

# **Professor Matthew P. Buman**

## **Biography of proposed Guidelines Development Group**

Institutional affiliation(s): Arizona State University

Academic degrees: Doctor of Philosophy

City and country of primary residence: Phoenix, USA

### **Biography**

Professor Buman received his PhD in Applied Physiology & Kinesiology from the University of Florida, USA and completed a postdoctoral fellowship in Cardiovascular Disease Epidemiology from Stanford University School of Medicine, USA. He is currently an Associate Professor in the College of Health Solutions at Arizona State University, USA. His research interests focus on the dynamic interplay of behaviors across the 24 hours - sleep, sedentary behavior, and physical activity - and how collectively these behaviors contribute to chronic disease. He is an expert in device-based measurement and is a leader in the design and evaluation of interventions that leverage ubiquitous technologies (i.e., smartphones, wearable sensors) to improve sleep, sedentary, and physical activity behaviors. He has published 125+ peer-reviewed manuscripts in the fields of medicine, public health, kinesiology, sleep medicine, and engineering. He recently completed service as a special consultant to the United States Health and Human Services (HHS) 2018 Physical Activity Guidelines Advisory Council, where he served on a team that reviewed the evidence on interventions to reduce sedentary time and increase physical activity in children, adults, and older adults. He is a fellow of the American College of Sports Medicine and Society of Behavioral Medicine.