



In the newsletter

- Welcome from SIG Chair
- Featured Article
- Nominations for the 2023 e-&mHealth Publication of the Year Award
- ISBNPA 2025 update
- e- and mHealth SIG Webinar: App Co-Design: Equity Considerations for Digital Health
- Recent e- & mHealth Publications



Dr. Amanda Staiano, PhD,
MPP, MS
Associate Professor,
Population and Public Health
Services
Director, Pediatric Obesity &
Health Behavior Laboratory at
Pennington Biomedical
Research Center, USA

Welcome to Our September 2024 Newsletter

Hi e-&mHealth SIG members! I'm excited to kick off my term as Chair of the e-&mHealth SIG, along with our Co-Chair Claire Gough. We are thankful for Mavra Ahmed's service as Chair the past 3 years and her continuation as Immediate Past Chair on our SIG leadership team. I am based out of the U.S. in Baton Rouge, Louisiana, as an Associate Professor in the Pediatric Obesity & Health Behavior Lab at Pennington Biomedical Research Center. We have exciting updates for you in this newsletter, including our upcoming October webinar on "**App Co-Design: Equity Considerations for Digital Health**" with presentations from Dr. Mavra Ahmed, University of Toronto, and Dr. Robert Newton, Pennington Biomedical Research Center (**sign up here**). We are also opening up nominations for the 2023 e-&mHealth Publication of the Year Award (**submit here**). Spread the word about our SIG by encouraging colleagues to sign up for these newsletters **here**. We look forward to connecting with you virtually this year and then next year at ISBNPA 2025 in New Zealand!

Featured Research

Shariwa Oke
PhD Candidate
Division of Nutritional Sciences



Cornell University
Email: sao52@cornell.edu

Shariwa Oke is a doctoral candidate in the Division of Nutritional Sciences at Cornell University. Her current work focuses on the design, development, and implementation of a digital behavioral intervention focused on nutrition, physical activity, and mindful parenting for parents of preschoolers in low-income and rural areas of the U.S. Her broader research interests lie in developing, implementing, and sustaining interventions for improving health behaviors through the appropriate and personal use of communication, technology, and behavioral theory. Recently, Shariwa joined e-&mhealth SIG leadership team. Shariwa kindly agreed to share her ongoing work in developing a perspective paper.

Let's meet our newest member to the team and learn more about her research.

Tell us a little about yourself.

Shariwa Oke is a doctoral candidate in the Division of Nutritional Sciences at Cornell University. Her current work focuses on the design, development, and implementation of a digital behavioral intervention focused on nutrition, physical activity, and mindful parenting for parents of preschoolers in low-income and rural areas of the U.S. Her broader research interests lie in developing, implementing, and sustaining interventions for improving health behaviors through the appropriate and personal use of communication, technology, and behavioral theory. Recently, Shariwa joined e-&mhealth SIG leadership team. Shariwa kindly agreed to share her ongoing work in developing a perspective paper.

How did the paper idea come up?

The paper I am currently working on and hoping to submit for publication soon is a Perspective paper on how nutrition educators can systematically apply a user-centered design to develop digital behavior change interventions. When my research group started developing our own digital intervention, there was not that much guidance available to us for how to develop a rigorous, user centered app. This paper was motivated by the desire to create more guidance for others.

What tips do you have for future researchers who would like to engage in this topic?

Future researchers who want to engage in digital behavior change intervention development should be systematic in their approaches and aware of new methods in the field.

What did you learn from this paper that will inform your future work?

From writing this paper, I learned that writing a Perspectives is quite challenging, but rewarding when it all comes together. I also learned that there is a lot more work to be done in this area to improve the rigor, efficacy, and implementation of digital interventions.

Besides this paper, what else have you been up to recently?

Besides writing about how to develop digital interventions, I have been working on developing an app with my research team for our own digital behavioral intervention. The app is focused on nutrition, physical activity, and mindful parenting for parents of preschoolers in low-income and rural areas of the US.

Would you like to be featured in the next newsletter? Let us know! Email: emhsig.isbnpa@gmail.com

e-&mHealth Publication of the Year Award Nominations for the 2023!!

Nominations are now open for the 2023 e-&mHealth Publication of the Year Award! Individuals can submit a published article on topics related to e-&mHealth of their work or their colleagues' work for consideration for the Publication of the Year 2023. The article must be published in a peer-reviewed academic journal and published in the calendar year 2023 (either online or in print). Please fill out this Google form: <https://forms.gle/YgjUmJvdzJQqe1tb9> by **October 4th, 2024**. The winner will be announced in November 2024 and recognized at the 2025 Annual Meeting.



We look forward to seeing you at ISBNPA 2025 in Auckland, New Zealand!

