DESCRIPTION

The Journal of Nutrition Education and Behavior (JNEB), the official journal of the Society for Nutrition Education and Behavior, is a refereed, scientific periodical that serves as a global resource for all professionals with an interest in nutrition education; nutrition and physical activity behavior theories and intervention outcomes; complementary and alternative medicine related to nutrition behaviors; food environment; food, nutrition, and physical activity communication strategies including technology; nutrition-related economics; food safety education; and scholarship of learning related to these areas.

The purpose of JNEB is to document and disseminate original research and emerging issues and practices relevant to these areas worldwide. The Journal of Nutrition Education and Behavior welcomes evidence-based manuscripts that provide new insights and useful findings related to nutrition education research, practice and policy. The content areas of JNEB reflect the diverse interests in nutrition and physical activity related to public health, nutritional sciences, education, behavioral economics, family and consumer sciences, and eHealth, including the interests of community-based nutrition-practitioners. As the Society's official journal, JNEB also includes policy statements, issue perspectives, position papers, and member communications. Guidelines for Authors are available at www.jneb.org/content/authorinfo.

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INTRODUCTION
The *Journal of Nutrition Education and Behavior (JNEB)*, the official journal of the Society for Nutrition Education and Behavior, is a refereed, scientific periodical that serves as a global resource for all professionals with an interest in nutrition education; nutrition and physical activity behavior theories and intervention outcomes; complementary and alternative medicine related to nutrition behaviors; food environment; food, nutrition, and physical activity communication strategies including technology; nutrition-related economics; food safety education; and scholarship of learning related to these areas. The purpose of *JNEB* is to document and disseminate original research and emerging issues and practices relevant to these areas worldwide. The *Journal of Nutrition Education and Behavior* welcomes evidence-based manuscripts that provide new insights and useful findings related to nutrition education research, practice and policy. The content areas of *JNEB* reflect the diverse interests in nutrition and physical activity related to public health, nutritional sciences, education, behavioral economics, family and consumer sciences, and eHealth, including the interests of community-based nutrition practitioners. As the Society’s official journal, *JNEB* also includes policy statements, issue perspectives, position papers, and member communications.

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**PREPARATION**

**Manuscript Preparation**

**General manuscript preparation**

The primary responsibility for preparing the manuscript in a form suitable for publication lies with the authors. Manuscripts (including the main text, references, and figure legends) should be saved without a title page as a single file and should be prepared in a 12-point typeface, double-spaced, and in a single column with 1-inch margins throughout. Keep the layout of the text as simple as possible. Most formatting codes will be removed upon initial processing of the article. Do not use the software’s options to justify text or to hyphenate words. Use the software’s bold, italic, subscript, and superscript functions. Use the software’s table function to create tables, using rows and columns, not tabs and spaces, to align data.

Beginning with the Introduction, each manuscript page is numbered in the upper right-hand corner and each line of text is numbered consecutively. First-level headings are centered on the page, typed in uppercase, bolded letters, and followed by two blank lines. Second-level headings begin flush with the left margin, have each word capitalized and bolded, and are followed by one blank line. Third-level headings begin flush with the left margin, are written sentence style with a period at the end, and are bolded. Text follows immediately on the same line. (Third-level headings are only used in Research Articles.)

Page and word limits are noted below. Page and word limits exclude the abstract but include all other text, acknowledgments, tables, figures, and references. Manuscripts must not exceed word count limits or page limits.

- **Research Article**: 20 double-spaced pages (≤ 4,500 words)
- **Research Brief**: 14 double-spaced pages (≤ 3,000 words)
- **Research Methods**: 19 double-spaced pages (≤ 4,300 words)
- **Report**: 14 double-spaced pages (≤ 3,000 words)
- **Systematic Review**: 20 double-spaced pages (≤ 4,500 words)
- **Perspective**: 12 double-spaced pages (≤ 3,000 words)
- **GEMs**: 4 double-spaced pages (≤ 900 words)
- **Letter to the Editor**: 2 double-spaced pages (≤ 400 words)

Slightly longer articles (up to approximately 5 additional pages) may be considered in the case of qualitative research owing to the nature of findings (words versus numbers), which require more space to report. Deviation from page guidelines may result in a request to shorten a manuscript before it is sent to reviewers or in a decision to decline further consideration of a manuscript.

