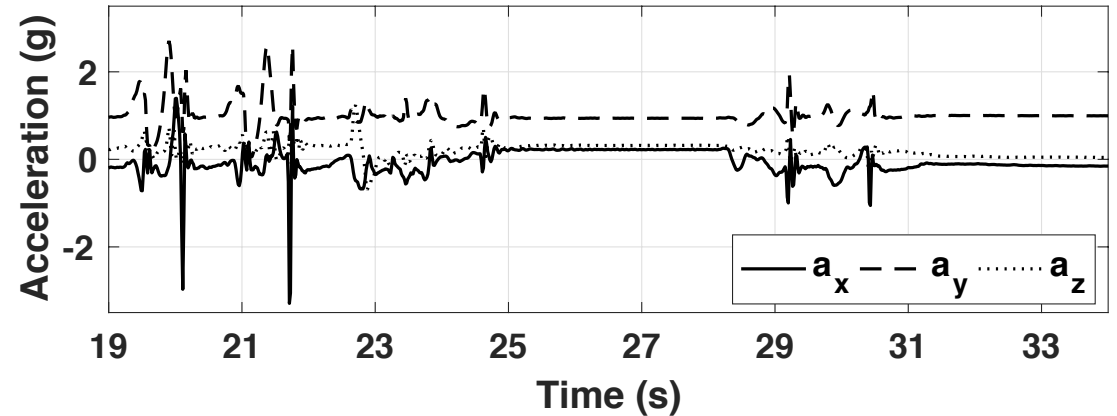
## ■ Reinforcement Learning

- Neural network weight updates using user feedback and policy gradient algorithm

# Segmentation Algorithm

- **Need for variable length segmentation**
  - Fixed length segments may contain multiple activities
  - This makes it harder to label and classify
- **We use stretch sensor data to segment the activities**
  - Accelerometer is more noisy
  - In contrast, stretch sensor provides a clean data for segmentation

***Result: Non-uniform activity segments***

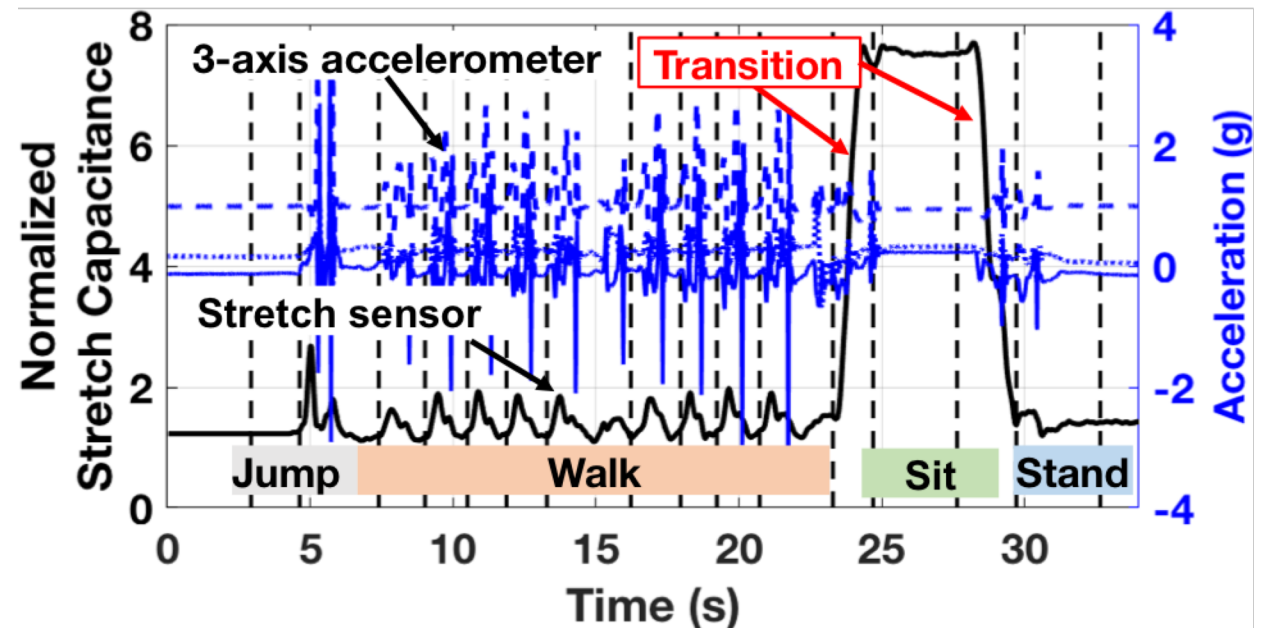
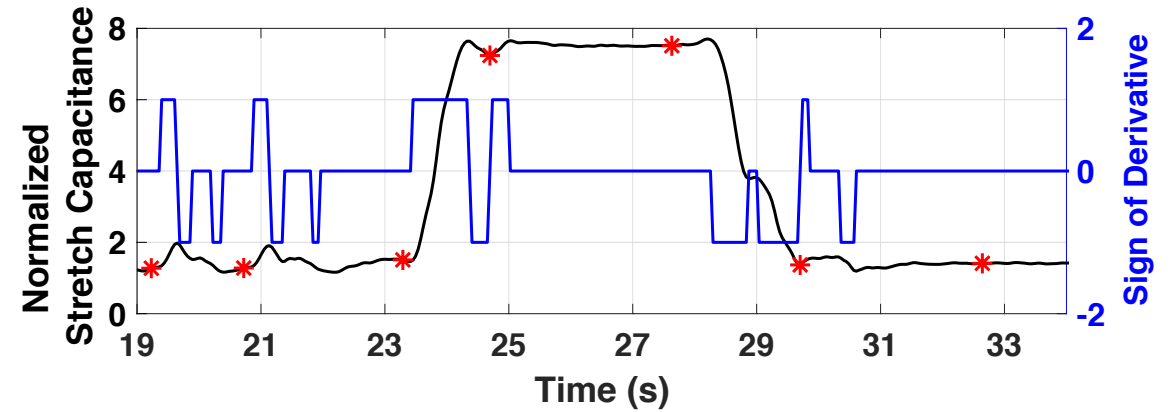


