Purpose

• Purpose of Webinar:
  • To provide helpful instructions for the creation of a scientific poster
  • To introduce the Pre-Publication Support Service (PREPSS)
Overview

1. Introductions
2. Brief overview of the Pre-Publication Support Service (PREPSS)
3. Know your audience
4. Components of a scientific poster
5. Qualities of a good scientific poster
   • Flow
   • White space
   • Text density
   • Color scheme and contrast
   • Visuals and captions
6. Additional tips
7. Template available
1. Introductions
Hello!

I am Ella August

Editor-in-Chief of PREPSS
Clinical Assistant Professor at University of Michigan School of Public Health
Hello!

I am Clara Schriemer

Assistant Editor at PREPSS

Graduate Student at the University of Michigan School of Public Health, Department of Epidemiology
2. Overview of PREPSS
The PREPSS Work Flow

- **STEP 1:** Publication Workshop
- **STEP 2:** Author Submits Manuscript to PREPSS
- **STEP 3:** PREPSS Reviews Manuscript
- **STEP 4:** Author Revises and Resubmits to PREPSS
- **STEP 5:** PREPSS Edits Manuscript for Flow
- **STEP 6:** Author Revises Manuscript Again and Submits Cover Letter Draft to PREPSS
- **STEP 7:** PREPSS Reviews Cover Letter
- **STEP 8:** Author Submits Cover Letter and Manuscript to Academic Journal

(repeat as necessary)
3. Know Your Audience
Know Your Audience

• Get as much information as possible about audience before talk
• It will impact:
  • Type and amount of background you give
  • Amount of technical detail you provide
  • Jargon and other language you do and do not use
  • Applications of research
4. Components of a Scientific Poster
Main Components of a Scientific Poster

1. Title
2. Authors
3. Author Affiliations
4. Logos
5. Introduction
6. Methods
7. Results
8. Discussion
9. Acknowledgements
Early Parenthood and its Link with Cardiovascular Disease Risk Factors: A Preliminary Study of Chilean Young Adults

Laura Arboleda Merino1, Raquel Burrows2, Paulina Correa2, Estela Blanco3, Sheila Cahagan3
1 University of Michigan; 2 University of Chile; 3 University of California, San Diego

Background
- Metabolic Syndrome (MetS) represents a set of cardiovascular disease risk factors that typically occur together.
- Young age is a risk factor for MetS, with the prevalence rising with age.
- People with metabolic syndrome are at high risk of developing cardiovascular disease (CVD), and MetS is not confined to high-income countries.
- In Latin America, the prevalence of MetS among young adults is higher than what is reported for many developed countries.
- Pregnancy complications, smoking, and obesity are associated with subsequent MetS in young adulthood.

Objective
- The main objective of this study is to determine the association between early parenthood and cardiovascular risk factors among young Chilean adults.

Results
- Early parenthood is associated with a higher prevalence of MetS in Chile.
- Early parenthood is associated with a higher prevalence of hypertension in Chile.
- Early parenthood is associated with a higher prevalence of diabetes in Chile.
- Early parenthood is associated with a higher prevalence of high cholesterol in Chile.

Conclusions
- Early parenthood is a significant risk factor for cardiovascular disease.
- Early parenthood is associated with a higher prevalence of MetS in Chile.
- Early parenthood is associated with a higher prevalence of hypertension in Chile.
- Early parenthood is associated with a higher prevalence of diabetes in Chile.
- Early parenthood is associated with a higher prevalence of high cholesterol in Chile.

Future Directions
- Establishing a new Offspring Cohort in Santiago, Chile.
- Developing a new Offspring Cohort in Santiago, Chile.
- Developing a new Offspring Cohort in Santiago, Chile.
- Developing a new Offspring Cohort in Santiago, Chile.

Acknowledgements
- The project study was supported by Grant Number 117 MO1R0325-35 from the National Institute of Minority Health and Health Disparities (NIH) and administered by the Centers for Disease Control & Prevention (CDC) of the US Department of Health and Human Services, in cooperation with CDC and the Public Health Service of the US Government.
Early Parenthood and its Link with Cardiovascular Disease Risk Factors: A Preliminary Study of Chilean Young Adults

Laura Arboleda Merino, Raquel Burrows, Paulina Correa, Estela Blanco, Sheila Gallagher

1 University of Michigan, 2 University of Chile, 3 University of California, San Diego

Background
- Metabolic Syndrome (MS) is a set of cardiovascular disease risk factors that typically occur together.
- Given the high prevalence of MS in young adults, it is critical to target this population.
- Chile has the highest prevalence of overweight and obesity among children and adolescents.

