Health Promoting Behaviors Across the Lifespan Research Interest Group

Fall 2020 Newsletter

RIG Co-Chairs for 2020/2021

Lorraine Robbins, PhD, RN, FNP-BC, FAAN, a Professor in the College of Nursing at Michigan State University. Her research focuses on increasing physical activity and healthy eating behaviors in young adolescents to assist them in attaining or maintaining a healthy weight. In early fall 2019, she received a R61 grant from NHLBI to test a multi-component school-and home-based intervention for this purpose. The 1-year R61 Phase is expected to be followed by a 4-year R33 Phase.

Jiying Ling, PhD, RN, an Associate Professor in the College of Nursing at Michigan State University. His research interests involve early childhood obesity prevention and stress management in lifestyle behavior interventions. In fall 2019, she received a R21 grant from NINR and a state grant from Michigan Health Endowment Fund.

Announcing:

HPBAL RIG AWARDS!
Deadline: December 8, 2020 (5:00 pm EST)

Award Categories:
Outstanding Dissertation
New Investigator
Senior Investigator

Please visit the RIG homepage to access the 2020-2021 RIG Awards information, applications, and to submit a nomination:

https://mnrs.societyconference.com/?conf_id=10005&m=user&h=event/ev_073mx

Content

Apply for HPBAL RIG Awards 1
Chair Updates 2
Guaranteed Symposium 2
RIG Contact Information 3
2020 HPBAL Award Winners 4
Member Accomplishments 5
We are excited to share the news that our RIG will host a Guaranteed Symposium session at the 2021 MNRS conference! The Symposium is titled: “Health Promotion and Risk Reduction in Diverse Populations through Team Science"

The symposium will include 5 presentations followed by discussions related to promoting healthy behaviors and reducing risk in diverse populations and settings. Specific areas of research may include:

- Physical activity
- Healthy eating
- Smoking cessation
- Stress/depression management
- Substance abuse prevention

Special thanks to Drs. Cynthia Coviaik, Sharon Tucker, Mei-Wei Chang, and Sue Dunn for assisting with abstract reviews.

We look forward to seeing our RIG members at this important symposium!
Health Promoting Behaviors Across the Lifespan Research Interest Group

2020-2021 HPBAL RIG Executive Members

Co-Chairs
Dr. Lorraine Robbins (robbin76@msu.edu)
Dr. Jiying Ling (lingjiyi@msu.edu)

Co-Chairs Elect
Dr. Mei-Wei Chang (chang.1572@osu.edu)
Dr. Shanina Knighton (sck46@case.edu)

Past Co-Chairs
Dr. Pallav Deka (pdeka@msu.edu)
Dr. Susan Dunn (sdunn01@uic.edu)

Grants Committee Representatives
Dr. Joanne Kraenzle Schneider (joanne.schneider@slu.edu)
Dr. Leeza Struwe (lstruwe@unmc.edu)

RIG Website
http://www.mnrs.org/health-promoting-behaviors-across-lifespan-rig

HPBAL 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 better understand 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.
Congratulations to our RIG Award Winners!!!

On April 4, 2020, HPBAL RIG members were honored for their excellence in research at the 44th Annual MNRS Research Conference (conducted virtually):

**New Investigator Award Recipient:** Shanina Knighton, PhD, RN – Dr. Knighton is a KL2 Scholar at Case Western Reserve University, Frances Payne Bolton School of Nursing. Her research focuses on design, development, & evaluation of technology-based interventions including the use of wearable sensors, machine learning and simple technology to support patient self-management with a specific focus on helping older adults manage their care in various settings. Her dissertation work, T32, and now KL2 primarily focuses on infection prevention and helping older adults to clean their hands independently in acute care and long-term care settings. Dr. Knighton is working on the development of a patient hand cleaning system for which she is receiving KL2 grant support and NIH CTSC UL Pilot Grant to further develop.