# Segmentation Using Stretch Sensor

- Detect local minimas in stretch sensor to define activity segments
- Use five-point derivative to track trend

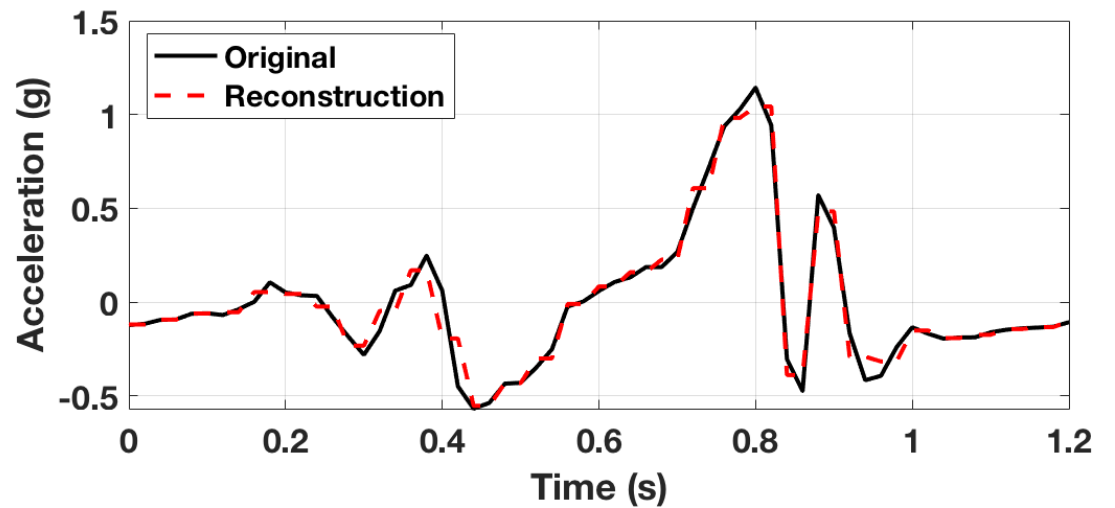
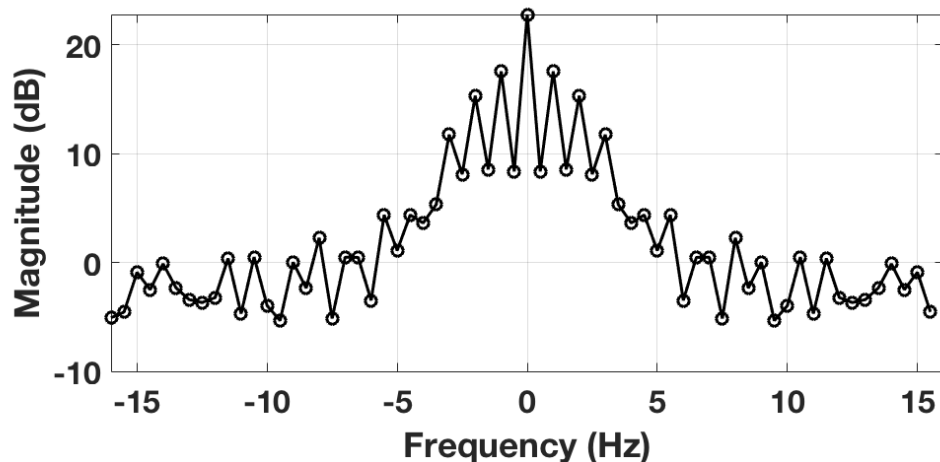
$$s'(t) = \frac{s(t-2) - 8s(t-1) + 8s(t+1) - s(t+2)}{12}$$

