



American Society for Nutrition  
*Excellence in Nutrition Research and Practice*  
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## What You Need to Know About ASN's Emerging Leaders in Nutrition Science Poster Competition

Saturday, March 28, 2015 · 5:00 – 7:00 pm

Ballroom East of the Boston Convention and Exhibition Center

In 2015, ASN is piloting a new activity to highlight the very best research submitted by students and young investigators to ASN's Scientific Sessions at EB. Titled the **Emerging Leaders in Nutrition Science Poster Competition**, the following Research Interest Sections and Councils are participating:

**Aging and Chronic Disease RIS**  
**Community and Public Health RIS**  
**Diet and Cancer RIS**  
**Dietary Bioactive Components RIS**  
**Energy and Macronutrient Metabolism RIS**  
**Experimental Animal Nutrition RIS**  
**Lactation RIS**  
**Nutrient-Gene Interactions RIS**

**Nutrition Education and Behavior RIS**  
**Nutrition Translation RIS**  
**Nutritional Epidemiology RIS**  
**Nutritional Immunology RIS**  
**Obesity RIS**  
**Vitamins and Minerals RIS**  
**Global Nutrition Council**  
**Medical Nutrition Council**

### Key Details

- Each finalist is asked to make poster presentations during the hours of the competition.
- Posters can be hung on assigned boards between 4:00 and 5:00 pm.
- Each poster will be judged by at least three judges who will circulate through the posters starting at 5 pm.
- Posters will be judged on the following:
  - Originality and Significance
    - ✓ How original and significant is the concept presented in this poster?
  - Organization
    - ✓ Is the hypothesis clearly stated?
    - ✓ How logical are the ideas presented in this poster?
    - ✓ Is the manner of presentation clear?
  - Methods
    - ✓ Is the study design suitable for the stated objectives?
    - ✓ How appropriate are the statistical techniques?
  - Presentation of Results
    - ✓ How effective is this poster visually?
    - ✓ Is each figure and graph of value?
  - Conclusions
    - ✓ Are the conclusions consistent with the data?
    - ✓ Does the research advance the science?
  - Interview
    - How knowledgeable and conversant is the presenting author with the research presented?
    - Is the author enthusiastic about the work?
- Grand prize winners will be chosen by each RIS and Council and announced at various times throughout ASN's Scientific Sessions at EB (typically at Council/RIS business meetings). More information about the announcement of awards will be provided to finalists.

- All finalists will receive special recognition in ASN meeting materials as well as a press release template to promote this honor. Grand prize winners will receive a certificate and travel award.
- Please note that this competition is separate from assigned oral or poster presentations that are part of ASN's official scientific program. This is a newly created activity to honor "the best of the best."

## Poster Presentation Guidelines

Posters should be readable by viewers five feet away. The message should be clear and understandable without oral explanation. The following guidelines have been prepared to help improve the effectiveness of poster communication.

**Initial Sketch** - Plan your poster early. Focus your attention on a few key points that follows the main headings in your abstract typically Purpose, Methods, Results, and Conclusion.

**Rough Layout** - Enlarge your best initial sketch, keeping the dimensions in proportion to the final poster (see diagram). Ideally, the rough layout should be full size. A blackboard is a convenient place to work. Print the title and headlines. Draw rough graphs and tables

**Final Layout** - The artwork is complete. The text and tables are typed, but not necessarily enlarged to full size. Now ask, is the message clear? Do the important points stand out? Is there a balance between words and illustrations? Is there spatial balance? Is the pathway through the poster clear?

**Balance** - The figures and tables should cover slightly more than 50% of the poster area. If you have only a few illustrations, make them large. Do not omit the text, but keep it brief. The poster should be understandable without oral explanation.

**Topography** - Avoid abbreviations, acronyms, and jargon. Use a consistent font throughout. An 8 1/2" x 11" sheet of paper enlarged 50% makes the text readable from five feet.

**Eye Movement** - The movement (pathway) of the eye over the poster should be natural, down the columns or along the rows. Size attracts attention. Arrows, pointing hands, numbers, and letters can help clarify the sequence.

**Simplicity** - Resist the temptation to overload the poster. More material may mean less communication.

**Dimensions:** The poster-board surface area is 3'8" high and 5'6" wide. Make sure to include the title, authors, and affiliations.