



Chair's Welcome

Welcome to the latest ISBNPA Young Adult Special Interest Group Newsletter.

We are only a few weeks away from the annual conference in Uppsala, Sweden. We have got a packed conference edition for you.

In this newsletter, we are excited to announce the winner of our mentor award and shortlist for the young adults conference award. We can't wait to see as many members at the conference this year and in our SIG meeting on **Wednesday, June 14th at 11:15 AM in K1 on Level 3.**

We are excited to attend the symposium "the changing influence of social and physical environments on diet quality across adolescence and early adulthood" on Thursday, June 15th at 4:15 PM.

Make sure to follow us on twitter [@ISBNPA_YA_SIG](#) and tag us in all the activities you get up to. Finally, be sure to check out the latest science focused on adolescence and young adults in the recent publications section.

A/Prof. Melinda Hutchesson, Chair of ISBNPA Young Adult SIG



Mentor Award Winner



We are happy to announce the winner of our mentor award. Congratulations to **Dr Esther van Sluijs**. Our mentor award acknowledges inspiring mentors working in the field of young adult research relevant to diet, physical activity, sedentary behaviour and/or sleep. Thank you to our members of the SIG for your submissions.

Dr Esther van Sluijs is going to give a short presentation at YA SIG meeting during the conference this year (**Wednesday, June 14th at 11:15 AM**). We are very excited for this presentation and can't wait to see our members at this session.

Conference Award Shortlist

We're excited to announce our three conference award finalists! Be sure to catch their presentations in award session for Young Adults which will be held on Wednesday, June 14th at 4:15 PM (Central European Time).

- **Maryam Marashi**
What predicts food and physical activity tracking among young adults: Results from the longitudinal Canadian NDIT study
 - **Rebecca Raeside**
Effectiveness of digital health interventions targeting lifestyle risk behaviours on improving adolescent mental health or wellbeing: a systematic review with meta-analysis
 - **Matthew Jenkins**
A co-designed system of support for the health of young people experiencing first episode psychosis
-

The 2023 conference has plenty of content focused on young adults. Be sure to check out these sessions. Times are in Central European Time (CET)

Wednesday, June 14th

11:15 AM - 11:45 AM YA SIG Meeting

4:15 PM - 5:30 PM Award Session - Young Adults

5:30-6:45 PM Chaired Poster Session

Thursday, June 15th

4:15 PM - 5:30 PM S.1.20 - The changing influence of social and physical environments on diet quality across adolescence and early adulthood

Friday, June 16th

10:50 AM - 12:00 PM Poster Session #2

12:00 PM - 1:15 PM SO.2.15 - Hot topics in young adults nutrition and physical activity

Saturday, June 17th

1:00 PM - 2:00 PM Poster Session #3

ISBNPA Young Adult SIG Member Survey

We are interested in learning more about our members, and also gaining our members' input into strategies and events to employ to support our aims. Please take 5 minutes to share your thoughts [here](#)

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](#).

Buro, A. W., Stern, M., & Carson, T. L. (2023). Reported mental health, diet, and physical activity in young adult cancer survivors. *Nutrients*, 15(4), 1005. Find [here](#)

Green, R., Savaglio, M., Bruce, L., Tate, R., Hatzikiriakidis, K., Smales, M., ... & Skouteris, H. (2023). Meeting the nutrition and physical activity needs of young people in residential out-of-home care. *Journal of Social Work*, 14680173221143665. Find [here](#)

Hesketh, K. D., Booth, V., Cleland, V., Gomersall, S. R., Olds, T., Reece, L., ... & Lubans, D. (2023). Results from the Australian 2022 Report Card on physical activity for children and young people. *Journal of Exercise Science & Fitness*, 21(1), 83-87. Find [here](#)

Liang, C., Lee, P. F., & Yeh, P. C. (2023). Relationship between Regular Leisure-Time Physical Activity and Underweight and Overweight Status in Taiwanese Young Adults: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 20(1), 284. Find [here](#)

Liu, Y., Ke, Y., Liang, Y., Zhu, Z., Cao, Z., Zhuang, J., ... & Tang, Y. (2023). Results from the China 2022 report card on physical activity for children and adolescents. *Journal of Exercise Science & Fitness*, 21(1), 1-5. Find [here](#)

Perry, M. G., Ashley, A. R., Hood, L. B., & Hagedorn-Hatfield, R. L. (2023). Knowledge and perceptions of nutrition assistance programmes among young adult students. *Nutrition Bulletin*. Find [here](#)

Zhao, H., Lu, C., & Yi, C. (2023). Physical Activity and Sleep Quality Association in Different Populations: A Meta-Analysis. *International Journal of Environmental Research and Public Health*, 20(3), 1864. 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](#).

Contributors to this Newsletter: Ruth Brady, Dr. Melinda Hutchesson & Prof. Jessica LaRose



International Society of Behavioral Nutrition and Physical Activity | www.isbnpa.org, 1300 S.
2nd St, Suite 300,
Minneapolis, MN 55454

[Unsubscribe isbnpaorganization@gmail.com](mailto:unsubscribe_isbnpaorganization@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by socialmedia@isbnpa.org in collaboration with



Try email marketing for free today!