

Families and Health Section Update

Jerica M. Berge, Ph.D., MPH, LMFT, CFLE, Co-Director, Healthy Eating and Activity across the Lifespan (HEAL) Center, Associate Director, Citizen Professional Center, University of Minnesota

I hope that you enjoyed the 2016 NCFR conference in Minneapolis, Minnesota!

FH Section Happenings at the NCFR Conference

The Families and Health (FH) Section presented a record number of 78 posters (six poster symposiums) and 13 sessions, including four paper presentation sessions, five symposiums, one workshop, and a lightning paper session focusing on various families and health topics, such as obesity, chronic illness, violence, trauma, sleep, aging, siblings and health, military families, and health disparities. We continue to lead the NCFR sections with the most conference proposal submissions. Keep it up, because submissions = presentation slots!

We also had our FH Section business meeting in which we appointed new section

officers. The new incoming officers include the following:

Chair: Jerica Berge, Ph.D., MPH, LMFT, CFLE
Secretary/Treasurer: Amber Seidel, Ph.D., CFLE
Student/New Professional Representative: Brianna Routh, MS (current Ph.D. student)
Chair-Elect: Kimberly Greder, Ph.D., CFLE
Past Chair: Karina Shreffler, Ph.D.
Communication Specialist: Christina Marini, MS

Paper Winners

At the FH Section meeting we also announced the winners of our Student/New Professional and Professional Best Paper awards. Winners received a plaque and \$200. The winners were as follows:

Student/New Professional Paper: Christina Marini, MS, for "Emotion Expression, Avoidance and Psychological Health During

Reintegration: A Dyadic Analysis of Actor and Partner Associations Within a Sample of Military Couples."

Professional Paper: Amy Rauer, Ph.D., for "Romantic Relationships and Alcohol Use: A Long-Term, Developmental Approach."

Thank you to all who submitted proposals or papers for awards, as well as those of you who reviewed for our section in 2016. The success of our section depends on your engagement. In the upcoming months, please consider submitting a proposal to the FH Section for the 2017 conference in Orlando, Florida.

Free Trial Membership for One Year

In our preconference newsletter and at the Newcomers Reception, we gave out a coupon to try out the FH Section for one year. Those of you who took advantage of this opportunity will be getting an email soon regarding your free one year of membership to the section. We hope you find membership advantageous and stick around after the year is up.

Logo Contest

We are having a logo design competition! Any FH section member is eligible to submit a logo design that represents the essence of the Families and Health Section. The competition will go until June 2016. Submit logos to me at jbberge@umn.edu. The winner of the logo contest will receive a one-year membership to NCFR.

Section Spotlight

The FH Section Spotlight for this newsletter is Christina Marini. Christina is the recipient of the FH Best Student/New Professional Paper Award. Her paper, "Emotion Expression, Avoidance, and Psychological Health During Reintegration: A Dyadic Analysis of Actor and Partner Associations Within a Sample of Military Couples," speaks to her research focus on links between couple processes and mental health in the context of stress and transition. She is currently a doctoral candidate at Purdue University, where she works with Dr. Shelley MacDermid Wadsworth. Although originally from the East Coast, she has grown fond of the Midwest and all its farmers' markets, unique coffee shops, and antique stores. ✨



Ethnic Minorities Section Report

Antoinette M. Landor, Ph.D., Assistant Professor, Department of Human Development and Family Science, University of Missouri, and Tera Hurt Jordan, Ph.D., Assistant Professor, Department of Human Development and Family Studies, Iowa State University

The session "Human Rights and Relationships of African Americans: Exploring Health and Well-Being" at the 2016 NCFR Annual Conference provided a stimulating conversation about the impact of human rights issues on African American relationships. More specifically, this session—which was aligned with this year's conference theme "Families and Human Rights: Promise and Vulnerability in the 21st Century"—explored how contextual conditions shape African American relationship behaviors and well-being. Notable factors, such as discrimination, trauma and violence, relationships with law enforcement officials, access to health insurance, and marriage market conditions, represent opportunities to promote justice. The session was cosponsored by the Ethnic Minority and Family Policy sections.

Dr. Chalandra Bryant and colleagues presented a paper that investigated the role of health insurance and marital discord in financial stress and poor physical health. Dr. Antoinette Landor contributed work that

examined how race- and skin-tone-based discrimination operate in the lives of African Americans and explored whether such stressors had implications for sexual and romantic relationship health. Stephanie Armes and colleagues examined how racial discrimination affected marital processes and marital quality. Dr. Jocelyn Smith Lee studied how interactions with law enforcement shaped the health and well-being of young African American men. Ebony Williams and Dr. Tera Hurt Jordan discussed how inequalities in education and professional work created challenges for African American women who desired to partner with same-race men. Various theoretical frameworks (e.g., Mundane Extreme Environmental Stress model) and methodological approaches (e.g., structural equation modeling, actor-partner interdependence modeling) were highlighted across the presentations. Audience members raised thought-provoking questions and additional recommendations were offered to strengthen the papers and develop new research. ✨