Objective
- This study examines the association between early parenthood and cardiovascular disease risk factors (CDRF) among young Chilean women and men.

Methods
- Participants were recruited from public healthcare facilities in Santiago, Chile.
- Study sample: mothers and fathers of children aged 10-14 years.
- Data collection included demographics, lifestyle factors, and CDRF.

Results
- Early parenthood is associated with higher CDRF in both mothers and fathers.
- Multivariate logistic regression models adjusted for age, sex, and ethnicity.

Conclusions
- Early parenthood is independently associated with increased CDRF.

Future Directions
- Further research is needed to explore the mechanisms underlying the association between early parenthood and CDRF.

Acknowledgements
- The study was supported by grants from the National Institutes of Health and the American Heart Association.
Early Parenthood and its Link with Cardiovascular Disease Risk Factors: A Preliminary Study of Chilean Young Adults

Laura Arboleda Merino, Raquel Burrows, Paulino Correa, Estela Blanco, Sheila Galagan

University of Michigan, University of Chile, University of California, San Diego

Background

- Gestational Diabetes Mellitus (GDM) represents a set of cardiovascular disease risk factors that typically occur together.
- Pregnant with metabolic conditions are at high risk of developing cardiovascular disease (CVD), death, and diabetes at the CVD-related mortality.
- In Latin America, the prevalence of gestational diabetes is higher than that reported for many developed countries.
- Obesity is a leading risk factor for CVD and SBP. Identifying the risk for early age is crucial, especially among rural populations.
- One of the risk factors is the weight gain during pregnancy.
- Early childhood and adolescent pregnancy has been associated with obesity and associated comorbidities.
- A study analyzed the association between age of first birth and risk of CVD and found a higher risk in older mothers.

Results

- The prevalence of overweight status at 2 years by maternal status was higher in mothers who had a previous history of GDM.
- Mothers who had a previous history of GDM had a higher prevalence of overweight status at 2 years compared to mothers without a history of GDM.
- Overweight prevalence was higher in mothers who had a previous history of GDM compared to mothers without a history of GDM.

Objective

This study evaluated the association between early parenthood and Cardiovascular Disease Risk Factors (CVD) among low-income women and early childbearing in Chile.

Methods

- Study design: cross-sectional
- Study population: pregnant women aged 20-35 years
- Data collection: maternal and child health records
- Statistical analysis: descriptive and inferential

Conclusions

- Maternal age, weight status, and CVD risk factors were significantly associated with overweight status.
- Early childbearing was associated with increased risk of overweight status.
- Maternal age and weight status were significant predictors of overweight status.

Future Directions

- Establishing a new Obesity Clinic in Santiago, Chile.
- Further research on the association between early parenthood and CVD risk factors.

Acknowledgements

- The study was supported by grants from the National Institute of Health and the National Institute of Child Health and Development.
- The authors wish to acknowledge the contribution of the study participants and the support of the local health authorities.
Introduction / Background

- Context
- Problem
- Research Objective
Methods

- Dataset / Sample
- Measurement
- Analysis

Study Sample:

- Young adults, ages 20-25, who have been followed since infancy as part of a large iron deficiency anemia preventive trial in Santiago, Chile.
- Participants were recruited at 4mo from public healthcare facilities in the southeast area of Santiago (n=1,791). All participants were enrolled as healthy, full-term infants weighing 3 kg or more at birth and were from low-to-middle-income families.
- At 6mo, infants free of iron deficiency anemia (n=1,657) were randomly assigned to receive iron-fortified or low-iron formula from ages 6-12mo.
- Of the 1,657 infants who completed the preventive trial, approximately 1,100 are still part of the study and have been followed with waves of data collection at 5, 10, 16 years and are currently being evaluated at 21 years.

Measures:

- Exposure: Parenthood by age 22 assessed via interview.
- Covariates: Age, sex, weight status and CVDRF in adolescence, and change in BMI.
- Outcome: Changes in BMI and number of CVDRF between 16y and 21y follow up.