- Define the “Trend” as
  - *Increasing* if  $s'(t) > 0$
  - *Decreasing* if  $s'(t) < 0$
  - *Flat* if  $s'(t) = 0$
- Create a new segment when the trend changes from
  - *Decreasing to Increasing*
  - *Flat to Increasing*



# Feature Generation

- Most of the prior work on HAR uses statistical features for activity classification
  - *However, statistical features do not provide insight into the actual shape of data*
- In contrast, we use DWT and FFT to get better insight
- Using this insight we generate the following features
  - Stretch Sensor : **16 FFT coefficients**, minimum and maximum values in the segment
  - Accelerometer : **32 DWT coefficients** for  $a_x$ ,  $a_z$  and body acceleration, mean of  $a_y$
  - General features : Length of the segment and previous activity label



# Supervised Learning for Activity Classification

- We use a parameterized neural network to classify activities

- Neural networks can be easily used for online learning

- Neural network configuration

- One fully connected hidden layer

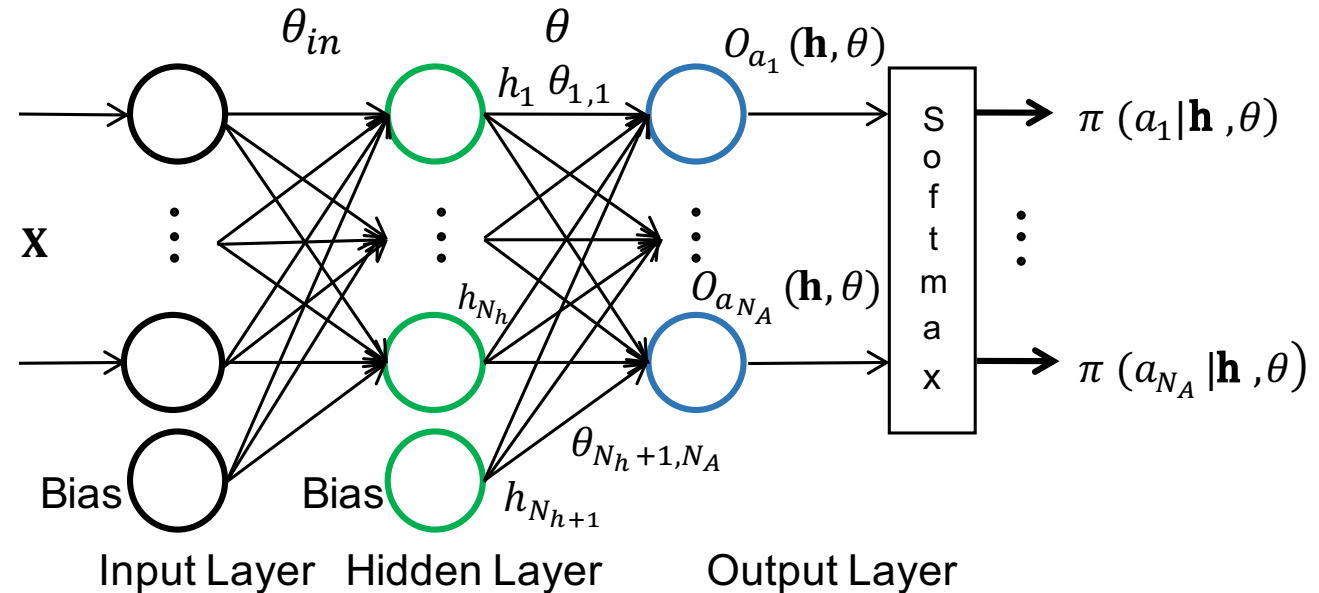
- ReLU activation

- Fully connected output layer

- Softmax activation

- Probability of each activity is

$$\pi(a_i | \mathbf{h}, \theta) = \frac{e^{O_{a_i}(\mathbf{h}, \theta)}}{\sum_{j=1}^{N_A} e^{O_{a_j}(\mathbf{h}, \theta)}}$$



