



## Chair's Welcome

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

We continue to prepare for our Annual Conference June - we are really looking forward to meeting you in Auckland, New Zealand. **Lee Ashton** and **Rebecca Raeside** from our SIG committee will be coordinating SIG activities at the conference, including awards, meet and greet, and of course some exercise! Do come and say hello, and do get in touch if you'd like to know more about getting more involved in the SIG or the SIG committee!



Meanwhile, next week we are looking forward to our **joint SIG webinar** (further details below) which will focus on the role of physical activity and nutrition in the mental health of children, adolescents and young adults. With three speakers, including Associate Prof Felipe Barreto Schuch, who presents a focus on student populations, this is sure to be of interest to many of you!

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

## Young Adult SIG Co-Sponsored Webinar

### The Influence of Physical Activity and Nutrition on Mental Health in Children, Families, and Young Adults

May 1, 2025  
15:00 UTC

Join us for a joint webinar hosted by the Young Adult SIG, the Children and Families SIG, and the Mental Health and Wellbeing SIG.

This webinar will explore the significant impact of physical activity and nutrition on the mental health of children, families, and young adults. Hosted by leading experts in the field; Prof Andy Smith (Edge Hill), Associate Prof Felipe Barreto Schuch

(Federal University of Santa Maria), and Dr. Lu Yang (PhD candidate at the University Medical Center Groningen), the session will address how lifestyle factors such as exercise and diet can play a crucial role in mental well-being across different age groups.

Find more information and register to attend at the [Registration Page](#).



## 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 Tuesday, June 10th at 3:30

- **Ms. Ella Creagh**, Te Herenga Waka - Victoria University of Wellington  
Who hangs out with who and why? Peer crowds as a pathway to understanding and promoting youth physical activity
- **Ms. Asha Collier**, University of Texas at Austin  
Association between vitamin D deficiency and insomnia among United States Adolescents and Young Adults
- **Ms. Laura Marchese**, Deakin University  
Trajectories of plant-based dietary patterns and their longitudinal associations with cardiometabolic health among young Australian adults

## Young Adult Conference Sessions

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

### Wednesday, June 10th

3:30-4:45 PM (Hunua 3) - Award Session - Young Adults

### Thursday, June 11th

11:00 - 12:00 PM - Poster Sessions - Day 1

2:15 - 3:30 PM (Hunua Rooms Foyer) - How to encourage physical activity in young adults, focus-group style brainstorming session

### Friday, June 12th

1:30 - 3:15 PM (Waitakere 3) - Emerging insights in young adult health and well-being

3:15 - 4:30 PM (Hunua 1) - International perspectives on policy, systems, and environmental approaches to address food insecurity among higher education students

**Saturday, June 13th**

10:00 - 11:15 AM (Waitakere 2) - Youth physical activity and nutrition: Outcomes and interventions

## 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](#).

Aubert, M., Clavel, C., Le Scanff, C., & Martin, J. C. (2024). Intervention to Improve Well-Being, Nutrition, and Physical Activity in Adults: Experimental Study. *JMIR Formative Research*, 8(1), e47251.

Fenton, S., Ashton, L. M., Lee, D. C., & Collins, C. E. (2024). Gender differences in diet quality and the association between diet quality and BMI: an analysis in young Australian adults who completed the Healthy Eating Quiz. *Journal of Human Nutrition and Dietetics*, 37(4), 943-951.

Hartwell, H., Bray, J., Lavrushkina, N., Lacey, J., Rodrigues, V. M., Fernandes, A. C., ... & Proença, R. P. D. C. (2024). Identifying key factors that encourage vegetable intake by young adults: using the health belief model. *British Food Journal*, 126(1), 453-470.

Hatfield, D. P., Sharma, S., Bailey, C. P., Bakun, P., Hennessy, E., Simon, C., & Economos, C. D. (2024). Implementation of nutrition and physical activity-related policies and practices on college campuses participating in the Healthier Campus initiative. *Journal of American college Health*, 72(4), 1192-1199.

Lev-Arey, D., Gutman, T., & Levental, O. (2024). Empowering movement: enhancing young adults' physical activity through self-determination theory and acceptance and commitment therapy-based intervention. *Behavioral Sciences*, 14(2), 130.

Livingstone, K. M., Rawstorn, J. C., Partridge, S. R., Zhang, Y., Godrich, S. L., McNaughton, S. A., ... & Alston, L. (2024). Determining the feasibility of a codesigned and personalised intervention (Veg4Me) to improve vegetable intake in young adults living in rural Australian communities: Protocol for a randomised controlled trial. *BMJ open*, 14(1), e078001.

Oftedal, S., Fenton, S., Hansen, V., Whatnall, M. C., Ashton, L. M., Haslam, R. L., ... & Duncan, M. J. (2024). Changes in physical activity, diet, sleep, and mental well-being when starting university: a qualitative exploration of Australian student experiences. *Journal of American college Health*, 72(9), 3715-3724.

Oxenham, A. F., Braune, T., van Sluijs, E., Fairbrother, H., Martin, A., & Winpenny, E. M. (2025). New job, new habits? A multilevel interrupted time series analysis of changes in diet, physical activity and sleep among young adults starting work for the first time. *International Journal of Behavioral Nutrition and Physical Activity*, 22(1), 10.

Scott, J., Agarwala, A., Baker-Smith, C. M., Feinstein, M. J., Jakubowski, K., Kaar, J., ... & Stephens, J. Cardiovascular Health in the Transition From Adolescence to Emerging Adulthood:

A Scientific Statement From the American Heart Association. *Journal of the American Heart Association*, e039239.

**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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