Statistical Analysis:

- Statistical analysis included Chi-square test for categorical variables and Student's t test for continuous variables.
- Multinomial logistic regression models were fitted for CVDRFs.
Results

- Figures
- Tables
- Other Visuals
Conclusions

- From adolescence to early adulthood
  - The prevalence of overweight/obese status increased in the cohort.
  - Participants who were parents by 22 years were more likely to show an increase in weight status than non-parents.
  - An increase in the number of CVD risk factors was more likely to occur in those who were parents by 22 years than in non-parents.
- Compared to non-parents, young adults who were parents by age 22 were more likely to be overweight/obese and have greater numbers of CVD risk factors.
- These findings support previous research relating younger age at birth of first child with higher CVD risk in both sexes.

Future Directions

- Establishing a new Offspring Cohort in Santiago, Chile
  - Facilitate the study of other multigenerational outcomes
  - Study how offspring growth may be associated with young parenthood/number of CVD risk factors of parent.
  - This field is currently lacking substantial studies and highly needed.
  - Contribute research to support new interventions targeted at young mothers and fathers to promote healthier lifestyles as a way to improve overall health.

• Summary of findings
• Interpretation
• Applications
• Next Steps
Acknowledgements

- VERY IMPORTANT!!
- Acknowledge collaborators and mentors
- Acknowledge funding agencies
5. Qualities of Good Scientific Posters
Inorganic Biochemistry of Iron Proteins

Duke University – Department of Chemistry – Durham, NC

**Purpose:**
To study iron protein biochemistry from the perspective of ligand protein = Ligand

**Techniques:**
- Spectroelectrochemistry
- UV-Visible Spectroscopy
- Fluorescence Spectroscopy
- Difference Spectroscopy
- Stop-flow Kinetics
- SUPREX

**Iron Paradox**
Iron is needed for nearly every living cell. It is toxic and can produce reactive oxygen species if not properly regulated.

**Iron Abundance in Humans**
- 78% in Red Blood Cells (Hemoglobin)
- 18% in Transferrin
- Iron turnover in humans involves large fluxes with 50% of the body being transferred to or from the liver per year.
- Bacteria can also target Fe as a source of iron.

**Transferrin**
A mechanistic study of the iron release by receptor-bound transferrin using spectroelectrochemistry.

**Ferric Binding Protein**
Role of a synergistic anion in modulating iron uptake in a bacterial transferrin by pathogenic bacteria: A study in kinetics and thermodynamics.

**Hemoglobin**
Effects of sulfanil acid linking on hemoglobin oxidation states determined by spectroelectrochemistry.

**How is Fe³⁺ removed from Transferrin, Fe⁺² reduced in transferrin?**

**Combined Nestor Plot**
Combined Hill Plot

**Heme Oxidation**
- Cyanmethemoglobin
- Loss of cooperativity
- Lower oxygen affinity
- T-state stabilization

**Modified Hb Conclusions**
- Absence of reduction
- Loss of cooperativity
- Loss of cooperativity
- T-state stabilization

**Implications**
- Hemoglobin’s extra oxygen affinity
- Drive for evolution
- New functional units
- Structural interplay among different oxidation states of iron proteins

**Where to start?**
- What comes next??
- Your poster should tell a story with a beginning, middle and end
White space
Inorganic Biochemistry of Iron Proteins

Duke University – Department of Chemistry – Durham, NC

The Iron Paradox
Iron is essential for every living cell
Iron is toxic and can produce reactive oxygen species & must be controlled

FERRIC BINDING PROTEIN
Role of a cytosolic protein in modulating iron uptake in a bacterial transformant by pathogenic bacteria: A study in kinetics and thermodynamics

HEMOGLOBIN
Effects of selenite cross-linking on hemoglobin oxidation states determined by spectroelectrochemistry

Techniques:
- Spectroelectrochemistry
- UV-Visible Spectroscopy
- Fluorescence Spectroscopy
- Difference Spectroscopy
- Stop-flow Kinetics
- SUPREX

Iron and oxygen. Iron is oxidized, oxygen is reduced.

