



International Society for Behavioral Nutrition and Physical Activity

Volume 1, Issue 1

November 18, 2002

Welcome From The President

Colleagues,

It was good to see you at our first meeting in Seattle! Despite several glitches (I apologize, mea culpa!) the meeting went well and we have received many positive comments on the quality of the sessions. Seattle couldn't have been prettier and Deb Bowen and her team put together terrific accommodations. Thanks Deb!

We can and will do even better! Join us in Quebec City, July 17-20, 2003!

Quebec City is a beautiful and historic old fortress atop a hill overlooking the St. Lawrence Seaway. Our hotel is right next to the old city. Gaston Godin, the local program chair, assures us that we will have terrific weather and will be able to partake in a music festival occurring at the same time in the old city. Brush up on your French and be ready

for a culturally diverse experience.

Please encourage your colleagues to join ISBNPA. ISBNPA is the only professional organization to focus on behavioral issues in diet and physical activity research and policy internationally. Membership will include a subscription to a new journal, and many opportunities to keep abreast of the latest science and shape the future of this field. Please have your colleagues go to our website at

www.bcm.tmc.edu/cnrc/ISBNPA for information on joining.

Ron Kleinman is currently putting the program together for ISBNPA 2003. He and his committee have identified a broad variety of invited speakers and seminars and are working on attracting some of the best researchers and policy makers in behav-

ioral nutrition and physical activity from around the world. We are committed to making this an international society and our program will reinforce that point.

Monique Raats has agreed to run the submitted abstract review committee again.

Abstracts are due in early January. If you are interested in helping review abstracts. If you are interested in helping review abstracts, please contact Monique at mraats@surrey.ac.uk.

Theresa Nicklas chairs the Communications committee which oversees the new Journal, newsletter and web page. If you are interested in working with Theresa overseeing these very important functions, please contact her at tnicklas@bcm.tmc.edu.

We are trying to establish ties and a dialogue with industry: **Continued on page ... 2**



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ISBNPA Highlights of the Seattle Meeting

Symposia "Public Health Nutrition and Physical Activity in Europe after Eurodiet Environmental Interventions and Policy Strategies to Promote Physical Activity and Healthy Food Choices

Oral Presentations "New Models of Measurement of Psychosocial Variables: Item Response Techniques"

Poster Presentations "Dietary Intake, Physical Activity and Body Mass Index in the US: Gender and Race and Age Differences" Paul Cotton & "Socio-Economic Differences in Family Environments and their Relationship to Childrens Eating" Karen Campbell

Student Presentations

Oral: "Environmental Factors with Individual-level Dietary Practices of Young Adolescents" Martha Y. Kubik

Poster: Intervention on Self-Reported Sleep Measures in Post-Menopausal Women" Shelley Slate Tworoger

*Join us in
Quebec in
2003!*

Welcome From The President...cont



"There is an important professional niche to be served in international behavioral nutrition and physical activity research and policy"

the food industry, and the activity and inactivity industries. The Friday night session in Seattle started a discussion among industry, government and academia. We are beginning to appreciate one another's perspectives. Wendy Rodgers is putting together sessions for next year's meeting and exploring other ways to engage our colleagues in industry. If you are interested in developing ties with industry, please contact Wendy at wendy.rodgers@ualberta.ca.

To become a viable self-sustaining organization we need to expand our membership. We need members doing research and policy in behavioral nutrition and physical activity from around the world. Professionals from various cultural perspectives will expand our horizons. Wayne Miller is heading the membership committee. If you have ideas for increasing membership and want to serve on his committee, please contact Wayne at wmiller@gwu.edu.

It takes a lot of money, beyond membership and meeting registrations, to have an exciting active international organiza-

tion that helps young investigators from around the world attend our meetings and enables us to have input into national policies. If you have ideas for raising funds from private foundations, government, industry, or other sources, and are willing to serve on the finance committee, please contact me.

We believe there is an important professional niche to be served in the area of international behavioral nutrition and physical activity research and policy. Furthermore, it is fun and intellectually exciting. We can learn cross-disciplinary and cross-culturally. Obesity and the chronic diseases are not limited by discipline, country or other characteristics. If ISBNPA is to succeed in filling this niche, in meeting the needs of interested parties, its needs active members.

