

Chair's Welcome

Welcome to the 4th ISBNPA Young Adults Special Interest Group Newsletter.

Welcome to the ISBNPA Young Adults Special Interest Group Newsletter. In May we held our first SIG meeting at the ISBNPA conference. Although I was unable to attend in person, it was fantastic to meet our members virtually. We focused the session on finding out more about our members research interests. This inspired our upcoming “Networking Event” in October, where we hope to bring together like minded researchers, and foster international collaborations related to young adults behavioural nutrition and physical activity. See details in our “Social and Events” section below.



Dr. Melinda Hutchesson, Chair of ISBNPA Young Adult SIG

Announcements

Want to get more involved with the ISBNPA Young Adults SIG?

Now is your chance! We anticipate 2 openings on our leadership council in the coming year. If you're interested in joining us, take a moment to [apply here](#).



A big thank you to Rebecca Raeside and Si Si Jia from the University of Sydney for taking over our SIG twitter account at the conference this year and creating the wonderful content. We couldn't have done it without you both.

You can follow Rebecca on twitter [here](#) and Si Si [here](#) also.

Huge shout out to our SIG secretary [Dr Stephanie Partridge](#) from the University of Sydney who was a finalist for the Eureka Prize for Emerging Leader in Science!

Congratulations! We are so proud of you and thrilled to see your work being recognized.

ISBNPA 2023 in Uppsala, Sweden

[Submissions](#) for next year's conference open on September 19 and the call for symposia will close on October 28. Do you have adolescent or young adult related work to share? We'd love to have our members submit symposia! If you have an idea but are in need of additional presenters to make it happen, [reach out to us](#) and we will try to help.

Nutrients Special Issue on Food Insecurity, Nutrition, and Obesity among Adolescents and Young Adults

In case you haven't heard, you can check out details on this special issue [here](#). The call for submissions is open through February 2023, so if you or your colleagues have relevant data, we encourage you to submit!

Quarterly Spotlight



In this issue of our newsletter, we're excited to spotlight the winner of the inaugural Young Adult SIG Conference Presentation Award, Dr. Denver Brown! Dr. Brown gave a compelling presentation at the annual meeting entitled "*Healthier movement profiles are associated with lower psychological distress and higher mental well-being among emerging adults.*" Dr. Brown is an Associate Professor in the Department of Psychology at The University of Texas at San Antonio. We recently caught up with him for some Q&A.

Q: Tell us a bit about your current research interests

A: My work is situated in the fields of exercise psychology and behavioral medicine with a current focus on understanding theoretical correlates of physical activity behavior among youth and young adults, as well as the influence of 24-hr movement behaviors on indicators of mental health.

Q: What is your favorite way to be physically active?

A: Moving to a new city, let alone country has brought its challenges, but getting involved with the local hockey league has been incredibly helpful for making new friends and

staying active.

Q: What advice do you have for early career researchers and PhD candidates?

A: Find quality mentors that understand your goals and will help to guide you along a path towards your career aspirations.

Thank you Denver for taking the time to answer our questions and congratulations again on winning the SIG conference award. You can follow Denver on Twitter [here](#)

Social and Events

Upcoming Networking Event

Attendees will have the opportunity to network and build collaborations with like minded researchers working in areas related to young adult's physical activity and eating behaviours. Event organisers will match attendees based on their research expertise or areas of interest and facilitate new collaborations with break out room whiteboard sessions. Following the event, attendees will have the opportunity* to submit a ISBNPA Young Adult SIG Collaboration Grant (\$US1250) to progress a research activity arising from their newly formed collaborations. Two event dates and times have been organised to facilitate time zones:

- Networking Event #1 (AUS/NZ) Wed 12th of Oct 12:00pm-1:00pm Brisbane (GMT +10 hours) and 2:00pm Wellington (GMT+12) Register for Event #1 here: <https://www.eventbrite.com.au/e/417722147187>
- Networking Event #2 (USA/UK) Tues 11th 10:00am Richmond (GMT-4) and 3:00pm London (GMT+1) Register for Event #2 here: <https://www.eventbrite.com.au/e/417730803077>

*To be eligible for the grant, applicants must attend one of the two networking events.

Recent Publications

Don't miss these new publications relevant to young adults' health and wellness. Have a new publication you'd like us to feature on Twitter or our next newsletter? Email our communications chairs [here](#).

LaRose JG, Reading JM, Lanoye A, Brown KL. Recruitment and retention of emerging adults in lifestyle interventions: Findings from the REACH trial. *Contemp Clin Trials*. 2022 Aug 30:106904. Epub ahead of print. [Find here](#)

Gallant, F., Sylvestre, M. P., O'Loughlin, J., & Bélanger, M. (2022). Teenage Sport Trajectory Is Associated With Physical Activity, but Not Body Composition or Blood Pressure in Early Adulthood. *Journal of Adolescent Health*. [Find here](#)

Jezewska-Zychowicz, M., & Plichta, M. (2022). Diet Quality, Dieting, Attitudes and Nutrition Knowledge: Their Relationship in Polish Young Adults—A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 19(11), 6533. [Find here](#)

Kent, K., Murray, S., Visentin, D., Mawer, T., McGowan, C. J., Williams, A. D., ... & Bridgman, H. (2022). High occurrence of food insecurity in young people attending a youth

mental health service in regional Australia. *Nutrition & Dietetics*, 79(3), 364-373. [Find here](#)

Loh, V., Sahlqvist, S., Veitch, J., Thornton, L., Salmon, J., Cerin, E., ... & Timperio, A. (2022). From motorised to active travel: using GPS data to explore potential physical activity gains among adolescents. *BMC public health*, 22(1), 1-9. [Find here](#)

Parker, K., Cleland, V., Dollman, J., Gatta, J. D., Hatt, J., & Timperio, A. (2022). A latent transition analysis of physical activity and screen-based sedentary behavior from adolescence to young adulthood. *International Journal of Behavioral Nutrition and Physical Activity*, 19(1), 1-9. [Find here](#)

Ronto, R., Saberi, G., Carins, J., Papier, K., & Fox, E. (2022). Exploring young Australians' understanding of sustainable and healthy diets: a qualitative study. *Public Health Nutrition*, 1-13. [Find here](#)

Rousset, S., Douarre, M., Poyet, A., Bounechada, F., Descouls, A., Girardin, C., ... & Dutheil, F. (2022). Objective evaluation of the first post-lockdown on physical activity, sedentary behavior and food choice in a sample of French young adult students. *Preventive Medicine Reports*, 28, 101863. [Find here](#)

van der Bend, D. L. M., Jakstas, T., van Kleef, E., Shrewsbury, V. A., & Bucher, T. (2022). Adolescents' exposure to and evaluation of food promotions on social media: a multi-method approach. *International journal of behavioral nutrition and physical activity*, 19(1), 1-15. [Find here](#)

Whatnall, M., Clarke, E., Collins, C. E., Pursey, K., & Burrows, T. (2022). Ultra-processed food intakes associated with 'food addiction' in young adults. *Appetite*, 106260. [Find here](#)

Encourage your colleagues to sign up for our SIG newsletter!

You or your colleagues can join this mailing list by updating your membership profile and adding the SIG to your preferences; or by filling out this [google form](#).

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