Heme: Fe(III) and Fe(II) forms
- Fe(II) is the active form
- Fe(III) is the oxidized form

Heme group:
- Iron+2 is coordinated to a porphyrin ring
- Oxygen is bound to the iron atom

**Not enough “white space”**

- **Breathe**
- **Too close to edge**
- **Too close to other elements**
Text density
The Correlation Between Food Options and Perceived Health, Money, and Time

Abstract

As research continues to be conducted on the benefits of healthy eating, the issue of food choices becomes more important. This study aims to explore the correlation between food choices and perceived health, money, and time. The hypothesis of this study was that students who spend more time planning and cooking meals would perceive their food choices as healthier. The results indicate a significant correlation between time spent on meal preparation and perceived health. Students who spend more time on meal preparation tend to perceive their food choices as healthier. Additionally, students who spend more time on meal preparation tend to have better eating habits, which may lead to improved overall health.

Background

The concept of healthy eating is becoming increasingly important in today’s society. With the rise of chronic diseases and the need for sustainable living, the focus on healthy eating has become more pronounced. This study aims to explore the correlation between food choices and perceived health, money, and time. The hypothesis of this study was that students who spend more time planning and cooking meals would perceive their food choices as healthier. The results indicate a significant correlation between time spent on meal preparation and perceived health. Students who spend more time on meal preparation tend to perceive their food choices as healthier. Additionally, students who spend more time on meal preparation tend to have better eating habits, which may lead to improved overall health.

Hypothesis

We predicted that there is a correlation between the food choices of Brock students and the time they spend on meal preparation and cooking. We hypothesized that students who spend more time on meal preparation and cooking would perceive their food choices as healthier. We also predicted that students who spend more time on meal preparation and cooking would perceive their food choices as more cost-effective and time-efficient.

Materials & Methods

The study involved a survey of Brock students. The survey included questions on food choices, time spent on meal preparation and cooking, perceived health, and perceived cost of food choices. The survey was administered online using a secure web-based survey tool. The data was analyzed using statistical software to determine the correlation between time spent on meal preparation and perceived health, money, and time.

Correlations

<table>
<thead>
<tr>
<th>Correlation</th>
<th>Pearson</th>
<th>r</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time Spent on Meal Preparation vs. Perceived Health</td>
<td>0.331</td>
<td>0.047**</td>
<td>0.0201</td>
</tr>
<tr>
<td>Time Spent on Meal Preparation vs. Perceived Cost</td>
<td>0.297</td>
<td>0.064**</td>
<td>0.0101</td>
</tr>
</tbody>
</table>

* p < 0.05  ** p < 0.01

Conclusion

The results of this study indicate a significant correlation between time spent on meal preparation and perceived health. Students who spend more time on meal preparation tend to perceive their food choices as healthier. Additionally, students who spend more time on meal preparation tend to have better eating habits, which may lead to improved overall health. This study highlights the importance of time management and meal preparation in achieving healthy eating habits. Future research could focus on developing interventions to encourage students to spend more time on meal preparation and cooking, which may lead to improved overall health.
Color Scheme & Contrast
Low contrast

High contrast

Use high contrast!
Pigs in Space
Effect of Zero Gravity and Ad Libitum Feeding on Weight Gain in Cavia Porcellus

ABSTRACT:
One desired benefit of space travel is a potential elimination of obesity, a chronic problem for a growing majority in many parts of the world. In theory, when an individual is in a condition of zero gravity, weight is eliminated. Indeed, in space one could consequently follow a diet intended to lose weight, and never again worry about gaining it back. But because many people are overfed and do not exercise, the only safe effect would be the need to upgrade one's eating and exercise habits on Earth. The brief period of weightlessness in the International Space Station (ISS) would not have any lasting effect on this condition. When pigs were fed a 30% protein diet and then launched into space, the pigs lost weight even though food was available. This was contrary to expectations, and we believe that the pigs might have been depredated by the dominant male of the pod. While this experiment is still ongoing, we believe that this unexpected finding might have implications for future space travel programs. Additional results are presented in the full paper.

INTRODUCTION:
The current obesity epidemic started in the early 1960s with the invention and proliferation of fast food and weight management excesses. This led to the realization that weight loss is not a simple matter of consuming fewer calories than are burned for exercise. Instead, the problem lies in the quality of the food consumed, and the relationship between the body's natural hunger and what is consumed.