**Please note:**

Scientific manuscripts (RA, RB) should have internal and external validity and move the field of nutrition education and behavior forward. The study objectives and result should hold significance for a larger audience than the one in the study. Threats to internal validity should be carefully explained in the limitations, such as selection bias and uncontrolled confounding variables. Threats to external validity include all situational specifics which may be conditions of the study or attributes of when and where the study is conducted. These also should be explained in the limitations. The extent to which these threats overwhelm the study results' internal and external validity will be evaluated by the editor when considering decisions about the manuscript. Those with higher internal and external validity are more likely to be moved by the editor to external review and evaluation for publication.

**Author Guidelines for Manuscript Titles**

**Short:** Try to keep to 12 words or less

- Instead of "A School-based Intervention for 5 to 7 Year Olds to Improve General Nutrition Knowledge, Self-Efficacy for Choosing Healthy Snacks, Fruit and Vegetable Intake, and Minutes Spent in Active Play in 2 Counties in Texas with Head Start"
- Suggest "Head Start Program Focusing on Diet and Active Play"
• Instead of "Development and Internal and Test-Retest Reliability, Content Validity and Construct Validity of a Questionnaire to Determine General Nutrition Knowledge, Self-efficacy for Choosing Healthy Snacks, Fruit and Vegetable Intake, and Minutes Spent in Active Play for 14 to 16 year old Boys in Michigan"
• Suggest "Diet and Active Play Questionnaire Development for Teens"

Active voice:
• Instead of "Total Fiber Improved with Whole Grain Program"
• Suggest "Whole Grain Program Improves Total Fiber Intake"

Professional, not trite:
• Instead of "LB/FB Increases Shares for EFNEP Programs"
• Suggest "Social Media Strategies in EFNEP"
• Instead of "Snacking and Yakking: Social Interaction to Promote Healthy Choices"
• Suggest "Conversation Improves Healthy Snack Choices"

Statement, not question"
• Instead of "Will a Three Week Afterschool Program Improve Low Fat Food Choices?"
• Suggest "Impact of an Afterschool Low Fat Food Program"

Research Articles

Research Articles are concise reports of original research on any aspect of nutrition education and/or behavior. Papers based on the results of preliminary research are not acceptable.

In Research Articles, a structured abstract of 200 words or less organizes information with descriptive headings that begin flush with the left margin. Incomplete sentences are acceptable in a structured abstract for the sake of brevity. To facilitate selective electronic searches, structured abstracts include the following subheadings (verbatim), bolded and presented in the order shown here:

• **Objective:** Specifies the primary purpose or objective(s) of the study and/or hypotheses tested.
• **Design:** Describes the basic research design, methods used to collect data, timing and sequence of intervention, and data collection.
• **Setting:** Describes the study setting. This subheading may not be appropriate for secondary data analyses and can be omitted.
• **Participants:** States the number of participants or subjects/objects of observation by group and subgroup, describes how they were selected, specifies the response rate for participants, summarizes key demographic characteristics for each study group and subgroup, and describes the extent to which they represent the population from which they were drawn (may not be appropriate for secondary data analyses). More or less information relating to participants may be included, depending on word count limits and the need for more space in the "Results" section.
• **Intervention(s):** Describes the essential features of the intervention(s), including setting, methods, and duration. If no intervention was conducted, omit this subheading from the abstract.
• **Main Outcome Measure(s):** Specifies dependent and independent variables and describes how each variable was measured. In the case of descriptive research, replace this subheading with "Variables Measured." In the case of qualitative research, replace this subheading with "Phenomenon of Interest."
• **Analysis:** Summarizes how data were analyzed quantitatively and/or qualitatively and specifies the level used to determine statistical significance of quantitative results.
• **Results:** Summarizes primary results reported in the manuscript, including the number of participants (if it differs from what was described in the "Participants" section), direction of change, and variance and level of statistical significance for each quantitative result, as well as confidence intervals or effect sizes wherever appropriate. Qualitative themes should be reported.
• **Conclusions and Implications:** Specifies study conclusions directly supported by results reported in the abstract and specifies implications for research and practice or policy, when appropriate.

Research Articles include the following major sections:

• **Introduction:** Concisely describes the issue addressed in the manuscript, explains its importance in relation to existing literature, describes the theoretical or conceptual foundation on which the study is based, states the objectives of the article, and specifies the hypotheses tested.
• **Methods:** Describes the research design, sampling methods, recruitment strategies, measurement instruments, methods used to test instruments for validity and reliability, data collection procedures, and statistical analyses in enough detail for replication. The Methods section specifies the level used to determine statistical significance for each test. Confidence intervals and standard errors of the
mean, effect sizes, or other statistical results that may be used for post hoc analyses comparing program results are encouraged. For general statistical guidelines, go to Guidelines for Statistical Methods for JNEB. However, if authors are using t tests and more than 2 t tests are being conducted with a data set, in addition to testing for normality, they should also use a Bonferroni adjustment or other adjustment that is supported with reference. For example, if authors used t tests to measure pre-post differences after an intervention for calcium knowledge, calcium-related behavior, sodium knowledge, self-efficacy to lower sodium, and fruit and vegetable intake, then they have used 5 t tests and should use the Bonferroni adjustment or other adjustment, which is available in both SPSS and SAS software packages. This adjustment will decrease the probability that authors find a significant effect by chance. There are exceptions to this, but authors must justify such an exception within their methods.

