AUGUST 24, 2023

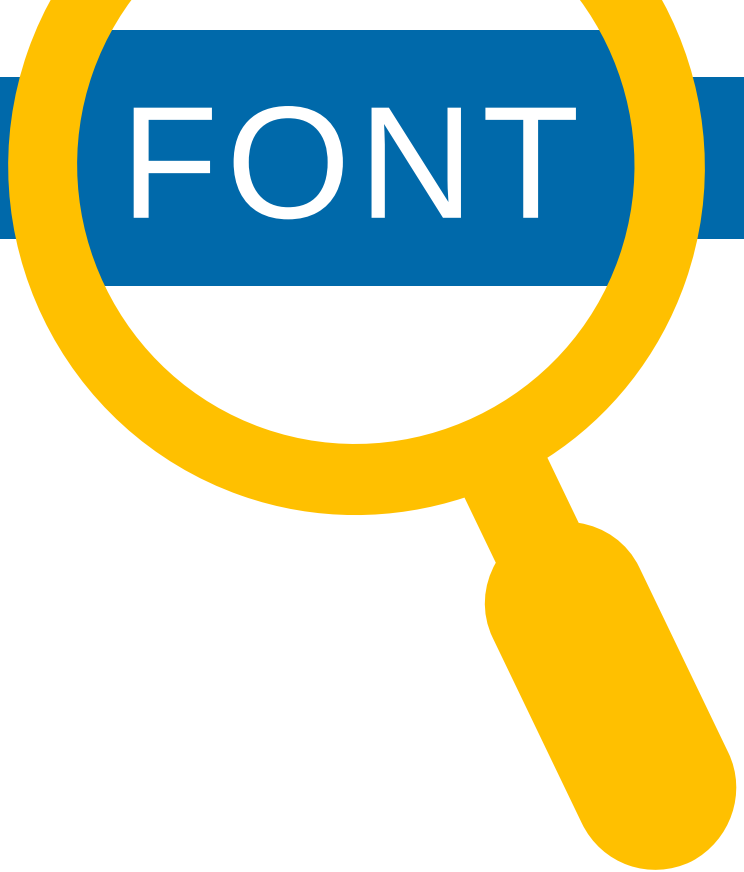
DESIGNING A PRESENTATION

Samantha Wilson, MS

AGENDA

1. Design Basics
2. Setting the Stage
3. Make an Impression
4. Poster Design

FONT



Research suggests Sans Serif fonts

- Arial
- Verdana
- Tahoma
- Microsoft Sans Serif

Use large font when possible & consider breaking up slides if font is very small

40 Shall I compare thee to a summer’s

32 Thou art more lovely and more temperate:

28 Rough winds do shake the darling buds of May,

24 And summer’s lease hath all too short a date; - Headers

20 Sometime too hot the eye of heaven shines,

18 And often is his gold complexion dimm’d; - Tables/Figures

16 And every fair from fair sometime declines,

14 By chance or nature’s changing course untrimm’d; - Bare minimum

12 But thy eternal summer shall not fade,

10 Nor lose possession of that fair thou ow’st;

8 Nor shall death brag thou wander’st in his shade,

6 When in eternal lines to time thou grow’st:

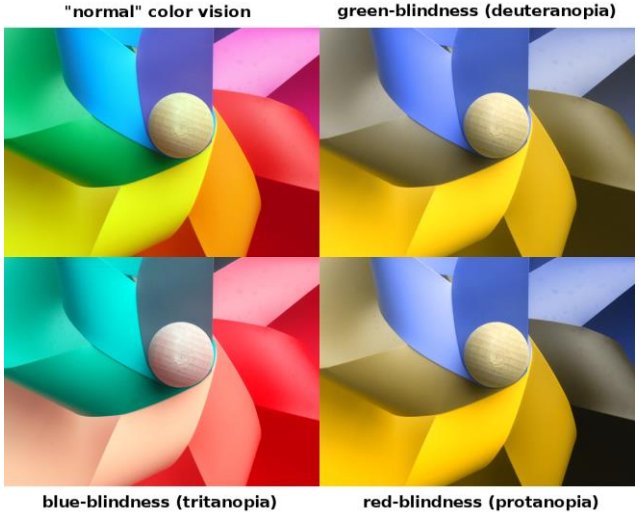
4 So long as men can breathe or eyes can see,

2 So long lives this, and this gives life to thee.

COLOR

Use high contrast colors

Avoid using red-green
(most common color blindness)



THINK LOGISTICS

Consider the presentation venue

- Will there be lights on that could wash out the screen?
- How big is the expected audience?
- Is the screen big or small for the size of the room?