Please become active in one of our committees, please share your ideas with one or another of our officers or Board members. Please do not sit back and wait to see if we succeed or fail. Your involvement may make that difference. We have a lot to learn and you can help us.

Please do!

We'll have another newsletter sometime in the Winter 2003. If you want information before then, visit our web site at www.bcm.tmc.edu/ISBNPA (case sensitive), or email me.

Two years ago, we weren't sure how many professionals beyond the officers and Board would attend the first meeting. We weren't sure if anyone, no less nationally prominent investigators, would agree to give presentations. We weren't sure if our colleagues also saw an opportunity such as ISBNPA. The first meeting went about as well as we could have hoped. It has been a great privilege for all the officers and EC members to help create ISBNPA during the last two years. How we further develop depends on where the activists take us. Will you be one of the activists to help shape ISBNPA?

We look forward to hearing from you. Sincerely yours, actively,

Tom

Tom Baranowski, Ph.D.
President, ISBNPA

Public Health Nutrition and Physical Activity in Europe after Eurodiet



Dr Michael Sjöström of the Unit for Preventive Nutrition at the Karolinska Institutet in Sweden (<http://www.prevnut.ki.se/>) described the latest developments in European nutrition and physical activity research and policy development. In Europe, the discipline of Public Health Nutrition focuses on the promotion of the health of populations through good nutrition, promotion of physical

activity, and thus the prevention of heart disease, obesity, diabetes, cancer and other diseases.

Although public health has appeared in the European Treaties since the Treaty of Rome in 1957, it was not until the Maastricht Treaty in 1992 that the Community gained a comprehensive public health strategy. During French Presidency of the European Union

in the second half of 2000 (see <http://www.sfsp-france.org/Europe/Rapnut-E.pdf>) the importance of human nutrition was highlighted at the European level. Nutrition is now one of the main priorities in public health. As part of their health monitoring programme the European Commission has funded a number of projects relating to the assessment of nutrition, diets and physical activity levels across
...page 3

the European Union (e.g. the development of a European food availability data bank based on household budget surveys (the DAFNE (Data Food Networking) Project), a European Food Consumption Survey Method (EFCOSUM) and a European Physical Activity Surveillance System (EUPASS)).

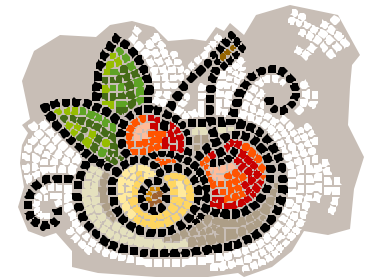
The European Commission funded the Eurodiet Project (<http://eurodiet.med.uoc.gr/>) which was set up to produce a framework for European dietary guidelines and suggest strategies for the promotion of healthy nutrition and the promotion of healthy lifestyle. The project's core report (see http://europa.eu.int/comm/health/ph/programmes/health/reports/report01_en.pdf) focuses on the links between health and nutrients, the translation of nutrient requirements to food-based guidelines and effective promotion of these foods and healthy lifestyles and aims at providing a starting point for further debate, discussion and research in the field of nutrition, lifestyle and public health. Much of the work from the project was also published in a special issue of Public Health Nutrition (2001, vol-

ume 4, issue 2B). It must be noted that the work from this project is only regarded as a status report and has not been given the status of an action plan.

Michael also spoke about initiatives such as the European Master Program in Public Health Nutrition. This program has been jointly developed by all European member states (except Luxembourg), as well as Norway, Iceland and Switzerland, and allows training in the field of Public Health Nutrition but with the additional advantage of having a European perspective. Other initiatives include the formation of the European Network for Public Health Nutrition (ENPHN) which brings together twenty leading centers of academic excellence throughout Europe. This group advises the European Commission on policy formulation and legislation relating to public health nutrition.