# Outline

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  - Feature Set and Classifier Design
  - **Online Reinforcement Learning with Policy Gradients**
- Experimental Results
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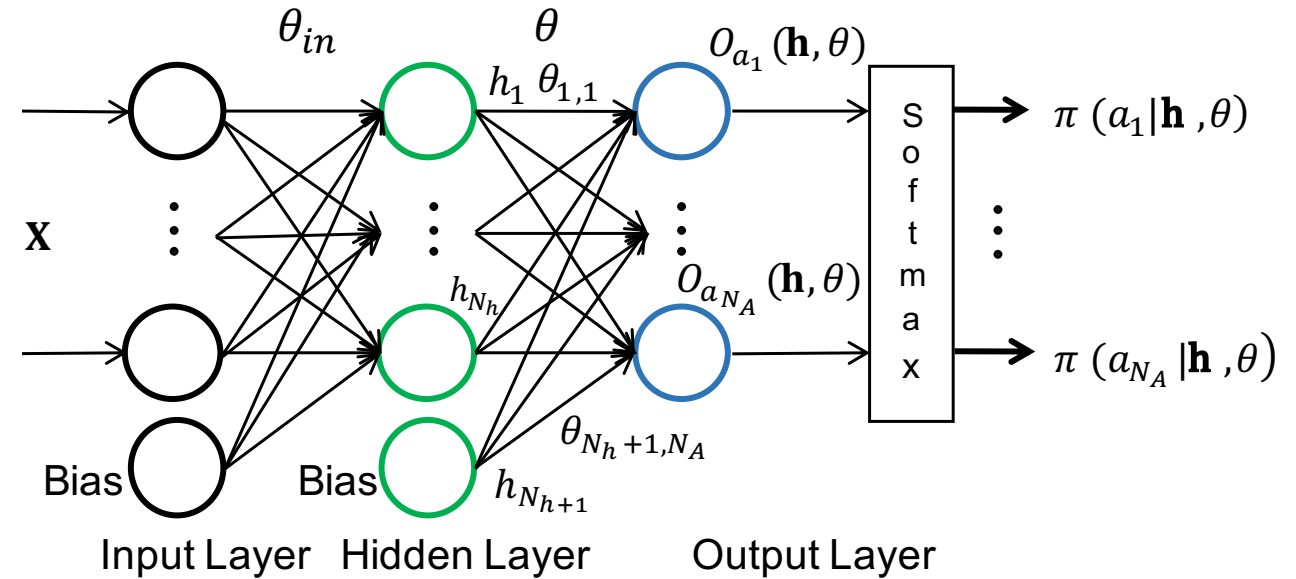


# Why Online Learning?

- **Classifiers shipped with the device can be trained using *known user data sets***
- **User patterns can change with**
  - Physical condition, age, gender, and, demographics
- **Even, condition of a given user may change over time**
- **Classifiers learned offline must adapt to**
  - New users
  - Varying conditions of its user
- ***Challenges***
  - Online training can be computationally intensive
  - Wearable devices do not have large storage area

# Online Learning Preliminaries

- **State ( $\mathbf{X}$ ):** Accelerometer and stretch sensor readings within a segment define the continuous state space
- **Policy model ( $\pi$ ):** The activity probabilities
- **Action:** Activity performed in each segment
- **Reward:** User provides the reward as a function of the classified action:
  - *If correct:* **+1**
  - *else:* **-1**



**Objective: Maximize the total reward with respect to the classifier weights**



# Policy Gradient Weight Update

- In general, all weights in the policy network are updated

- Useful when starting from an untrained network

- We start with a trained policy network

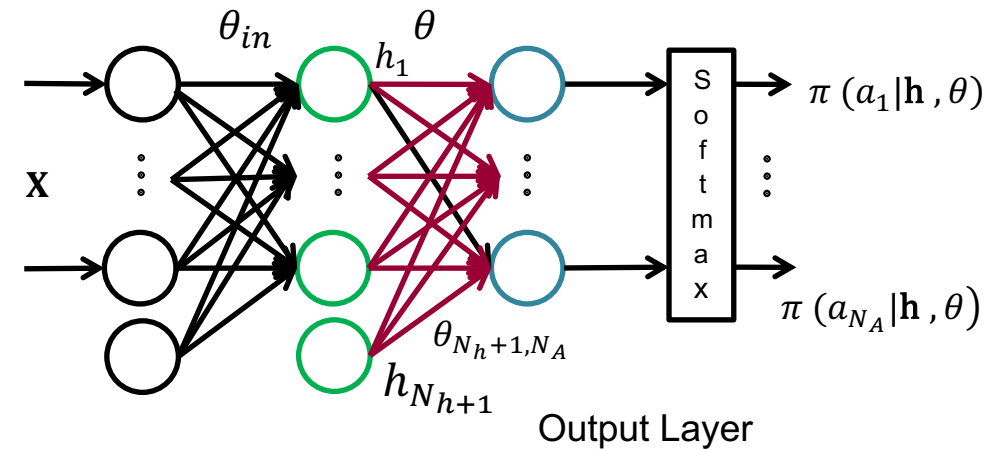
- First few layers provide broadly applicable features
- Hence, we update only the output layer weights