WHAT MAKES A GREAT PRESENTATION?

GOOD → WHAT

GREAT → WHY

TELL A STORY

BEGINNING
- Title/Authors
- Background

MIDDLE
- Methods
- Results

END
- Conclusions
- Future Directions
- Thank You

BACKGROUND

Try to find the balance of not too much and not too little

Keep your audience from getting lost!

GIVING CONTEXT

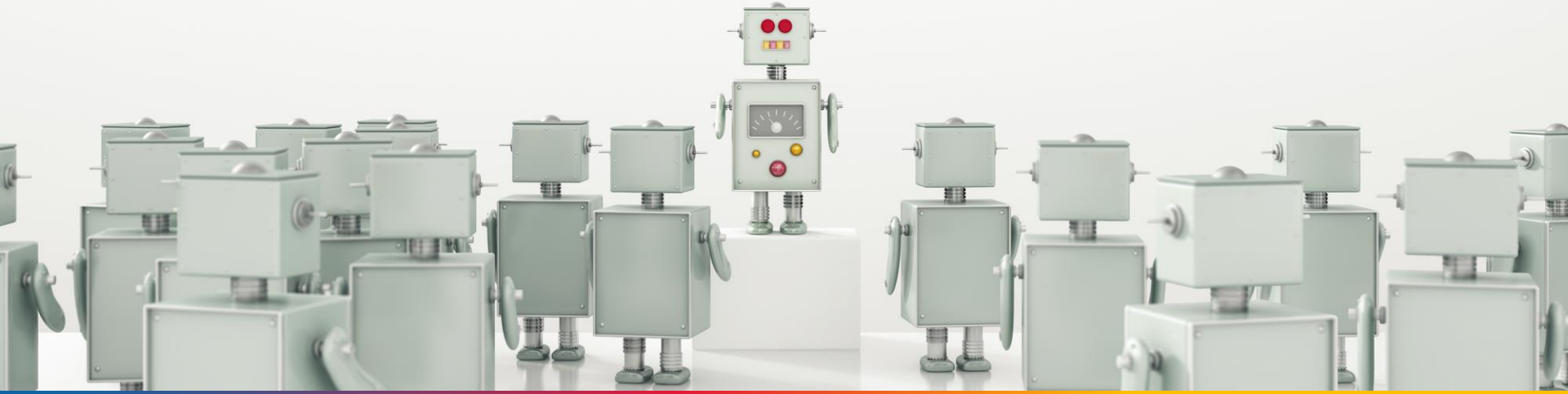
WHAT do people need to know to understand your presentation?

WHY have you done this work?

HOW does it make an impact?

CONSIDER YOUR AUDIENCE

How much does the average audience member know?



PRACTICE

Practice in front of someone unfamiliar with your presentation topic

Ask for feedback:

- Do things make sense?
- Parts that could be more clear?
- Does it flow?

REVISE!

Don’t expect it to be perfect the first time around!