The Methods section provides rationale for analyzing data by race or ethnicity (if applicable).

**Institutional Review Board.** It also specifies that the project was reviewed and approved by an Institutional Review Board (IRB) or similar human studies review board, with a full, expedited, or limited review and that written, oral, or implied consent and/or assent was obtained. Alternately, if no IRB approval was necessary for this research, please add a statement explaining why. In this statement, include which institution reviewed the study and decided that it was exempt from IRB review (institution should be blinded for review). If it was not reviewed by your university or institution, please provide the documentation that pertains to this type of study, deeming it unnecessary to be reviewed. An example of this may be:

"Review by the IRB was not required for this study because human subjects were not involved, as per US Department of Health and Human Services guidelines (http://www.hhs.gov/ohrp/policy/checklists/decisioncharts.html#c1)."

The DHHS regulations may also allow projects to be exempt if they have agency or unit head approval and the data are unidentifiable. In these cases, the Methods section should state:


The bolded section may also be an abbreviated version of:

(5) Research and demonstration projects that are conducted by or subject to the approval of department or agency heads, and which are designed to study, evaluate, or otherwise examine: (i) Public benefit or service programs; (ii) procedures for obtaining benefits or services under those programs; (iii) possible changes in or alternatives to those programs or procedures; or (iv) possible changes in methods or levels of payment for benefits or services under those programs.

**International Research:** Research conducted by US university investigators in foreign countries remains under the researchers' university purview and guidelines. Research conducted by non-US investigators is under the purview of that country's human studies guidelines, or international guidelines to which the particular country might adhere.

- **Results:** Outlines results clearly and systematically, mentioning or highlighting—but not duplicating—information displayed in tables, and specifies the direction and magnitude of each statistically significant difference reported. Carefully designed tables and figures are encouraged to showcase results.

- **Discussion:** Provides an in-depth interpretation of results reported, compares and discusses results in relation to those from similar studies reported in the literature and in relation to theory, outlines limitations of the study, describes how study limitations influence interpretation of results, and offers alternative explanations for the findings. The Discussion section should not represent a summary of results.

- **Implications for Research and Practice:** Specifies how researchers and practitioners, and policy makers when appropriate, could apply results to future work.

Research Articles may include second-level sections to clarify or enhance readability within major sections. At times, Research Articles may require second-level sections that are specific to the research being reported. The following second-level sections are generally recommended, if necessary, for these major sections:

- Methods: Study Design, Participants and Recruitment (includes descriptions of sampling methodology and ethical approval/human subjects consent), Instruments, Measures, Procedures, and/or Data Analysis
- Discussion: Limitations
Research Briefs

Research Briefs are (1) articles that describe development and validation of new measures and methods for research and/or (2) articles that satisfy all criteria for a Research Article but report results from a small or non-representative sample, report on secondary or ancillary results from a larger study, or report on a topic that is considered low priority but would be of interest to some readers of JNEB.

Structured abstracts for Research Briefs of 150 words or less include the following subheadings (verbatim), bolded and presented in the order shown here:

- **Objective:** Specifies the primary purpose or objective(s) of the study and/or hypotheses tested.
- **Methods:** Describes the basic research design, methods used to collect data, timing and sequence of intervention, and data collection.
- **Results:** Summarizes primary results reported in the manuscript, including the number of participants, direction of change, and variance and level of statistical significance for each quantitative result, as well as confidence intervals or effect sizes wherever appropriate.
- **Conclusions and Implications:** Specifies study conclusions directly supported by results reported in the abstract and specifies implications for research and practice or policy making when appropriate.

Research Briefs include the same major sections as Research Articles. Use of second-level sections is allowed, but overuse is discouraged. Third-level sections are not permitted in Research Briefs.

**Discussion:** Provides an in-depth interpretation of results reported, compares and discusses results in relation to those from similar studies reported in the literature and in relation to theory, outlines limitations of the study, describes how study limitations influence interpretation of results, and offers alternative explanations for the findings. The Discussion section should not represent a summary of results.