- Derived the policy gradient:  $\nabla_{\theta} \pi(a_t | \mathbf{h}, \theta_t)$

- Found the weight update equation as

$$\theta_{t+1} \equiv \theta_t + \alpha r_t \frac{\nabla_{\theta} \pi(a_t | \mathbf{h}, \theta_t)}{\pi(a_t | \mathbf{h}, \theta_t)}$$

where  $\alpha$ : Learning rate,  $r_t$ : Reward



# Outline

- Motivation & Related Work
- Human Activity Recognition
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- **Experimental Results**
- **Conclusions**



# Experimental Setup

## Wearable Device

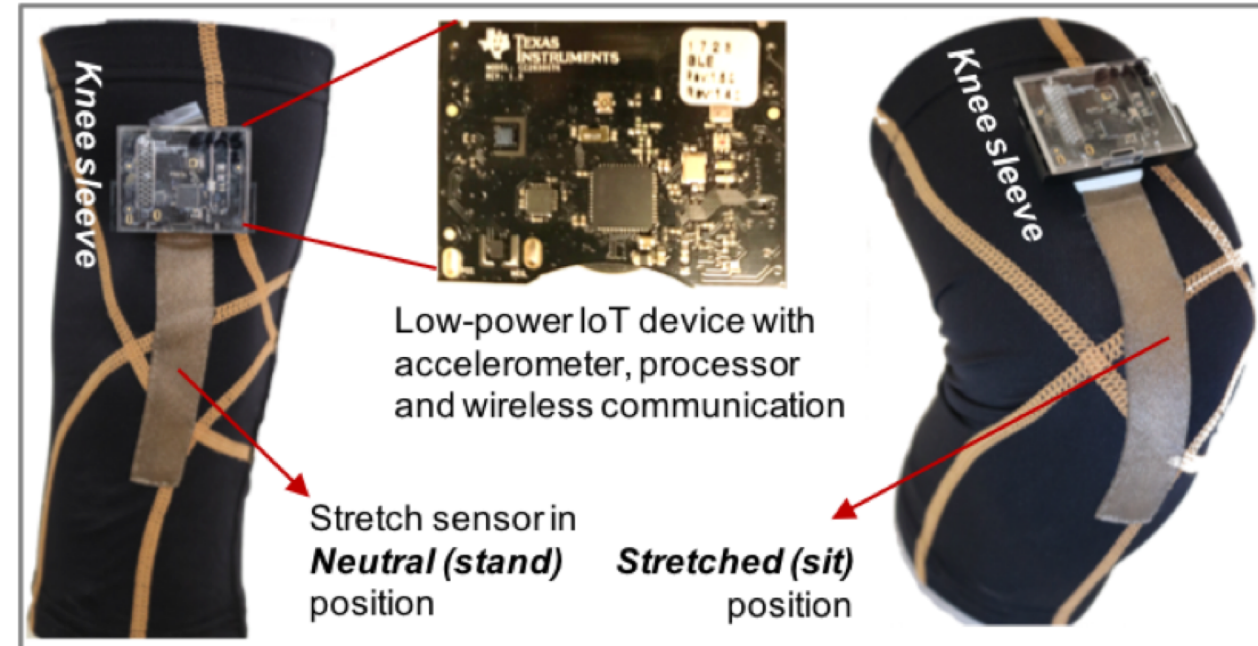
- TI CC2650 MCU, InvenSense MPU
- Stretchsense Stretch Sensor
- MPU is sampled at 250 Hz
- Stretch sensor at 100 Hz