**Outstanding Dissertation Award Recipient:** Mary Hannan, PhD, APN, AGACNP-BC – Dr. Hannan is a post-doctoral fellow at the University of Illinois at Chicago in the College of Medicine in a NHLBI funded T32 and is also funded as a Robert Wood Johnson Foundation Future of Nursing Scholar Postdoctoral Fellow. Her dissertation explored differences and relationships between sedentary behavior, cognitive function, and vascular function in older adults with and without chronic kidney disease. In her postdoctoral work, she is investigating the influence of sedentary time, physical activity, and frailty on health outcomes in adults with chronic kidney disease. She plans to develop behavior change interventions, specifically physical activity interventions, to improve the health outcomes for individuals with kidney disease.
Dr. Shannon Halloway, Principal Investigator, was awarded a NIH grant (1R01NR018443-01) for her project titled: Lifestyle Physical Activity and Cognitive Training Interventions: Preventing Memory Loss in Older Women with Cardiovascular Disease. Institution: Rush University. Co-Investigators (other MNRS members): JoEllen Wilbur, Susan J. Pressler.

Dr. Mei-Wei Chang, Principal Investigator, was awarded a NIH grant (1R21HD099380-01A1) for her research project titled: Using Mental Imagination to Prevent Excessive Gestational Weight Gain in Overweight and Obese Pregnant Women. Institution: The Ohio State University.

Dr. Frances Hardin-Fanning, Principal Investigator, was awarded an Aetna/American Public Health Association/National Association of Counties Challenge Grant (2020-2022, $100,000) for her research project titled: Food Security and Healthy Eating in Rural Perry County. Institution: University of Louisville.

Dr. Christine Eisenhauer, Principal Investigator, was awarded a NIH grant (1R15NR017522-01) for her research project titled: Engaging rural men with mobile technologies for weight loss: A randomized controlled trial. She was also recognized as the 2020 NLN Elevating Leaders in Academic Nursing Fellow.
Dr. Deka Pallav was awarded the 2019 Best Manuscript Award from the European Journal of Cardiovascular Nursing for the manuscript titled: MOVE-HF: An internet-based pilot study to improve adherence to exercise in patients with heart failure. The study investigated the effects of group social support by internet-based synchronized face-to-face video and objective physical activity feedback on adherence to recommended exercise guidelines in patients with heart failure.

Dr. Jiying Ling, with co-authors Drs. Lorraine B. Robbins and Dongjuan Xu, was awarded the 2019 MNRS SAGE Best Paper Award for their manuscript titled: Food security status and hair cortisol among low-income mother-child dyads. The study examined the relationship between food insecurity status and hair cortisol concentration among Head Start mother-preschooler dyads.

Drs. Kelly L. Wierenga, Susan Pressler, Eileen Hacker, and Susan Perkins from Indiana University and Dr. Scott Emory Moore from Case Western Reserve University have been featured in the media for their work with COVID-19. These include an editorial from the Journal of Cardiovascular Nursing. Link to their COVID-19 work: https://journals.lww.com/jcnjournal/Fulltext/2020/07000/Adapting_to_Uncert ainty_Nursing_Responsiveness_to_3.aspx

Dr. Wierenga received funding from Sigma Theta Tau Alpha, Sigma Theta Tau International and Jonas Foundation collaborative, & Indiana University Center for Enhancing Quality of Life in Chronic Illness for her research project titled: Emotion regulation intervention to sustain physical activity in rural-dwelling women and men after myocardial infarction and Predictors of COVID-19 self-management and quality of life among US adults.


Health Promoting Behaviors 
Across the Lifespan 
Research Interest Group


Dear RIG Members,

To help our RIG continue to grow, please encourage your colleagues, students, and post-docs to become RIG members!

We hope to see all RIG members at the 2021 MNRS conference. Please plan on attending our RIG’s guaranteed research symposium and the annual RIG meeting, where RIG awards will be presented.

Also, please consider becoming a Co-Chair Elect for 2021-2022. Elections will be held during our 2021 RIG meeting. If interested in a Co-Chair Elect position, please email Jiying Ling (lingjiyi@msu.edu) or Lorraine Robbins (robbin76@msu.edu)!

We look forward to seeing you at the MNRS Conference in 2021!

Lorraine Robbins & Jiying Ling
HPBAL RIG Co-Chairs