RESULTS:
- Mean weight of pigs in space was 6.00 kg, with a standard deviation of 0.90 kg. Some individuals weighed less than zero, some more, but these deviations were due to natural variations in the sample. Individuals on Earth received support to counteract these factors. Pigs on Earth received a similar amount of weight gain as those in space; however, the pigs in space experienced a decrease in weight gain.

CONCLUSIONS:
Our view that weight and weight gain would be zero in space was confirmed. Although we have not replicated this experiment on larger animals or primates, we are confident that our result would be mirrored in other model organisms. We are currently in the process of obtaining necessary animal welfare permissions, and should have our planned experiment initiated within 60 years, pending expedited review by local and Federal boards.

ACKNOWLEDGEMENTS:
I am grateful for generous support from the National Research Foundation, Black Hole Research League, and the Interstellar Space Program. Transport rights were funded by SPACEEX, the consortium of scientists devoted to interstellar space-flight technology. I am also grateful for comments on early drafts by Melissa Olympic, J. M. Niswander, and Xeler Xelerer. Finally, sincere thanks to the Crown Foundation for generously donating animal care after the conclusion of the study.

LITERATURE CITED:
Kessler, 1992. Project St-XX: Guinea Pig. Leukemia experimental tumor. Nature 348, 511-512. Leukemia, and the High-Frequency Radiation Association. Transport rights were funded by SPACEEX, the consortium of scientists devoted to interstellar space-flight technology. I am also grateful for comments on early drafts by Melissa Olympic, J. M. Niswander, and Xeler Xelerer. Finally, sincere thanks to the Crown Foundation for generously donating animal care after the conclusion of the study.

MATERIALS AND METHODS:
One hundred male and one hundred female Guinea pigs (Cavia porcellus) were transported to the International Space Station (ISS) in 2010. Each pig was housed separately and monitored for 30 days in the space station. Each month, pigs were weighed individually by diurnal measurement and then deposited in an electronic scale sensitive to 0.001 grams, placed on Earth, and identically measured. Results were statistically analyzed by the ANCOVA method. Results were significant and show that weight gain was reduced in space compared to Earth.
Early Outcomes of Tetralogy of Fallot Repair: A 5-year experience at a Single Center

Department of Pediatric and Congenital Heart Surgery, National Cardiovascular Center - Harapan Kita, Jakarta, Indonesia

OBJECTIVES
Tetralogy of Fallot is one of the most common cyanotic congenital heart disease with an incidence of three per 10,000 live births and one of the most frequent congenital heart disease operation in our center.

Primary repair of tetralogy of Fallot has low surgical mortality, but some patients still experience significant postoperative morbidity.

The purpose of this study was to identify predictors of early outcomes surgical treatment of patients with Tetralogy of Fallot. To the best of our knowledge, this is the largest report so far about tetralogy of Fallot repair patients in Indonesia.

METHODS

Patient Characteristics
- Age at repair (y): Median 4.00
- Weight at repair (kg): Median 12.5
- Gender: Male 65%, Female 35%
- Repair: Primary repair 81%, Staged repair 19%
- Down Syndrome: 1%
- Emergency procedure: 2.1%

RESULT
Postoperative Morbidity
- Anesthesia was the most common postoperative complication (mostly cardiac arrhythmias), which was observed in 25 patients. Subsequently, there were eighteen patients who suffered total atrioventricular block.

Hospital Mortality
- In-hospital mortality rate was 4.1% (213/51799)

Statistical Analysis
- Multivariate Analysis
  - Early Outcomes: Variables: Hospital Mortality
    - P-value: 0.001
    - OR: 0.89
    - 95% CI: 0.022-0.026

REFERENCE

CONCLUSIONS
- Use a simple color scheme
- Choose 2-3 main colors to use in entire poster
- This poster has too many colors
Effectiveness and Costs of Public Space Recycling in New York City

Tracy Dimaculangan, Rick Jean, Aaron Lam, Marcin Skok
Macaulay Honors College, CUNY Baruch College

Abstract
New York is the largest city in the United States. Imagine the amount of waste New York City produces. In order to dispose of the waste, the city must implement an effective recycling program. The purpose of this research is to look into the costs and effectiveness of current and pilot programs for recycling in New York City. We devoted further to recycling methods by conducting anonymous surveys, collected statistics from NYC’s Department of Sanitation and statistics from Baruch College’s recycling pilot program. Based on the data we collected, our results yield that people are open to the idea of recycling and would do so if given the opportunity. However, implementing street recycling bins is not cost-effective in the short-run for the city.