Research Methods

Research Methods are manuscripts that describe the objectives and methodologies for multi-year interventions whose aims are to change nutrition and/or physical activity behavior and/or related physiological outcomes, such as BMI or blood glucose. Research Methods are expected to have protocols that have already undergone review external to the author's institution (federal or national agencies) prior to funding. Although Results are not included in Research Methods, a Discussion should include a brief summary of potential limitations and expected benefits or outcomes. Research Methods are peer-reviewed by the Editors and a member of the Board of Editors for completeness, clarity, and contribution to the literature. Research Methods are assigned a digital object identifier (DOI).

A structured abstract of 200 words or less organizes information with descriptive headings similar to those of a Research Article:

- **Objective:** Specifies the primary purpose or objective(s) of the study and/or hypotheses tested.
- **Design:** Describes the basic research design, methods used to collect data, timing and sequence of intervention, and data collection.
- **Setting:** Describes the study setting.
- **Participants:** States the number of participants or subjects/objects of observation by group and subgroup and describes how they will be selected.
- **Intervention(s):** Describes the essential features of the intervention(s), including setting, methods, and duration.
- **Main Outcome Measure(s):** Specifies dependent and independent variables and describes how each variable will be measured.
- **Analysis:** Summarizes how data will be analyzed quantitatively and/or qualitatively and specifies the level used to determine statistical significance of quantitative results.

Research Methods include the following major sections: Introduction, Methods, and Discussion (which should describe the protocol's strengths and limitations as described to funding agencies). They should not include sections for Results or Implications for Research and Practice.

The future tense of verbs is used throughout Research Methods.
**Reports**

Reports are (1) articles that discuss policy issues relevant to nutrition education and behavior, or (2) articles that review emerging topics as they relate to nutrition education and behavior. Reports reflect newly proposed models or processes with relevance to policy or research methodology. Reports are not reviews of the literature without critical evaluation and interpretation. To decide whether your manuscript is a Report, Research Brief, or Research Article, consider the topic itself and whether it reflects the prior definitions. It may be helpful to read some Reports as you decide.

Examples of Reports include:

- **Cost-Effectiveness Model for Youth EFNEP Programs: What Do We Measure and How Do We Do It?** Serrano et al. JNEB 2011;43:295-302. This Report presents the results of an expert panel related to a national program and the policy implications of creating a model for determining costs and effects of the program.
- **Best Practices Models for Implementing, Sustaining, and Using Instructional School Gardens in California.** Hazzard et al. JNEB 2011;43:409-413. This Report contains the results of interviewing key members in schools who had exemplary school garden programs, with the synthesis into best practices, which could lead to policy changes.
- **Obesity in Rural Youth: Looking Beyond Nutrition and Physical Activity.** Reed et al. JNEB 2011;43:401-408. This Report presents emerging ideas concerning traditional and nontraditional factors contributing to childhood obesity in rural youth within an expanded Social Ecological Framework that the authors have developed.
- **Nutrition Program Quality Assurance through a Formalized Process of On-Site Program Review.** Paddock and Dollahite. JNEB 2012;44:183-188. This Report describes the development and lessons learned from implementing a nutrition program quality assurance process, which could be replicated with other state nutrition programs, and whose goal was to influence policies on programming to ensure excellence.

Reports have an unstructured abstract (100-word limit) written in paragraph form. The unstructured abstract should provide a brief overview of all key aspects of the manuscript. Topics covered in a conventional abstract depend on whether the manuscript describes a program and its evaluation, a new research method, or a review of literature or policy issues. All abstracts begin with a clearly defined purpose or objective and end with conclusions and implications for research, practice, and policy making.

Reports include the following major sections: Introduction, Discussion, and Implications for Research and Practice. They should not include sections for Methods or Results. Instead, they should employ alternately titled headings that distinguish them from Research Articles and Research Briefs. Examples include Description of the Intervention, Description of the Evaluation, and Lessons Learned. Reports that develop new concepts or review topics may include additional major sections as needed. Second-level sections are allowed, but overuse is discouraged. Third-level sections are not permitted in Reports.

**Systematic Reviews**

Unsolicited Systematic Reviews are accepted for consideration for peer review, provided they represent a topic area of interest to JNEB readers and follow accepted methodology.

A Systematic Review attempts to identify, appraise, and synthesize all the empirical evidence that meets pre-specified eligibility criteria to answer a given research question. Researchers conducting systematic reviews use explicit methods aimed at minimizing bias in order to produce more reliable findings that can be used to inform decision making (Cochrane Collaboration).