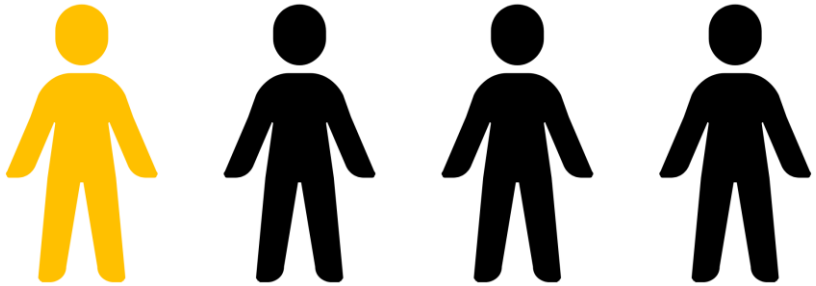

MAKE AN
IMPRESSION

STYLE

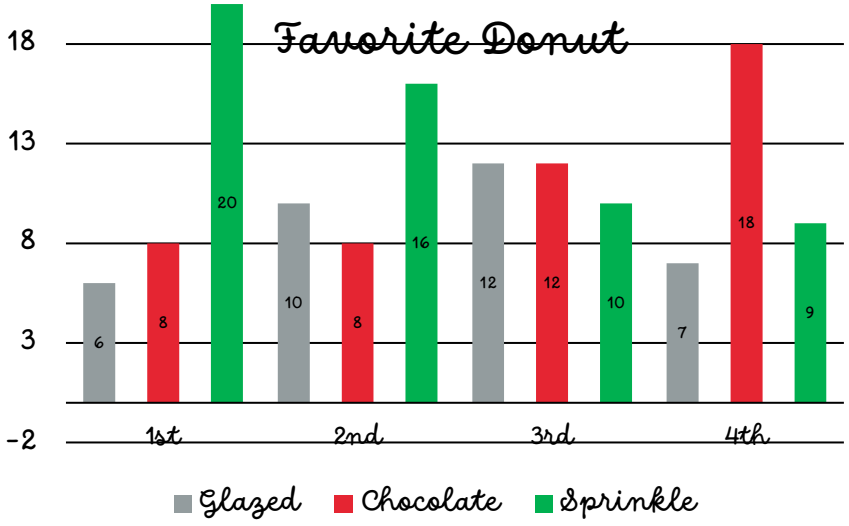
- ❑ Play to your strengths
- ❑ Consider your “brand”
- ❑ Add interest, but top priority is being clear

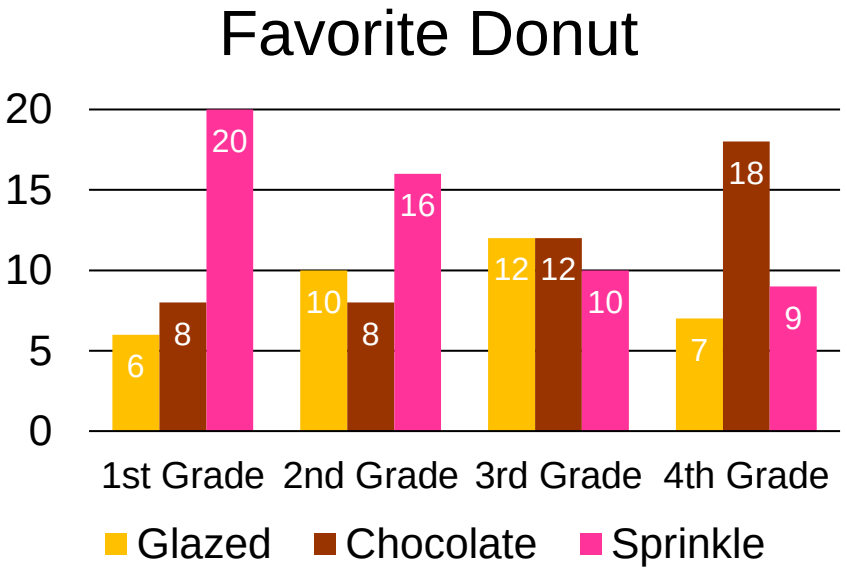
Present your data in a visually meaningful way.

25%

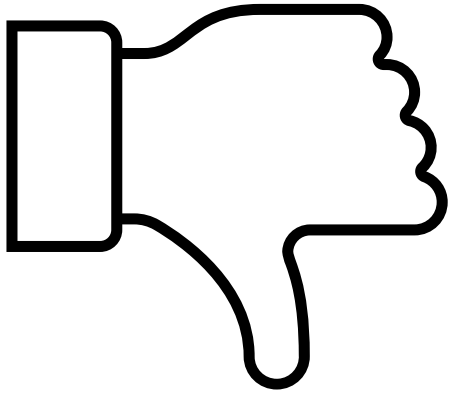


GRAPHS


Favorite Donut
18
13
8
3
-2
6
8
20
10
8
16
12
12
10
7
18
9
1st
2nd
3rd
4th
Glazed
Chocolate
Sprinkle


Favorite Donut
20
15
10
5
0
6
8
20
10
8
16
12
12
10
7
18
9
1st Grade
2nd Grade
3rd Grade
4th Grade
Glazed
Chocolate
Sprinkle

BAD SLIDE EXAMPLES



Our Results

- We had about the same number of subjects in each group, control n = 51, treatment n = 48.
- Our population had a roughly equal split in gender in both the control and treatment groups.
- The population was majority white in both groups.
- In both groups, the average age was around 14.