## Device Placement

- MPU is placed at the ankle
- Stretch sensor is placed at the knee

## User studies

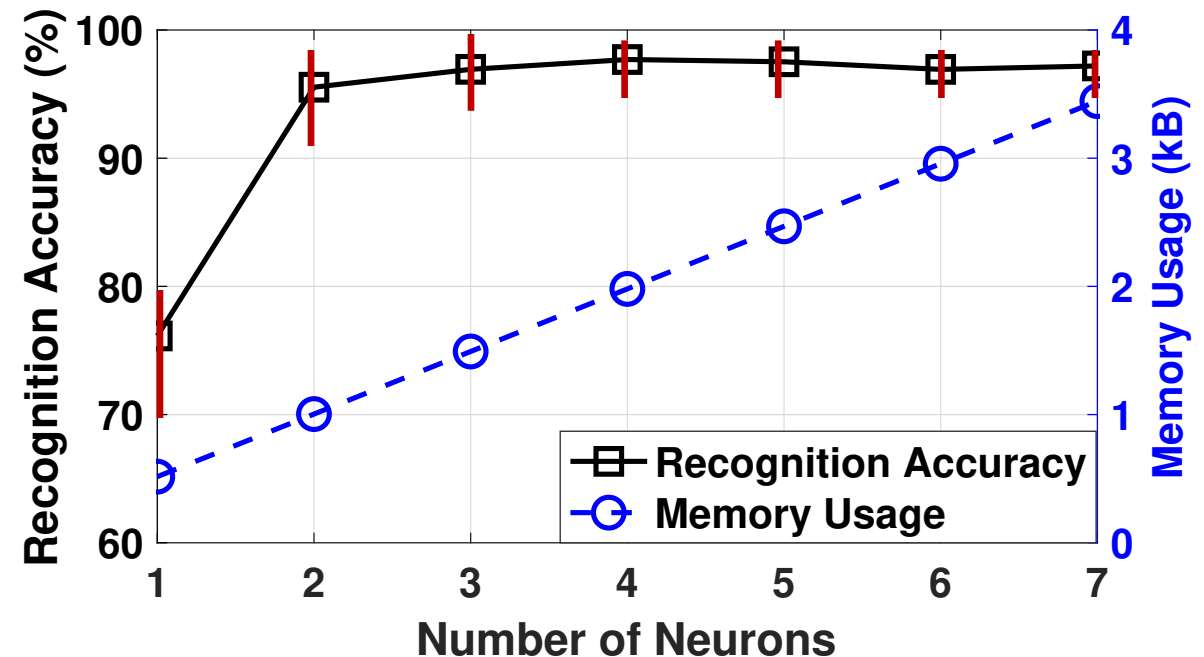
- Total of 2614 segments from nine users
- Five users used for offline training
- Four users in online training



*Our user data is available to public at OpenHealth page*

# Training by Supervised Learning

- **We use a neural network for supervised learning**
  - Needs to be implemented on a device with 20kB of RAM
- **First, we fix the number of hidden layers to one**
  - Then, vary the number of neurons in the hidden layer
- **We swept the number of neurons**
  - Memory requirement increases linearly
  - Accuracy saturates after four neurons
- **We choose four neurons in our NN**
  - Overall accuracy of 97.7 %
  - Memory requirement of 2 kB



# Confusion Matrix for All Activities

- We analyze the confusion matrix for five users
- All activities except Jump show an accuracy greater than 95%
  - Jump shows higher variation among the users
- Transitions have a lower accuracy
  - This is acceptable as we can infer transitions from segments before and after

