



## Chair's Welcome

### Welcome to the latest edition of the ISBNPA Young Adult Special Interest Group Newsletter!

We are thrilled to have you with us and hope you're as excited as we are about the upcoming 2026 annual conference in the beautiful city of Cadiz, Spain.

I'll be attending the ISBNPA conference, and coordinating our SIG activities. I'm really keen to meet anyone working on young adults, and expand our SIG network. Please do come and say hello (e.g. at our SIG poster stand), or send me an email to meet up. If you're interested in becoming more involved with our SIG or the committee, don't hesitate to reach out!"

We also want to remind you about our exciting publication award – we're on the lookout for innovative Young Adult research papers published in 2025 that relate to diet, physical activity, sedentary behavior, and sleep. This is a fantastic opportunity to showcase your work and inspire others in our field!

Finally, we have some committee positions opening up as a few of our members will be stepping down at the end of the year. We welcome researchers at all stages of their careers to apply and contribute their unique perspectives. If you're passionate about making a difference in the Young Adult SIG, please get in touch!

**Dr. Eleanor Winpenny, Chair of the ISBNPA Young Adult SIG.**  
[e.winpenny@imperial.ac.uk](mailto:e.winpenny@imperial.ac.uk)



## Call for nominations - Young Adult Publication Award

### SIG Publication Award 2025

We are looking for **innovative Young Adult papers published in 2025.**

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.

**You are required to be first author or senior author on the paper.**

To complete your nomination, please fill out the following Google form by **15th June**:

<https://forms.gle/narNBcmfU7vj9P3A9>



## 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, May 27th at 15:30**

- **Shaniek Parks:** *Students Award: Co-designing a WhatsApp-based Healthy Eating Intervention with Young Adults in Jamaica and the United Kingdom.*
- **Tom Deliens:** *Overall Award: Promoting Healthy and Sustainable Eating Behavior in Higher Education Students: A Multicomponent Co-created Intervention.*
- **Adyya Gupta:** *ECR Award: Digital Marketing Techniques and Food Choice Drivers: Real-time Insights into Young People's Online Food Delivery Service Use in Australia.*

## Young Adult Conference Sessions



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

### Wednesday, May 27th

- 3:30-4:45 PM (Room 6) - Award Session - Young Adults

### Thursday, May 28th

- 11:00 - 12:00 PM & 4:15 to 4:50 PM - Poster Sessions - Day 1

### Friday, May 29th

- 12:00 - 1:20 PM (Room 7) - Young Adult Health In Transition: Navigating Diet and Wellbeing in Young Adulthood.

- 3:40 - 5:00 PM (Room 6) - Young Adult Measurement to Management: Multidisciplinary Approaches to Lifestyle Health

## Join the ISBNPA YA Leadership Team



### Leadership Team Openings

Enhance your impact and consider taking a leadership role in the Young Adult SIG. Open roles are:

**Events Officer:** Lead organization of SIG online events and contribute to conference planning.

**Membership Officer:** Maintain a membership database and head new member outreach efforts.

If interested, email Eleanor Winpenny at [e.winpenny@imperial.ac.uk](mailto:e.winpenny@imperial.ac.uk)

## Recent Publications

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

Valle CG, Heiling HM, Deal AM, Diamond MA, Hales DP, Nezami BT, Rini CM, Pinto BM, LaRose JG, Tate DF. Examining sociodemographic and health-related characteristics as moderators of an mHealth intervention on physical activity outcomes in young adult cancer survivors. *Journal of Cancer Survivorship*. 2025 Oct;19(5):1611-22.

Parks S, Kaur A, Renzella J, Malouf R, Moreno-Matter O, Albury C, Rayner M, Scarborough P. Behavioural and cognitive changes in young adults towards food and nutrition after exposure to digital food communication: a mixed-methods systematic review. *International Journal of Behavioural Nutrition and Physical Activity*. 2025 Oct;22(128).

Rego MLM, Leslie E, Schmall E, Capra B, Hudson B, Ahrens ML, Katz B, Davy KP, Hedrick VE, DiFeliceantonio AG, Davy BM. The Influence of Ultraprocessed Food Consumption on Energy Intake in Emerging Adulthood: A Controlled Feeding Trial. *Obesity*. 2025, 34, 344-356.

Harris SM, Chen R, Naish C, Bourke M, Bray SR, Kwan MYW. Studying Contextual and Psychological Predictors of Physical Activity Among Emerging Adults: Protocol for an Ecological Momentary Assessment Study. *JMIR*. 2026,15.

Braun-Trocchio R, Brandner CF, Swafford SH, Compton AT, Graybeal AJ. Evaluating the Relationship Between Body Image and Exercise in Young Adults: A Multimethod Analysis of

**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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