



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 Omaha, Nebraska. We have got a packed conference edition for you. See below for our Young Adult Conference Award Session presenters. Make sure to follow us on twitter @ISBNPA_YA_SIG and tag us in all the activities you get up to.

Do you have a recent publication that you're proud of? Then submit it for one of our Young Adult SIG Publication Awards. Or nominate an inspiring mentor to receive our 2024 SIG Mentor Award. We will be planning an Awards Webinar featuring winners of these awards at the beginning of July, so something additional to look forward to.

Finally, be sure to check out the latest science focused on adolescents and young adults in the recent publications section.

Dr. Eleanor Winpenny, Chair of ISBNPA Young Adult SIG



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 Monday, May 20th at 5:15 PM.

- **Ms. Carah Porter**
Unlocking academic success: Exploring associations between 24-hour movement compositions and academic performance in college students
- **Dr. Lucille Marty**
The "Eat Less Meat" one-month challenge: Effects on short-term and long-term meat consumption, nutritional quality and environmental impact of diets among French young adults
- **Dr. Michaela Schenkelberg**
Perceived access to physical activity opportunities among young adults with intellectual and developmental disabilities

Young Adult Conference Sessions

Check out these "must see" Young Adult conference sessions in Omaha.

Monday, May 20th

5:15 - 6:30 PM (Room 215) - Award Session - Young Adults

Tuesday, May 21st

11:00 - 11:55 AM - Poster Sessions - Day 1

12:00 - 1:15 PM (Room 211) - Latest findings in behavioral nutrition and physical activity: From children in early care and education to young adults

Thursday, May 23rd

9:00 - 11:05 AM (Room 211) - Latest findings in behavioral nutrition and physical activity: From children in early care and education to young adults

ISBNPA Young Adult SIG Showcase

In early July, the Young Adult SIG will host its first webinar of 2024. The webinar will showcase some of the best international research on behavioural nutrition and physical activity in young adults. Presenters will include the winners of our publication and mentor award (see below). Keep an eye out on our social and the next newsletter for the details of this event.

Call for Nominations: Young Adult SIG Awards

SIG 2023 Publication Award

We are looking for innovative Young Adult papers published in last year. Papers must be directly or indirectly relevant to diet, physical activity, sedentary behaviour and/or sleep. We are keen to identify papers that have strong potential to move our field forward. The impact or reputation of the journal in which it is published is not relevant.

We will be selecting three award winners based on career stage (Post-graduate student, Early career researchers & Mid career Researchers). You are also required to be first author or senior author on the paper.

Winners will be invited to present at our international webinar at the beginning of July (date yet to be determined) showcasing the 'best' young adult research from 2023.

To complete your nomination, please fill out the following Google form by June 3rd:
<https://forms.gle/zzfXcuGx7MNYHURZ6>

SIG Mentor Award

We are looking to acknowledge inspiring leaders/mentors working in the field of young adults/behavioural research relevant to diet, physical activity, sedentary behaviour and/or sleep. You can nominate yourself or on behalf of someone who has provided good mentorship to an individual or a wide range of people.

To complete your nomination, please fill out the following Google form by June 3rd:
<https://forms.gle/cHmpbPm3ZV3SC9zv9>

The winner will be invited to present at our international webinar at the beginning of July.

We look forward to receiving and reviewing your work! We will announce the winners via email, X and in the newsletter.

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 X (Twitter) or our next newsletter? Email our communications chairs [here](#).

Baker, B. D., & Castelli, D. M. (2024). Impact of A Global Pandemic on Young Adult Sedentary Behavior and Physical Activity. *AJPM Focus*, 100202.

Bercaw, H., Reid, L. A., Mendoza, J. A., Frongillo, E. A., Sauder, K. A., Reboussin, B. A., ... & Liese, A. D. (2023). Food insecurity and adequacy of dietary intake in youth and young adults with youth-onset type 1 and type 2 diabetes. *Journal of the Academy of Nutrition and Dietetics*, 123(8), 1162-1172.

Braune, T., Adams, J., & Winpenny, E. M. (2024). Exploring the changing association between parental and adolescent fruit and vegetable intakes, from age 10 to 30 years. *medRxiv*, 2024-01.

Huang, Z., Huang, R., Xu, X., Fan, Z., Xiong, Z., Liang, Q., ... & Zhuang, X. (2024). Long-term physical activity time-in-target range in young adults with cardiovascular events in later life. *European Journal of Preventive Cardiology*, 31(4), 461-469.

Metin, Z. E., Bayrak, N., Mengi Çelik, Ö., & Akkoca, M. (2024). The relationship between emotional eating, mindful eating, and depression in young adults. *Food Science & Nutrition*.

Mizuta, R., Maeda, N., Tashiro, T., Suzuki, Y., Kuroda, S., Ishida, A., ... & Urabe, Y. (2024). Effectiveness of Metaverse Space-Based Exercise Video Distribution in Young Adults: Randomized Controlled Trial. *JMIR mHealth and uHealth*, 12, e46397.

Williams, E., Vardavoulia, A., Lally, P., & Gardner, B. (2023). Experiences of initiating and maintaining a vegan diet among young adults: A qualitative study. *Appetite*, 180, 106357.

Zhang, Y., Duan, Y., Long, T., Wu, Y., Huang, J., Zhang, Y., & Li, M. (2024). The specially designed nudging tableware promotes healthy food choices: Evidence from a randomized crossover trial in normal-weight young adults. *Physiology & Behavior*, 273, 114412.

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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