Demographics	Control (n=51)	Treatment (n=48)
Age	14.2 (+/- 1.4)	14.5 (+/- 0.8)
Gender		
Male	25 (49.0%)	23 (47.9%)
Race		
White	32 (62.7%)	35 (72.9%)
Black	12 (23.5%)	9 (18.8%)
Other	7 (13.7%)	4 (8.3%)

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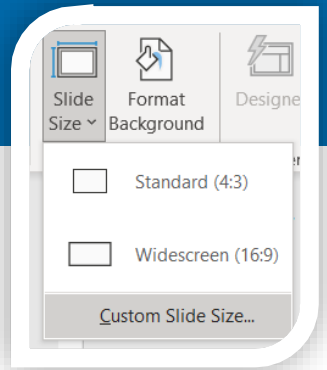
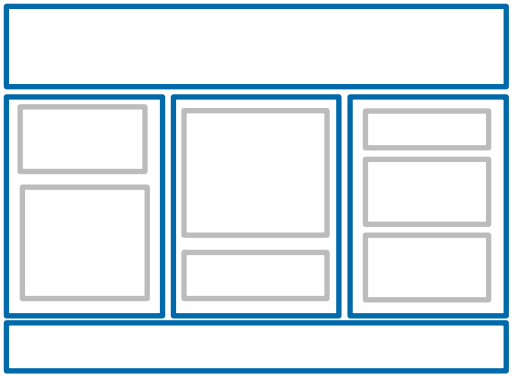
POSTERS

MAKING A POSTER



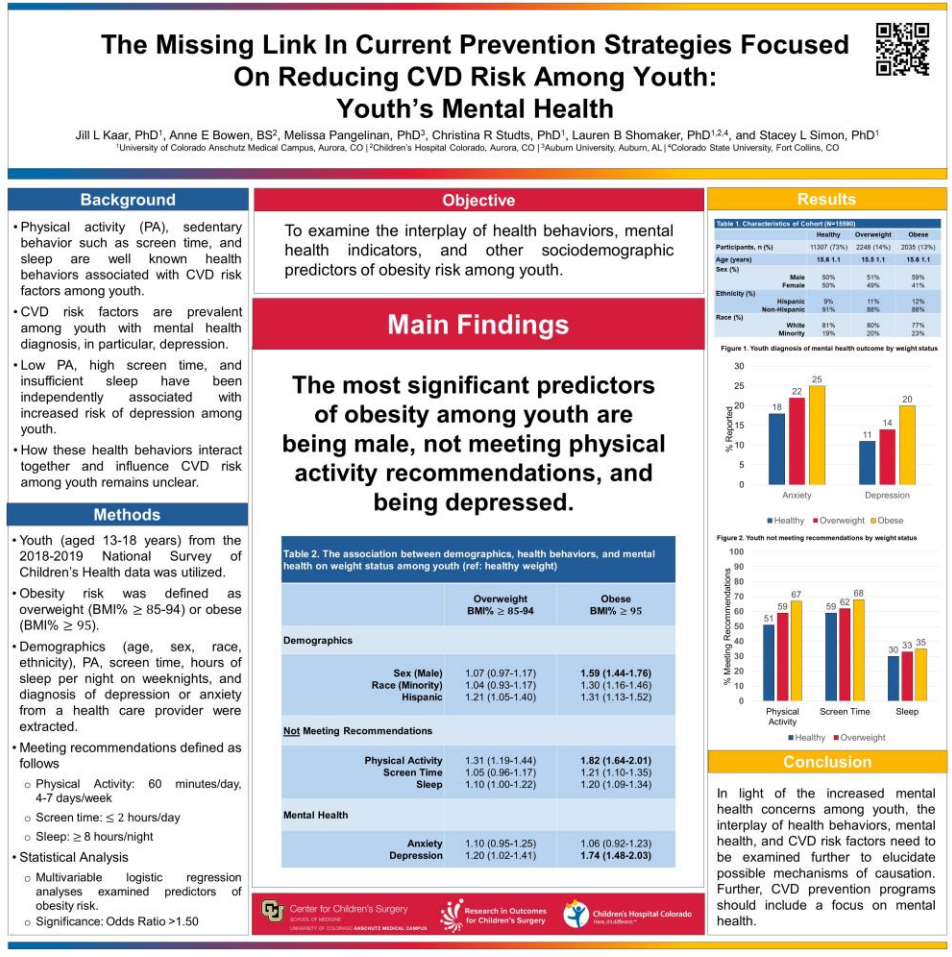
- Customize slide size to poster size (Design tab)
- Use a template of boxes to keep clean lines
- Use rulers and gridlines to double check alignment



36x36

FORMATTING
A POSTER

- Use high resolution (300+ dpi) & full-color images (.jpeg, .png)
  https://www.youtube.com/watch?v=wWC6IFN-fOU
- 3-4 figures or tables
- Text size:
  - ✓ Title – 50+ pt
  - ✓ Headers – 36+ pt
  - ✓ Bodies of text - 24+ pt



The Missing Link In Current Prevention Strategies Focused On Reducing CVD Risk Among Youth: Youth's Mental Health