Professor Knut-Inge Klepp of the Institute for Nutrition Research at the University of Oslo (<http://www.med.uio.no/imb/>

[nutri/english/index.html](http://www.med.uio.no/imb/nutri/english/index.html)) spoke about research on intervention strategies relating to fruit and vegetable consumption. Current levels of intake of fruits and vegetables are below recommended levels in most European countries. Professor Klepp is leading the European Commission-funded project PRO CHILDREN (Promoting and sustaining health through increased vegetable and fruit consumption among European schoolchildren) started earlier this year. This project aims to identify determinants of fruit and vegetable intake among school children, and to develop effective strategies to promote adequate consumption levels. Cross-sectional surveys will be used in representative samples of school children from nine European countries (Austria, Belgium, Denmark, Iceland, The Netherlands, Norway, Portugal, Spain, and Sweden), and a comprehensive intervention program will be developed and tested in three countries. It is expected that the project will provide important insight into fruit and vegetable consumption patterns in different countries and into psychological and socio-demographic determinants of such consumption patterns. The project is also expected to result in a set of intervention strategies appropriate and effective in promoting fruits and vegetables among school children and their parents across Europe.



“PRO CHILDREN is expected to provide important insight into fruit and vegetable consumption patterns in different countries...”



Michael Sjostrom (Left), PhD & Agneta Yngve, PhD, Karolinska Institutet, with Knutt Inge Klepp, PhD, University of Oslo



...Public Health Nutrition and Physical Activity in Europe after Eurodiet



Dr Agneta Yngve who together with Michael Sjöström heads the Unit for Preventive Nutrition at the Karolinska Institute spoke about their review breastfeeding practices across Europe. This work was done as part of the Eurodiet Project described above. She spoke about the scarcity of data across Europe and the lack of monitoring systems in place. Recommendations are that exclusive

breastfeeding should take place for at least the first 4 to 6 months after birth. However much of the breastfeeding data that exists in Europe refers to all breastfeeding, not just exclusive practice (i.e. it includes giving formula, water etc.). It is thus very difficult to monitor the extent to which recommendations are met. It was found that large differences in the prevalence and duration of breastfeeding exist

across Europe, both within and between countries. Dr Yngve spoke of the need for a European level framework for the promotion breastfeeding as well as common surveillance systems across Europe.

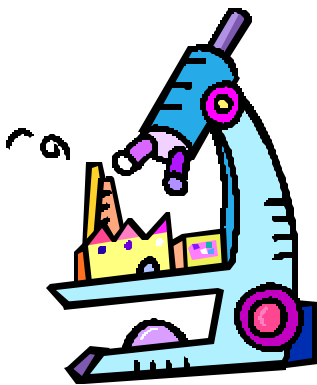
Industry night at ISBNPA Conference, Seattle, WA

“...focus more on how to achieve effective “win-win” collaborations between industry and academe.”

Friday, July 12, 2002 saw the first ISBNPA session designed to promote collaborations among industry, academe and government in addressing the worldwide epidemic of obesity. We were treated to the perspectives of industry representatives Lisa Katic (Grocery Manufacturers of America), and Sharon Miller (US National Dairy Council), government agency representatives Dr. Diane Finegood (Canada: CIHR, Institute for Nutrition, Diabetes and Metabolism), Dr's. Van Hubbard and Bob Kuzmarski (US: NIH, Division of Nutrition Research Coordination), clinical scientist Dr. Michael Sjöström (Stockholm, Sweden), and the comments of local Seattle Times columnist, Molly Martin Following brief presentations by the invited speakers, a lively discussion took place. From the 'lay' perspective, Molly discussed reporting on obesity issues in the press and lay magazines and in particular pointed to a need for more, well placed, accurate information for the general public regarding “gimmicks” and other unproven weight

loss strategies. Lisa and Sharon both indicated that industry was interested in presenting their products “truthfully” and that most have a strong interest in advancing population health, and in promoting the idea of balanced lifestyle. Sharon pointed out that a “unanimous indictment of the food industry” was unfair and that the gap between industry and academe in particular should be closed. The scientists agreed with this perspective and pointed to the need for integrated, multidisciplinary work in collaboration with industry and other bodies (e.g., communities) to produce more healthful nutrition and physical activity behaviors. The ensuing discussion pointed to a need for more collaboration and more “cross fertilization” in terms of bridging traditional interest or disciplinary boundaries of science and behavior. There were specific calls for more and better consensus papers to bring together seemingly disparate research findings, as well as for researchers to continue to try to resolve these discrepancies. The need for government and

other agencies to fund this type of work, as well as to fund work attempting to consolidate extant research was emphasized. There was a strong suggestion that industry, in particular, had an opportunity to become set an example by encouraging and facilitating healthy nutrition and physical activity practices among their employees. We intend this opening discussion to be the beginning of a long, mutually beneficial and spirited association among researchers and industry. On the basis of this very interesting session we are developing the next session to focus more on how to achieve effective “win-win” collaborations between industry and academe. As this relationship develops, we are striving to create a forum for open communication about the needs of all the stakeholders, and ways to overcome obstacles to collaboration that will further research and policies in behavioral nutrition and physical activity that will lead to improved public health.



