Background:
- Obesity is increasingly prevalent among emerging adults.
- Health promotion strategies may help; little is known about the relationships between wellness and body weight status.
- Study Aim: To examine the association between wellness dimensions and weight status in emerging adults.

Methods:
- Design: Cross-sectional data from health assessments completed by 374 postsecondary students (age: 17-26 years).
- Measures:
  - Outcome: BMI, dichotomized as 18.5 to 24.9, and ≥ 25 kg/m².
  - Independent variable: Wellness dimensions (National Wellness Institute's TestWell Wellness Inventory) score based on 10 dimensions (Table 1). Scores were categorized as excellent/good (30-50), and needs improvement (<30).
  - Covariates: Age, sex, ethnicity, living situation.
  - Analysis: Descriptive, bivariate, and binary logistic regression; p < 0.05.

Results:
- Most participants were in their first year (72%) of studies, around 19 years, female (80.3%), had healthy weight status (77.3%), non-Caucasian (63.3%), and lived with other people (87.4%).
- Bivariate analysis: Association between emotional awareness and sexuality in relation to BMI (t=-2.99, p=0.003).
- Binary Logistic Regression (Table 1): Likelihood of having a healthy BMI increased when the scores for nutrition (aOR=2.3, 95% CI 1.05-5.02, p=0.037), emotional awareness and sexuality (aOR=2.68, 95% CI 1.07-6.74, p=0.036), and occupational wellness (aOR=2.07, 95% CI 1.02-4.19, p=0.044) were higher.

Conclusions:
Among health promotion efforts targeted at emerging adults, factors such as nutrition, fostering good relationships, and work-life balance may help with healthy weight maintenance in post secondary years.

Acknowledgements: The team would like to thank research assistants Breshna Saidiy and Kayla Dykstra for their assistance with this project. Jose G. Mora-Almanza was supported by a Mitacs Globalink funding.