



EPI|Lifestyle 2023

The Early Career Committees of the Council on Lifestyle and Cardiometabolic Health and the Council on Epidemiology and Prevention present:

3-Minute Rapid Fire Oral Abstract Competition

You are invited to submit an abstract for the 3-Minute Rapid Fire Oral Abstract Competition at the 2023 EPI/Lifestyle Scientific Sessions in Boston, Massachusetts. We will select 4-5 abstracts to participate in an oral abstract competition at the conference.

The 3-Minute Rapid Fire Oral Abstract Competition is a research communication competition. The exercise develops academic, presentation, and research communication skills and supports the development of trainees' capacities to effectively explain their research in language appropriate to an intelligent but non-specialist audience. Finalists should not trivialize or 'dumb-down' their research but instead should aim to consolidate their ideas and crystalize their research discoveries.

Each presentation will be allotted 3 minutes followed by 5 minutes of Q&A, and will be judged by a panel of experienced American Heart Association (AHA) faculty.

Where?

AHA EPI/Lifestyle Scientific Sessions, Omni Boston Seaport, Boston, Massachusetts

When?

Thursday, March 2, 2023 (time TBD)

Who?

Eligibility is open to all trainees (doctoral degree students, Master's degree students, post-doctoral fellows, medical fellows, and medical residents) who have research interests consistent with the goals of the AHA and the conference (e.g. public health, epidemiology, exercise science, nutrition, obesity, medicine) and did not submit their abstract for presentation during AHA EPI/Lifestyle Scientific Sessions.

Prizes:

\$500 (1st place); \$250 (2nd place)

Benefits:

Prior to the conference, all finalists will receive mentorship from an Early Career Committee member to prepare their presentation for competition. Finalists will be invited to compete in the 3-Minute Rapid Fire Oral Abstract Competition and will receive complimentary conference registration (February 28 - March 3, 2023), an early career AHA membership or membership renewal for 1 year, and a complimentary ticket to the Joint Council Dinner on Thursday, March 2, 2023 at 7:00 pm (when finalists and winners will be announced). Attending AHA EPI/Lifestyle Scientific Sessions is a great opportunity to hear the latest science in the field, network and collaborate with peers from around the world, and honor the outstanding contributions of our members through our awards and lectures program.

Eligibility and Application Requirements:

To be considered for the 3-Minute Rapid Fire Oral Abstract Competition, applicants are requested to submit a research abstract of 250 words or less (no figures or tables) as a pdf file by email to Susan Kunish (susan.kunish@heart.org) by Monday, December 19, 2022 at 5:00 pm EST. Finalists will be notified via email by January 13, 2023.

Submitted research does not need to be for the applicant's dissertation/thesis. Individuals are not eligible to apply if they are presenting their research at another session of AHA EPI/Lifestyle Scientific Sessions 2023 or are receiving another AHA award.

Presentation Rules for Finalists:

- A single static PowerPoint slide is permitted (no title slide, slide transitions, animations, or 'movement' of any description)
- No additional electronic media (e.g. sound and video files) are permitted
- No additional props (e.g. costumes, musical instruments, laboratory equipment) are permitted
- Presentations are limited to 3 minutes maximum; competitors exceeding 3 minutes are disqualified
- The decision of the judging panel is final

Judging Criteria:*Comprehension & Content*

- Did the presentation provide an understanding of the background and significance of the research question being addressed?
- Did the presentation clearly describe the key results of the research including conclusions and outcomes?
- Did the presentation follow a clear and logical sequence?
- Were the research topic, key results, research significance, and outcomes communicated in language appropriate to a non-specialist audience?
- Did the speaker avoid scientific jargon, explain terminology, and provide adequate background information to illustrate points?
- Did the presenter spend adequate time on each element of their presentation?

Engagement & Communication

- Did the oration make the audience want to know more?
- Was the presenter careful not to trivialize or generalize their research?
- Did the presenter convey enthusiasm for their research?
- Did the presenter capture and maintain their audience's attention?
- Did the speaker have sufficient stage presence, eye contact and vocal range; maintain a steady pace; and have a confident stance?
- Did the PowerPoint slide enhance the presentation – was the slide clear, legible, and concise?