



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.

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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/?confid=10005&m=user&h=event/ev_073mx





Health Promoting Behaviors Across the Lifespan Research Interest Group

Information from the Co-Chairs



HPBAL RIG

Last voting meeting: April 4, 2020

Meeting attendance: 67

Total enrolled members: 88

7th largest RIG in MNRS

Guaranteed Symposium

**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 Coviak, 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)

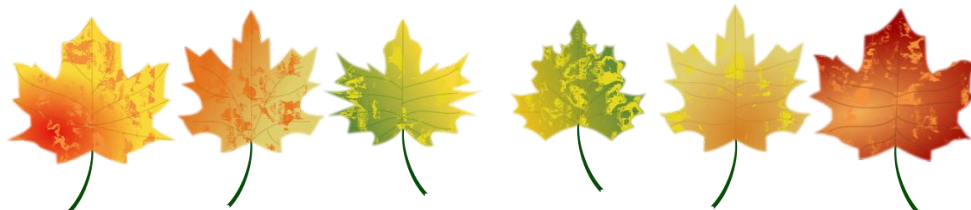
Dr. Leeza Struwe (lstruwe@unmc.edu)

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.





Health Promoting Behaviors Across the Lifespan Research Interest Group

2020 HPBAL RIG Award Winners

- Shanina Knighton, PhD, RN – **New Investigator Award**
- Mary Hannan, PhD, APN, AGACNP-BC – **Outstanding Dissertation Award**
- No nomination – **Senior Nurse Researcher Award**



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.

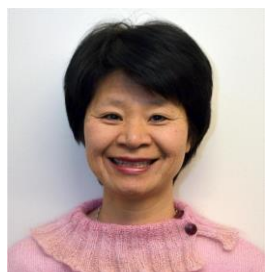


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2020 HPBAL RIG Member Accomplishments



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.



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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 Uncertainty Nursing Responsiveness to.3.aspx](https://journals.lww.com/jcnjournal/Fulltext/2020/07000/Adapting_to_Uncertainty_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



2020 Member Publications



- Alder, M. L., Ye, F., Fan, R., Bagai, K., Fawkes, D. B., Peterson, B. T., & Malow, B. A.** (2020). Application of a novel actigraphy algorithm to detect movement and sleep/wake patterns in children with autism spectrum disorder. *Sleep Medicine*. doi:10.1016/j.sleep.2020.02.020
- Chang, M. W., Tan, A., Ling, J., Wegener, D., & Robbins, L. B.** (2020). Mediators of intervention effects on dietary fat intake in low-income overweight or obese women with young children. *Appetite*. doi:10.1016/j.appet.2020.104700
- Choi, S. H., Ling, J., Noonan, D., & Kim, W.** (2020). Smoking behavior and social contexts associated with smoking among dual-smoker couples. *Public Health Nursing*, 37(2): 161-168. doi:10.1111/phn.12686
- Choi, S. H., Stommel, M., Ling, J., Noonan, D., & Chung, J.** (2020). The impact of smoking and multiple health behaviors on all-cause mortality. *Behavioral Medicine*. doi:10.1080/08964289.2020.1796570
- Dunn, S. L., DeVon, H. A., Collins, E. G., Luong, A. T., Buursma, M., Gutierrez-Kapheim, M., & Bronas, U. B.** (in press). Suicide risk management protocol for a randomized controlled trial of cardiac patients reporting hopelessness. *Nursing Research*.
- Eisenhauer, C., Brito, F., Kupzyk, K., Pullen, C., Miller, J., Salinas, K., & Hageman, P.** (2020). Mobile Technology intervention for weight loss in rural men: Protocol for a pilot pragmatic randomized controlled trial. *BMJ Open* 2020, e035089. doi:10.1136/bmjopen-2019-035089
- Frenn, M., Kaugars, A., Garcia, J., & Garnier-Villarreal, M.** (2020). Child body fat and body mass index: Which determinants are most important? *Western Journal of Nursing Research*, 42(8), 593-602. doi:10.1177/0193945919879960
- Frenn, M.** (2020). Engage in scholarship of teaching. In V. Caputi (Ed.). *Certified Nurse Educator review book: The official NLN guide to the CNE exam* (2nd ed.). Washington, D.C.: National League for Nursing.
- Hardin-Fanning, F. & Witt, C.** (2020). Implications of social norms when measuring childhood food insecurity in Appalachia. *Journal of Nutrition Education and Behavior*, 52(7), S4. doi:10.1016/j.jneb.2020.04.020
- Hardin, H. K., Alchami, H. K., & Connell, A.** (2020). Depressive symptoms and trust of healthcare provider in rural adolescents: Predictors and relationships. *Issues in Mental Health Nursing*. doi:10.1080/01612840.2020.1789783
- Hardin, H. K., Moore, S. M., Moore, S., & Uli, N.** (2020). Associations between trust of healthcare provider and body mass index percentile in adolescents. *Comprehensive Child and Adolescent Nursing*. doi:10.1080/24694193.2020.1783028
- Hensley, A., Wilson, J., Culp-Roche, A., Hampton, D., Hardin-Fanning, F., Cheshire, M., & Wiggins, A.** (2020). Characteristics of RN to BSN Students in online programs. *Nursing Education Today*, 89, 104399. doi:10.1016/j.nedt.2020.104399