Several guidelines are available for conducting systematic reviews, including those of the Institute of Medicine,\(^1\) Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA),\(^2\) Methodological Expectations of Cochrane Intervention Reviews (MECIR),\(^3\) Agency for Healthcare Research and Quality,\(^4\) and United States Department of Agriculture.\(^5\) The guideline that you choose to follow should be mentioned in the Methods section and referenced.

A Systematic Review should have a structured abstract as for Research Articles, have 200 words or less, and contain the following sections in the abstract and main body of the paper:
**Introduction:** Presents the topic and states why a systematic review is needed. The clearly stated objective should be linked to the research question and how the research questions were developed. This may include the PICO process (patient problem or population [P], intervention [I], comparison [C], and outcomes [O]) or another citable research question development process.

**Methods:** Briefly describes the members of the research team, their areas of expertise (content, systematic review methods, meta-analysis), and their roles in the systematic review. If a research librarian or information specialist is part of the team, this should be noted. Detailed information should be provided on inclusion/exclusion criteria, search strategies, databases, and other search engines or manual methods for identifying articles, article quality evaluation schema (such as the Nutrition Evidence Library quality checklist\(^6\) or GRADE guidelines\(^7\)), type of comparative analysis across articles, summary, and synthesis strategies. When appropriate, please describe who made these decisions, how they were made (consensus, majority, most senior research team member), and the rationale for the final decision. This section should also include a diagram that contains the number of all articles found by the initial search, how many were excluded, and why, in a manner similar to a Consort diagram.

**Results:** Outlines results clearly and systematically, mentioning or highlighting—but not duplicating—information displayed in tables, and specifies the quality evaluation of articles selected and the synthesis or summary of outcomes. Carefully designed tables and figures are encouraged to showcase results.

**Discussion:** Compares the results to any previous reviews on this topic. If other reviews are not available, the Discussion should compare key findings to those already reported in the literature. The Discussion should include any limitations of the systematic review, such as publication bias.

**Implications for Research and Practice:** Concisely states how these findings or major conclusions could be applied to best practices, if they can, and what additional research would strengthen the conclusions or extend the results to larger audiences. Any policy implications should also be included in this section.

Note: Systematic reviews that conclude there is not enough quality research to draw any results are not generally accepted as Systematic Reviews. Occasionally these manuscripts may be rewritten as Perspectives.

References:


**Perspectives**

Perspectives are articles communicating opinions on current issues and controversies in the field. Opinions expressed in Perspectives are supported by references. Opposing perspectives are acknowledged. For controversial issues, the Editor-in-Chief may invite articles from others holding alternative opinions for simultaneous or sequential publication.
Perspectives have an unstructured abstract written in paragraph form of 100 words or less. The unstructured abstract provides a brief overview of all key aspects of the manuscript. Topics covered in a conventional abstract depend on whether the manuscript describes a program and its evaluation, a new research method, or a review of literature or policy issues. All abstracts begin with a clearly defined purpose or objective and end with conclusions and implications for research, practice, and policy making.

Perspectives include the following major sections: Introduction, Discussion, and Implications for Research and Practice. They should not include sections for Methods or Results. Instead, they should employ alternately titled headings that distinguish them from Research Articles and Research Briefs. Examples include those headings that would present the viewpoint, premise, or argument beyond an introduction—that is, these headings reflect the concept, program, model, or topic about which the authors have a perspective.

The manuscript reviewers are instructed to evaluate the breadth and depth that the authors address the topic, and the appropriateness of the Implications for Research and Practice section, as well as the preceding guidelines.

GEMs
Great Educational Materials (GEMs) are brief descriptions of innovative and useful approaches to nutrition education and behavior. Innovative approaches are novel, creative, and thoughtful, generally not having been published before. GEMs describe educational material, including brochures, curricula, videos, websites, apps, materials, or something tangible that teaches to change behavior. GEMs may also be an educational process (teaching style or venue). The material or process should be described in enough detail to be replicated, or available (links or sources to be included in NOTES).

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GEMs include an Introduction, which describes why the program or activity is worth reading about. The body or content of a GEM states the target audience and notes the adaptability of the program to different audiences. It also states the purpose/objective of the program/activity, describes how one would implement the program/activity, and explains how the program/activity has been evaluated and with what results. If applicable, it also describes plans for future refinement/use and the application or use of theory and/or models to program design and/or evaluation.

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When reporting \( P \), values less than .001 should be reported as such: \( P < .001 \). Actual values for \( P \) should be expressed to 2 digits for \( P \leq .01 \), whether or not \( P \) is significant. If \( P \) is < .01, there should be 3 significant figures reported (eg, \( P = .008 \)). Use \( P \) values rather than alpha values.

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