I know this issue highlights some unique advances in nutrition education and behavior research, and I know you will agree with me as you read through this issue! We may know anecdotally that we eat differently when we are stressed or mad or sad. That’s where all those comfort foods come in. However, Klosowska et al1 take the anecdotal to the scientific inquiry level for adolescent emotional eating. These authors examined how the parents’ feeding practices and eating behaviors were associated with the adolescents’ emotional eating and emotional regulation. What an exciting line of investigation to pursue!

Gutuskey et al2 describe their data-informed development of a healthy eating and physical activity social marketing campaign. A multi-year evaluation revealed a steady increase in campaign exposure from 2013 to 2017, followed by a decline when new messages and images were introduced in 2018 and 2020. However, what got my notice was the variety of evaluation methods and the continuous attention to impact.

We have 2 articles concerned with infant feeding. In Kebbe et al,3 women completed Eating Inventory and Infant Feeding Styles Questionnaires to assess maternal eating behavior and maternal attitudes toward infant feeding. Although the sample size was relatively small, 13 breastfeeding mothers and 27 formula-feeding mothers, significant associations between the mothers’ eating behaviors and their feeding behaviors were found. Dinour4 found that more than half of the 126 participants used an app to track infant feeding. Those using an app were more likely to have an infant that ever breastfed or exclusively breastfed. Another venue for nutrition educators to help mothers reach their nutrition behavior goals.

One target audience that is harder to reach is those with an autism spectrum disorder. Buro et al5 describe their virtual nutrition education program, Bringing Adolescent Learners with Autism Nutrition and Culinary Education (BALANCE) and its impact on healthy eating. This program holds promise for additional successful strategies targeting those with autism spectrum disorders. As the prevalence of autism spectrum disorder continues to grow, from 1 in 150 children in 2000 to 1 in 44 children in 2018,6 those of us working in child nutrition will need to develop our skills for these children.

Finally, I wanted to draw your attention to the study by Maafs-Rodríguez et al.7 They adapted healthy eating guidelines and social media for Spanish-speakers. Using the Framework for Reporting Adaptations and Modifications-Expanded by Stirman et al8 added a new and important aspect to message adaptation, at least for me.

Of course, there are many more exciting papers in this issue of JNEB. I hope you enjoy reading these as much as I did!

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REFERENCES