Key Dates

Satellite Meeting Submissions 3 Sept., 2024 8 Nov., 2024	Symposia Submissions 3 Sept., 2024 18 Oct., 2024	Oral Submissions 3 Sept., 2024 22 Nov., 2024	Dare2Share Submissions 3 Sept., 2024 22 Nov., 2024	Pioneers Submissions 3 Sept., 2024 18 Oct., 2024
Workshop Submissions 16 Sept., 2024 8 Nov., 2024		Late-Breaking Abstract Submissions 13 Dec., 2024 21 Feb., 2025		

ISBNPA 2025

2025 Conference Website: <https://annualmeeting.isbnpa.org/>

2024 ISBNPA Conference Symposium Proposal Submission

Symposium proposals are due on **18 October 2024** and click on this [link](#) to a matchmaking spreadsheet where you can share your ideas or see other people's ideas related to e-&mHealth submissions. Authors are responsible for contacting each other to follow up, and being on the list does not indicate SIG endorsement.

e- and mHealth SIG Webinar: App Co-Design: Equity Considerations for Digital Health

Date: October 2, 2024, 1300 UTC

Sign Up Here: <https://isbnpa.org/sig/october-2-2024-1300-utc-sig-e-and-mhealth-webinar-app-co-design-equity-considerations-for-digital-health/>

Speakers:

Dr. Robert Newton, Pennington Biomedical Research Center

Dr. Mavra Ahmed, University of Toronto

Moderator: Dr. Amanda Staiano, Pennington Biomedical Research Center

Abstract

Co-design engages end users from the start to develop health promotion apps that are acceptable, feasible, and effective. This approach is especially important for health equity to best support individuals from under-represented or minoritized backgrounds. This webinar will use a health equity lens to highlight two lines of research that have successfully used co-design for physical activity and nutrition promotion. Dr. Robert Newton, Professor at Pennington Biomedical Research Center, will present a series of studies that used co-design to develop an app-based physical activity promotion program for African American men in the USA. Dr. Ahmed, Fellow at the University of Toronto, will present on equity considerations in nutrition app development and co-design for digital technology to monitor food environments in Canada. There will be time for audience questions and engagement to share best practices and successful strategies for co-design in app-based health interventions.

Recent e-&mHealth Publications

Management of Chronic Diseases

1. Singh, B., et al., A systematic umbrella review and meta-meta-analysis of eHealth and mHealth interventions for improving lifestyle behaviours. *NPJ Digit Med*, 2024. 7(1): p. 179.
2. Nguyen, V., et al., The Role of Digital Health Technology Interventions in the Prevention of Type 2 Diabetes Mellitus: A Systematic Review. *Clin Med Insights Endocrinol Diabetes*, 2024. 17: p. 11795514241246419.
3. Shi, B., et al., Assessing the Effectiveness of eHealth Interventions to Manage Multiple Lifestyle Risk Behaviors Among Older Adults: Systematic Review and Meta-Analysis. *J Med Internet Res*, 2024. 26: p. e58174.
4. Stowell, M., et al., Digital interventions for self-management of prediabetes: A scoping review. *PLoS One*, 2024. 19(5): p. e0303074.

Diet & Nutrition

1. Bennett, R., et al., The potential influence of the digital food retail environment on health: A systematic scoping review of the literature. *Obes Rev*, 2024. 25(3): p. e13671.
2. Pala, D., et al., Smartphone applications for nutrition Support: A systematic review of the target outcomes and main functionalities. *Int J Med Inform*, 2024. 184: p. 105351.
3. Schaafsma, H.N., et al., The impact of smartphone app-based interventions on adolescents' dietary intake: a systematic review and evaluation of equity factor reporting in intervention studies. *Nutr Rev*, 2024. 82(4): p. 467-486.
4. O'Connor, H., et al., Digital preconception interventions targeting weight, diet and physical activity: A systematic review. *Nutr Diet*, 2024. 81(3): p.

244-260.

Physical Activity and Sedentary Behavior Interventions

1. Tong, H.L., et al., The Use of Mobile Technologies to Promote Physical Activity and Reduce Sedentary Behaviors in the Middle East and North Africa Region: Systematic Review and Meta-Analysis. *J Med Internet Res*, 2024. 26: p. e53651.
2. Bernstein, E.E., et al., Lessons and Untapped Potential of Smartphone-Based Physical Activity Interventions for Mental Health: Narrative Review. *JMIR Mhealth Uhealth*, 2024. 12: p. e45860.
3. Parés-Salomón, I., et al., Effectiveness of workplace interventions with digital elements to reduce sedentary behaviours in office employees: a systematic review and meta-analysis. *Int J Behav Nutr Phys Act*, 2024. 21(1): p. 41.
4. Sañudo, B., et al., A randomized controlled mHealth trial that evaluates social comparison-oriented gamification to improve physical activity, sleep quantity, and quality of life in young adults. *Psychol Sport Exerc*, 2024. 72: p. 102590.

Don't see your recent publication listed? Let us know! Email:

emhsig.isbnpa@gmail.com

Stay up to date: Follow us!

Keep up to date on recent e- & mHealth publications and happenings within the SIG by following us on our various platforms.

Twitter: @ISBNPA_emh

Feel free to tag us and we will try to share your publication as well!!



Spread the Word!

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 sending an email to executivedirector@isbnpa.org. **Click here** for more details.

2024 SIG Committee Members

- Chair: Amanda Staiano (USA)
- Co-Chair: Claire Gough (Australia)
- Immediate Past Chair: Mavra Ahmed (Canada)
- Social Media: Chen-Chia Pan (Germany), Irina Timm (Germany),
- Newsletter: Zenong Yin (USA), Jasmine Petersen (Australia), Ben Singh (Australia), Janis Fiedler (Germany), Hannes Baumann (Germany)
- Events/Awards: Maria Vasiloglou (Switzerland)
- Membership: Bridve Sivakumar (Canada)
- Past Chairs: Andre Muller (Singapore), Camille Short (Australia)
- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia)

- **New Members:** Xin Chen (USA), Shariwa Oke (USA) Katherine (Katie) Spring (USA)



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

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



Try email marketing for free today!