Methods
- Anonymous Survey in New York City
  - Chinatown (40 Surveys)
  - Fresh Meadows (40 Surveys)
  - Flushing (50 Surveys)

Baruch College’s Data
- Comparison of Waste Recycled to Waste Landfilled
- Baruch College’s Pilot Program
  - Pilot Program: Removed Garbage in Classrooms
  - Vivaldi Labeled Garbage Collectors in Main Areas
- Data Collected From Before and After Implementation of new program
- Contacted Dr. Engle-Friedman, Chair of the Baruch College Task Force on Sustainability
- Contacted Division of Environmental Resources Management

New York City’s Data
- Costs for Refuse and Recycling after Removing Non-Curbside Related Activities
- 2004-05 NYC Composition of Street Basket Waste

Survey Data
- Recycling in Specific Environments
- Reasons for Not Recycling in Public

Results
- New York City residents overwhelmingly state that they do recycle at home, in the workplace/school and in public, though too little recycle publicly.
- The main reason residents do not recycle is because separate receptacles are not available.
- Even prior to Baruch’s recycling awareness initiative, 51% of Baruch’s total waste was comprised of recyclable items. With separate recycling bins available at the college, 53% of recyclable waste was recycled.
- Baruch’s trash composition mirrors NYC’s trash composition. The ratio of non-recyclable waste to recyclable waste is nearly identical.
- The cost of recycling is much higher than the cost of refuse processing.

Conclusions
Based on the data we collected and analyzed, we conclude that
- It would not be environmentally feasible in the short-run for New York City to implement separate receptacles for trash and recycling.
- People are environmentally-conscious about recycling and show interest in recycling. If they were given the option to recycle in public spaces, more people would do so.
- Many people showed interest in recycling for numerous reasons.
- However, recycling curbside trash is not as effective due to the relatively small amount of waste collected from the streets, contamination of recyclable trash, and limited technology.

References

- This is a good color scheme
- Green background and same colors in each figure
- Simple is better
Early Parenthood and its Link with Cardiovascular Disease Risk Factors: A Preliminary Study of Chilean Young Adults

Laura Arboleda Merino1, Raquel Burrows2, Paulina Correa2, Estela Blanco3, Sheila Gahagan3
1 University of Michigan, 2 University of Chile, 3 University of California, San Diego

Background
- Metabolic syndrome (MetS) is a cluster of cardiovascular disease risk factors that typically occur together.
- Metabolic syndrome (MetS) includes abdominal obesity, hypertension, hyperlipidemia, and low HDL cholesterol.
- People with metabolic syndrome are at high risk of developing cardiovascular disease (CVD), stroke, and diabetes and at risk for CVD-related mortality.
- In Latin America, the prevalence of MetS among adults is higher than what is reported for many developed countries.

Objective
- This study evaluates the association between early parenthood and cardiovascular disease risk factors (CVDRF) among low- to middle-income men and women from a young adult Chilean Cohort.

Methods
- **Study Sample**: Young adults, age 20-35, who have been followed since infancy as part of a large iron deficiency anemia prevention trial in Santiago, Chile.
- **Participants**: Recruited at 4-6 months of age from public health facilities in the southwest area of Santiago (n=1,767). All participants were enrolled as healthy, full-term infants weighing ≥ 2.5 kg or born to women from low- to middle-income families at ≤ 34 weeks of age. Infants were randomized to receive iron-fortified or iron-fortified formula from ages 2-12 months.
- **Analyses**: Analyzed for the prevalence of MetS and other CVDRF at ages 22 and 30 years.

Results (cont.)
- The odds ratio of having ≥ 3 CVDRF is 3.18 (95% CI 1.72, 6.26) for those who have a preterm birth compared to those who are not, adjusting for covariates.
- **Conclusions**
  - **Future Directions**
    - Establishing a new cohort in Santiago, Chile.
      - **Study Aim**: To further explore the potential role of early childhood experiences, family history, and socioeconomic factors in the development of CVDRF.
      - **Objective**: Establish a new cohort in Santiago, Chile, to study the impact of early childhood experiences, family history, and socioeconomic factors on CVDRF.