Total number of windows with the corresponding activity

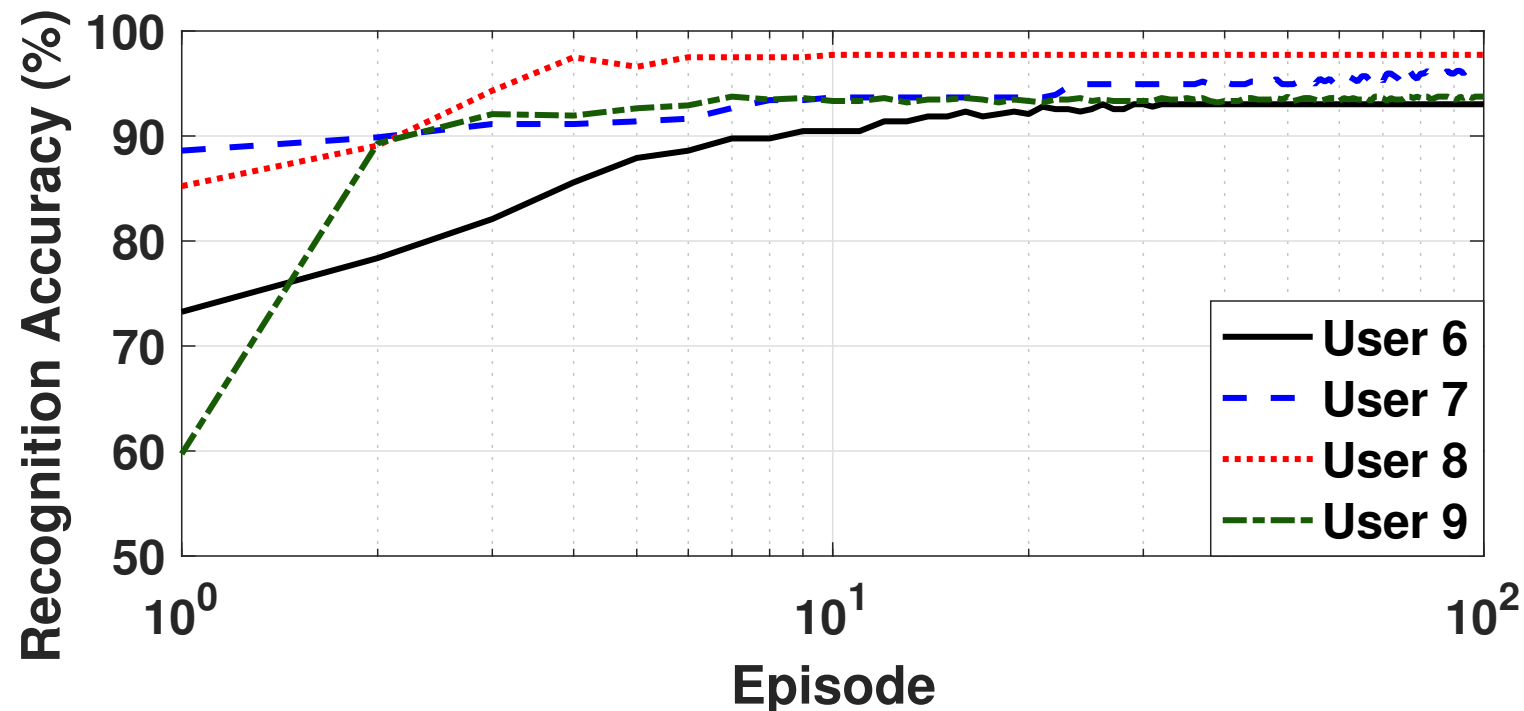
	Drive	Jump	Lie Down	Sit	Stand	Walk	Transition
D (155)	<b>99.4%</b>	0.00	0.00	0.00	0.00	0.00	0.6%
J (181)	0.00	<b>93.4%</b>	0.00	0.00	1.1%	3.9%	1.6%
L (204)	0.00	0.00	<b>100%</b>	0.00	0.00	0.00	0.00
S (394)	0.25%	0.25%	0.00	<b>97.7%</b>	0.76%	0.00	1.0%
Sd (350)	0.00	0.29%	0.00	0.00	<b>98.6%</b>	1.1%	0.00
W (806)	0.00	0.50%	0.00	0.00	0.62%	<b>98.5%</b>	0.37%
T (127)	0.00	3.1%	0.79%	2.4%	0.79%	2.4%	<b>90.5%</b>



# Reinforcement Learning for New Users

- Apply reinforcement learning for four new users
  - Never seen by the offline neural network
- Run the policy gradient update for a total of 100 epochs
  - Reward is given after every activity segment
- Accuracy improvement with online learning:
  - User 6: 74% → 91%
  - User 7: 89% → 94%
  - User 8: 86% → 96%
  - User 9: 60% → 91%

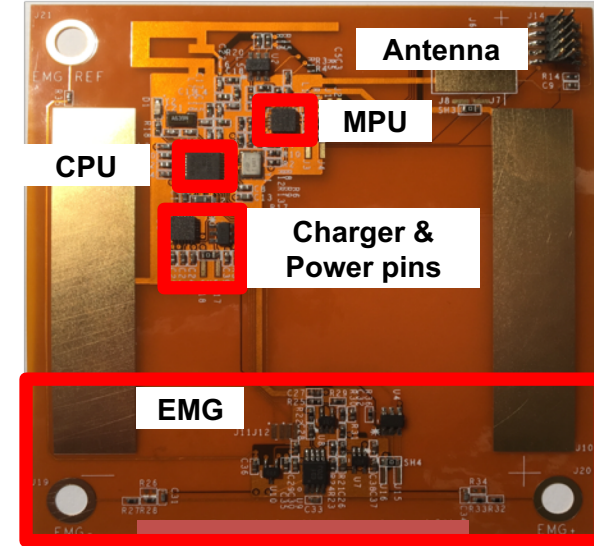
*HAR algorithm adapts to new users*



# Energy Consumption Analysis

- Prior studies do not report power & energy breakdown [1]
- Added test ports to our custom prototype
- Performed detailed power/performance/energy analysis