Dr. Louise Mâsse, National Cancer Institute, was invited to present “New Measurement Models for Psychosocial Variables: Item Response Theory (IRT).” In her lecture, Dr. Mâsse explained that IRT is used to understand the psychometric properties of instruments and provides information that is not given by more frequently employed psychometric methods, such as classical test theory or confirmatory factor analysis.



Dr. Louise Mâsse



IRT relates the characteristics of items and the psychosocial dimension of interest, such as self-efficacy, depression, or self-esteem, to the probability of selecting a given response option. The unique features of IRT include measurement errors and reliability that vary by “test scores.” These features allow the researcher to determine if their scale has the potential to be sensitive to change. IRT can be used to determine the range of scores over which an item is reliable and most efficient in discriminating different levels of ability.

For instance, in the development of a depression scale one could use IRT to understand the likelihood of endorsing the items such as “I felt that I could not shake off the blues” across increasing levels of depression. This analysis could be used to reduce the likelihood of floor and ceiling effects by ensuring that the scale contained items for individuals who score at all levels of the latent construct. IRT can also be used evaluate whether respondents use

the full range of response options on a likert-type scale or tend to use only a sub-set of the responses, such as the scale midpoint and extremes. Dr. Mâsse also discussed IRT applications that are particularly appealing for behavioral researchers. IRT is well suited to assess the equivalence of measures across experimental groups, where differences in item bias can be distinguished from true differences in each attribute measured. IRT can also be employed in test equating, for instance in the case of cross-study comparisons, where scales with different content levels can be compared and equated to have a common metric. Along those lines, IRT can be used to develop item banks from which multiple variations of an instrument can be created to share a common metric. Finally, new IRT-supported computerized adaptive testing can be employed to minimize test length and measurement errors. In this case, tests can be tailored to the individual, where items are

selected in an iterative fashion based on the respondent’s previous responses. An important advantage that IRT brings to such applications relative to other methodologies is that the item parameters obtained with IRT are sample invariant. Suggested reading about IRT and its use in psychometrics includes *Item Response Theory for Psychologists* (2002), by Susan E. Embretson, Steve P. Reise.

Editor’s Note: Greetings from your new e-newsletter editor. Let me say how excited I am about working with ISBNPA and all its members. If you have any news-worthy information—announcements for meetings, research questions (or answers), tricks of the trade, or just want to introduce yourself to the readership—don’t hesitate to email me items for the newsletter. Thanks.

Carol

Carol E. O’Neil-coneill@lsu.edu

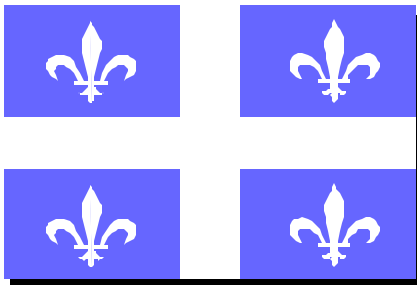
“IRT can be used to evaluate whether respondents use the full range of response options...”