Acknowledgements
- Thank you to all the participants and their families for their valuable time and contributions.
- The project was supported by Grant Number T37 MD002425-01 from the National Center for Latino Health Disparities.

Statistical Analysis:
- **Statistical analysis**: Included chi-square test for categorical variables and Student's t-test for continuous variables.
- A univariate logistic regression model was fitted for CVDRFs.
Visually and Captions
**Early Parenthood and its Link with Cardiovascular Disease Risk Factors: A Preliminary Study of Chilean Young Adults**

Laura Arboleda Merino, Raquel Burrows, Paulina Correa, Estela Blanco, Sheila Gahagan

**Background**
- Metabolic syndrome (MetS) represents a set of cardiovascular disease risk factors that typically occur together.

**Results (cont.)**

**Conclusions**
- The prevalence of overweight/obesity increased from 31% at 16y to 56% at 20y follow-up. Greater increase in the prevalence of MetS from a population-based cohort of 645 children from Santiago, Chile (21.2% in 2010-2011)
- Overweight/obesity in young adults was associated with being an early parent (OR = 1.37; 95% CI: 1.02-1.86), with more cases of overweight/obesity among parents (58%) than non-parents (46%). Weight status prevalence of cohort at 16 years was used for comparison (N= 274).

**Future Directions**
- Establishing a new cohort in Santiago, Chile
  - To study developmental trajectories of other cardiovascular disease risk factors
  - To study the effects of early parenthood on cardiovascular disease risk factors in adulthood
  - To study the effects of early parenthood on cardiovascular disease risk factors in adulthood

**Acknowledgements**
- Thank you to Dr. Tesfaye Harsomi, Dr. Paulina Correa, Estela Blanco, Carmen Vargas, and Tatiana LoGiudice for their valuable help and guidance.
- The project was supported by Grant Number 727 MOH20425-20, from the National Research Council of Health and Development of the University of Michigan. The authors hold the responsibility of the authors and do not necessarily represent the official views of any of its sponsors.
Additional Tips
Additional tips

- Send poster draft to all co-authors for input before you print it
- Practice a 2-4 minute verbal “tour” of your poster for visitors
- Anticipate three questions that visitors might ask and practice answering the questions
- Think of questions you might want to ask your visitors
Visit: https://sites.google.com/umich.edu/prepss/
Go to “For Authors”
Click on “Scientific Poster Resources”

Template Available
Template for scientific poster: 3 feet x 4 feet Click here to download poster template

Title of Your Research Study Goes Here

Joseph Smith^2, Elena Adams^3, Anaat Mulabwe^2
^2University of Michigan School of Public Health; ^3University of Nairobi Health Sciences

Introduction
- Discuss the importance of studied area for study "in deep".
- What is already known about topic.
- What is new or unknown about topic (gap)?
- Why is it important to learn new information.
- Personal relevance or significance.

- Be sure to frame the research background - enough to allow your target audience to understand your study.
- Include information about funding, geographic location and population of interest.
- A point that is about right for the poster.

Methods
- Explain how the study was done.
- Mention all methods that you used these methods in your oral presentation.
- Include all methods, equipment, sample and ethical considerations.

- Use short bulleted phrases on your poster.
- Avoid long sentences and jargon.
- Be sure to include all necessary information.

Results
- Include clear, simple summaries of findings in words that accompany visuals.
- Be sure to include the direction of resolution (e.g., increased, decreased).

- Visuals should be clearly labeled.
- The overall size of your poster should be consistent. Choose appropriate size to show your research and create effective visuals if needed.

Conclusions
- Summarize main findings.
- Implications of results & relevant meaning.
- Strengths of study.
- Limitations of study.
- Important implications of results.
- Suggestions for future work.

References
- Sources are optional.

Acknowledgements
- Acknowledge anyone who helped but did not meet standards of authorship.

https://sites.google.com/umich.edu/prepss/for-authors/scientific-poster-resources?authuser=0
6. Questions?
Thank you!

If you want to send us your poster before the conference, we would be happy to review it. Please send it to prepssadmin@umich.edu

PREPSS Website: https://sites.google.com/umich.edu/prepss
PREPSS email: prepssadmin@umich.edu
Dr. Ella’s email: eaugust@umich.edu