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- Hetland, B., Lindroth, H., Kamp, K., Edmiston, E., **Wierenga, K. L.**, Hardin, H. K., Gilmore-Bykovskyi, A., Topp, R., Hershberger, P. E., & Madigan, E (2020). The emerging scholars' network within MNRS: from Acorns to Oaks. *Western Journal of Nursing Research*, 42(2), 143-152. doi:10.1177/0193945919845065
- Ling, J.**, Kao, T. -S. A., & **Robbins, L. B.** (2020). Body mass index, waist circumference, and body fat are positively correlated with hair cortisol in children: A systematic review and meta-analysis. *Obesity Reviews*. doi:10.1111/obr.13050
- Ling, J.**, Xu, D., **Robbins, L. B.**, & Meyer, J. S. (2020). Does hair cortisol really reflect perceived stress? Findings from low-income mother-preschooler dyads. *Psychoneuroendocrinology*, 111, 104478. doi:10.1016/j.psyneuen.2019.104478
- Robbins, L. B.**, **Ling, J.**, & Wen, F. (2020). Attending after-school physical activity club two days a week attenuated an increase in percent body fat and a decrease in fitness among adolescent girls at risk for obesity. *American Journal of Health Promotion*. doi:10.1177/0890117120915679
- Robbins, L. B.**, **Ling, J.**, & Wen, F. (2020). Moderators in a physical activity intervention for adolescent girls. *Pediatric Research*. doi:10.1038/s41390-020-0818-5
- Robbins, L. B.**, **Ling, J.**, Clevenger, K., Voskuil, V. R., Wasilevich, E., Kerver, J. M., Kaciroti, N., & Pfeiffer, K. A. (2020). A school- and home-based intervention to improve adolescents' physical activity and healthy eating: A pilot study. *Journal of School Nursing*, 36(2): 121-134. doi:10.1177/1059840518791290
- Wierenga, K. L.**, Moore, S. M., Liu, J., & Sattar, A. (2019). Factors influencing the impact of depressive symptoms on physical functional capacity after cardiac rehabilitation. *Rehabilitation Nursing Journal*. doi:10.1097/rnj.0000000000000227
- Wierenga, K. L.**, & Moore, S. E. (2020). Adapting to uncertainty: Nursing responsiveness to COVID-19. *Journal of Cardiovascular Nursing*, 35(4), 322–323. doi: 10.1097/JCN.0000000000000712
- Wierenga, K. L.**, Fresco, D. M., Alder, M. L., & Moore S. M. (in press). Feasibility of an emotion regulation intervention for patients in cardiac rehabilitation. *Western Journal of Nursing Research*.
- Witt, C. & **Hardin-Fanning, F.** (2020). Exploring the stigma of childhood food insecurity in Appalachia. *Journal of Nutrition Education and Behavior*, 52(7), S34-S35. doi:10.1016/j.jneb.2020.04.086
- Yeh, P. M.**, & Waters, G. (2020). Path analysis testing the development of personality and psychological well-being model. *Western Journal of Nursing Research*. doi:10.1177/0193945920932559
- Zahry, N., & **Ling, J.** (2020). Parental perceived facilitators for and barriers to participating in a lifestyle intervention to reduce early childhood obesity: A qualitative evaluation. *Western Journal of Nursing Research*, 42(6), 405-414. doi:10.1177/0193945919866691





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