Nutrition Facts: who is using them, what are they using, and how does it relate to dietary intake?

Mary Christoph, PhD, MPH

Dr. Christoph will discuss correlates of Nutrition Facts use, types of information used, and the relationship between Nutrition Facts use and dietary intake among participants in Project EAT-IV, the fourth wave of a longitudinal cohort study initially recruited as adolescents in the Twin Cities.

The impact of a yoga intervention on state anxiety in adolescents on in-patient psychiatric units

Nimi Singh, MN, MPH

Dr. Singh will discuss a new study which will evaluate the potential therapeutic effects of an integrative yoga intervention, Yoga Calm ®, currently being offered on a voluntary basis to pediatric and adolescent patients on three inpatient child and adolescent psychiatric units.