

# Annual MNRS Research Interest Group (RIG) Health Promoting Behaviors Across the Lifespan Meeting Minutes

Date: April 13, 2018

Time: 4-5pm

Location: Room 15

## RIG Purpose Statement:

The focus of the Health Promoting Behaviors across the Lifespan RIG is to advance nursing knowledge of successful approaches to health promotion, disease prevention, and self-management in diverse populations. As part of the larger health care community, nursing scholars work to understand better the complexity of factors that contribute to health behavior. We seek to promote discussion about the diverse types of health promoting behavior research conducted by MNRS members, and to provide avenues for collaboration, consultation, and dissemination.

Agenda Item	Minutes
<p><b>4pm</b> Welcome Remarks RIG attendance</p>	<p>Co-Chairs: Christine Eisenhauer and Nadia Robinson provided welcome remarks to attendees.</p> <p>Attendance recorded with 21 persons signed in.</p>
<p><b>4:05-440pm</b> 2018 RIG Award Presentations</p>	<p>RIG awards were presented by Nadia Robinson with brief presentations provided by award recipients:</p> <ol style="list-style-type: none"> <li>1. Outstanding Dissertation Award-Pallav Deka, PhD, AGACNP-BC</li> <li>2. New Investigator Award- Heather Hardin, PhD, RN</li> <li>3. Senior Investigator Award- Susan Rawl PhD, RN, FAAN</li> </ol>
<p><b>4:30-4:35pm</b> Current RIG activities</p>	<p>Nadia Robinson provided an overview of the selected 2018 Guaranteed Symposium presenters for our RIG: Biopsychosocial Approaches in Health Promotion and Illness Prevention Saturday, April 14, 3:15-4:45pm Room 23 Presenters:</p> <ul style="list-style-type: none"> <li>• An Umbrella Review Examining the Association between Sedentary Behavior and Cardiovascular Disease Among Older Adults- Kirsten Dickins PhD, APRN</li> <li>• Accelerometer Physical Activity is Associated with Greater Gray Matter Volumes in Older Adults Without Dementia or Mild Cognitive Impairment- Shannon Halloway PhD, RN</li> <li>• Effects of Prebiotic Fiber and Online Program on Gut Microbiome in Latino and African American 4th and 5th Grade Students- Marilyn Frenn PhD, RN, CNE</li> <li>• Peer Support as a Biopsychosocial Mechanism for Health Promotion in African American Women with Diabetes- Carolyn Murrock PhD, RN</li> <li>• Moderator: Joanne Schneider, PhD, RN</li> </ul> <p>Christine Eisenhauer provided an overview of activities of the RIG for the past year- including completion of the 5-year RIG restructuring report, quarterly newsletters/email updates, Linked In communications, and RIG awards. Christine also discussed the creation of a leadership succession cloud-based portal to enhance hand-off communication across incoming chairs. New interface for MNRS website was presented, which now included a RIG webpage, which is intended to replace the list-serve communications by RIGS.</p>

<p><b>4:35-4:50pm</b> Future RIG work</p>	<p>Two years ago- surveys were distributed to help identify research interest areas by RIG members to promote collaboration, then a member was spotlighted in the newsletter. ORCHID IDs would be used to track scholarly publication, as would Twitter MNRS feeds. The attendees reviewed the 2017 RIG Goals and suggested no revision to goal 1 or 3. Goal 2 was met and was replaced with a preconference activity. It was suggested that Health of Diverse Populations would be an ideal RIG to contact about partnering on a submission as they are planning to submit a pre-conference on culturally tailored instrumentation.</p> <p><b><u>3-Year Goals:</u></b></p> <ol style="list-style-type: none"> <li>1. Promote latest developments on driven health promoting behaviors</li> <li>2. Submit a 2019 pre-conference or competitive symposium in collaboration with another RIG incorporating biomarkers for health behavior research.</li> <li>3. Increase networking opportunities among RIG members by       <ol style="list-style-type: none"> <li>a. promoting collaboration of research, scholarship, and grant writing</li> <li>b. promoting publication collaboration among RIG members</li> <li>c. increase RIG member collaboration/mentorship with junior/senior faculty</li> </ol> </li> </ol>
<p><b>4:50-5:00pm</b> Nominations for Co-Chair Elect 2018-2019</p> <p>2018-19 Co-Chairs</p>	<p>Nominations were accepted by Susan Dunn, PhD and Pallav Deka, PhD for the co-chair elect position for 2018-2019. Consensus vote by show of hands was taken of all meeting attendees with unanimous support of these individuals as chair elects for 2018-2019.</p> <p>Nadia provided introduction of 2018-2019 Co-Chairs: Shannon Halloway PhD and Sydney Buckland PhD(c). The new chairs and chair-elects were welcomed with applause.</p>
<p><b>5:00pm</b> Wrap-Up Adjourn</p>	<p>Meeting adjourned at 5pm with awardee photos taken immediately afterward. Diane Lauver volunteer to serve as a reviewer for RIG activities in the next year.</p>