

Social media use for nutrition outcomes in young adults: A mixed-methods systematic review

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Mixed methods systematic review



21 studies included with highly varied results



Results

Social media is seen as an acceptable health information source



Engagement with the social media component varied from 3-69%



Young adults responded well to health information and recipe tips via social media



Young adults are reluctant to share personal weight-related information



Providing social support via social media could benefit behaviour change in young adults



Research should consider how to engage and support young adults using social media, and to facilitate social and peer-to-peer support in making healthier choices.