Jill L Kaar, PhD[1], Anne E Bowen, BS[2], Melissa Pangelinan, PhD[3], Christina R Studts, PhD[1], Lauren B Shomaker, PhD[1,2,4], and Stacey L Simon, PhD[1]

[1]University of Colorado Anschutz Medical Campus, Aurora, CO | [2]Children's Hospital Colorado, Aurora, CO | [3]Auburn University, Auburn, AL | [4]Colorado State University, Fort Collins, CO

Background

- Physical activity (PA), sedentary behavior such as screen time, and sleep are well known health behaviors associated with CVD risk factors among youth.
- CVD risk factors are prevalent among youth with mental health diagnosis, in particular, depression.
- Low PA, high screen time, and insufficient sleep have been independently associated with increased risk of depression among youth.
- How these health behaviors interact together and influence CVD risk among youth remains unclear.

Methods

- Youth (aged 13-18 years) from the 2018-2019 National Survey of Children's Health data was utilized.
- Obesity risk was defined as overweight (BMI% ≥ 85-94) or obese (BMI% ≥ 95).
- Demographics (age, sex, race, ethnicity), PA, screen time, hours of sleep per night on weeknights, and diagnosis of depression or anxiety from a health care provider were extracted.
- Meeting recommendations defined as follows
  - Physical Activity: 60 minutes/day, 4-7 days/week
  - Screen time: ≤ 2 hours/day
  - Sleep: ≥ 8 hours/night
- Statistical Analysis
  - Multivariable logistic regression analyses examined predictors of obesity risk.
  - Significance: Odds Ratio >1.50

Objective

To examine the interplay of health behaviors, mental health indicators, and other sociodemographic predictors of obesity risk among youth.

Main Findings

The most significant predictors of obesity among youth are being male, not meeting physical activity recommendations, and being depressed.

Table 2. The association between demographics, health behaviors, and mental health on weight status among youth (ref: healthy weight)

	Overweight BMI% ≥ 85-94	Obese BMI% ≥ 95
Demographics		
Sex (Male)	1.07 (0.97-1.17)	**1.59 (1.44-1.76)**
Race (Minority)	1.04 (0.93-1.17)	1.30 (1.16-1.46)
Hispanic	1.21 (1.05-1.40)	1.31 (1.13-1.52)
Not Meeting Recommendations		
Physical Activity	1.31 (1.19-1.44)	**1.82 (1.64-2.01)**
Screen Time	1.05 (0.96-1.17)	1.21 (1.10-1.35)
Sleep	1.10 (1.00-1.22)	1.20 (1.09-1.34)
Mental Health		
Anxiety	1.10 (0.95-1.25)	1.06 (0.92-1.23)
Depression	1.20 (1.02-1.41)	**1.74 (1.48-2.03)**

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Results

Table 1. Characteristics of Cohort (N=15590)

	Healthy	Overweight	Obese
Participants, n (%)	11307 (73%)	2248 (14%)	2035 (13%)
Age (years)	15.6 ± 1.1	15.5 ± 1.1	15.6 ± 1.1
Sex (%)			
Male	50%	51%	59%
Female	50%	49%	41%
Ethnicity (%)			
Hispanic	9%	11%	12%
Non-Hispanic	91%	88%	88%
Race (%)			
White	81%	80%	77%
Minority	19%	20%	23%

Figure 1. Youth diagnosis of mental health outcome by weight status

Figure 2. Youth not meeting recommendations by weight status

Conclusion

In light of the increased mental health concerns among youth, the interplay of health behaviors, mental health, and CVD risk factors need to be examined further to elucidate possible mechanisms of causation. Further, CVD prevention programs should include a focus on mental health.

36x48

POSTER SECTIONS

- ✓ Background
- ✓ Objective
- ✓ Methods
- ✓ Results
- ✓ Conclusions
- ✓ Implications
- ✓ Disclosures

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Center for Children's Surgery SCHOOL OF MEDICINE UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS | Research in Outcomes for Children's Surgery | Children's Hospital Colorado Here, it's different.™

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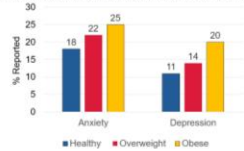

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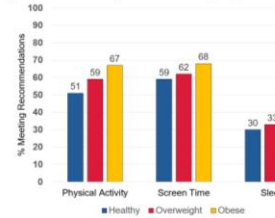

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THANK YOU

Samantha Wilson, MS
Samantha.Wilson@cuanschutz.edu