	Block	Exe. Time (ms)	Average Power (mW)	Energy ( $\mu$ J)
<b>Sense</b>	Read / Segment	1,500.00	1.13	1,695.00
	DWT	7.90	9.50	75.05
<b>Compute</b>	FFT	17.20	11.80	202.96
	NN	2.50	12.90	32.25
	Overall	27.60	11.24	310.26
<b>Communication</b>	BLE	8.60	5.00	43.00



**Enables close to 60-hour operation with a 200 mAh battery**

[1] Shoaib, Muhammad, et al. "A survey of online activity recognition using mobile phones." *Sensors* 15.1 (2015): 2059-2085.

# Conclusions

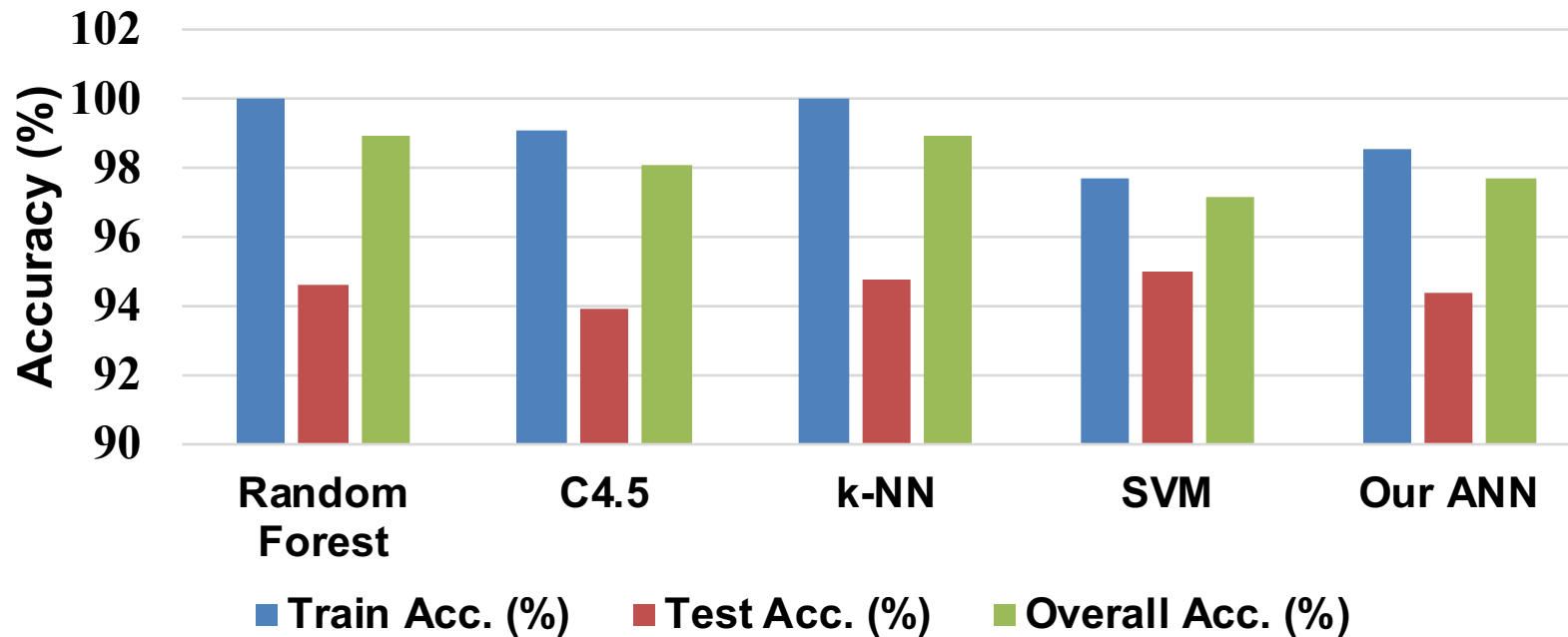
- **Wearable IoT devices offer great potential to enable interesting applications**
  - Health monitoring, activity tracking, gesture-based control
- **Presented a Human Activity Recognition framework**
  - Novel algorithm to segment data as a function of the activity
  - Online inference and training using reinforcement learning
  - Low power implementation on a wearable device
- **Data sets and source code will be made public**





# Comparison with Other Classifiers

- Comparison of our classifier to classifiers used by prior work



**Our neural network classifier achieves compatible accuracy  
*while enabling efficient online learning***