**Second Conference
of the International Society of Behavioral Nutrition
and Physical Activity**

July 17 to 20, 2003
Hotel Loews Le Concorde
Québec city, Canada

Québec city, Canada's oldest city is the cradle of French civilisation in America. Its unique charm and French character have made it one of the world's great tourist destinations. <http://www.quebecregion.com>



For the latest news and updates about the conference, visit the Web site of the society at:

<http://www.bcm.tmc.edu/cnrc/ISBNPA>

Important dates

September 15, 2002:

Information about hotel reservation, registration and call for abstract will be available on the Web Site

January 30, 2003

Deadline for abstract submission

April 15, 2003

Deadline for early registration and Hotel reservation

Morales M, BS; Demory-Luce DK, PhD, RD, LD; Nicklas TA, DrPH; Baranowski T,

Learning how patterns of food consumption develop during childhood is important to understanding the pathogenesis of several chronic diet-related diseases. Unfortunately, information relating eating habits in childhood to disease occurring later in life is lacking. An important linkage in this chain is whether eating patterns in childhood persist into adulthood. The Bogalusa Heart Study is an epidemiological investigation of cardiovascular risk factor variables and environmental determinants in a bi-racial population that began in 1973. A cohort of 246 young adults who participated in the 1995–1996 young adult survey (ages 19 to 28 years) also participated in one of three cross-sectional surveys from 1973 to 1978 at age 10 years. The sample consisted of 42% males, 58% females, 69% Euro-Americans (EA), and 31% African-Americans (AA).

At age 10, more fruits/fruit juices and mixed meats ($p \leq 0.05$), desserts, candy and milk ($p \leq 0.0001$) were consumed than in young adulthood. In contrast, more sweetened beverages, cheese, and seafood ($p \leq 0.0001$), snacks, and beef ($p \leq 0.05$) were consumed in young adulthood than at age 10. Dairy consumption decreased for both males and females, with a greater decrease among males ($p \leq 0.0001$). From childhood to young adult, bread/grain consumption decreased for both EA and

AA, with a greater decrease among AA ($p \leq 0.05$).

Proportions of consistency were investigated to determine the consistency of food group consumption from childhood to young adulthood. Consistency was defined as positive (Y-Y) if a food group was consumed at childhood and at young adulthood. Consistency was defined as negative (N-N) if a food group was not consumed at childhood and at young adulthood. Positive consistency was greatest for breads/grains (93%), vegetables (73%) and sweetened beverages (64%). Negative consistency was greatest for seafood (75%) and eggs (65%).

High and Low Quality Scores were created, ranging from 0 to 5, for children and young adults. High Quality Scores reflected foods consumed at least once from the meats, dairy, breads/grains, fruits/fruit juices and vegetable food groups. Low Quality Scores reflected foods that were consumed at least once from the salty snacks, candy, desserts, fats/oils, and sweetened beverage food groups. For the low quality scores, 58% of 10-year-olds received a score of 4 or 5 compared to 33% in young adulthood. At age 10, 50% of the children received a high quality score of 5 and 40% received a score of 4. At young adulthood, only 19% received a high quality score of 5 and 41% a score of 4. Only 12%



M Morales



consumed a food from each of the 5 food groups representing the base of the Food Guide Pyramid at both childhood and young adulthood. Of those 10-year-olds who consumed foods from 4 of the 5 high quality food groups, most fell short of consuming fruit/fruit juices (67%) or vegetables (17%). At young adulthood, most fell short of consuming fruit/fruit juices (83%) or dairy (9%).

These results have important implications for intervention research targeting children and young adults. Results suggest that efforts are needed to promote daily consumption of variety foods from the early in life since children's consumption of certain food groups are consistent with those when they become young adults. Moreover, consuming foods from the low quality food groups in moderation coupled with increased consumption of fruits, vegetables and dairy may be one approach to reaching the Food Guide Pyramid recommendations.

“Do childhood eating patterns persist into adulthood?”



International Journal of Behavioral Nutrition and Physical Activity

The IJBNPA is progressing toward its launch date of MARCH 2003. We are excited to be launching the ISBNPA's new journal which will serve as a forum for high-quality cutting-edge, novel and creative research in behavioral nutrition and physical activity. We look forward to receiving the most outstanding work in the field (this means send us YOUR best work!). We are in the process of appointing the journal's Editorial Board and will be sharing more information with you as the journal activities progress this fall.

Some information about the IJBNPA: Electronic format, Unrestricted access (free), Rapid manuscript turnaround

International focus

Research that combines nutrition and physical activity: Multi-level perspective—Individual, group, population

Research topics (provisional): measurement, theory, intervention, environment, policy

Further information regarding manuscript submissions and author instructions will be available in the next two months. Information will be posted at the IJBNPA website. Emails will be sent to individuals who are on the ISBNPA's mailing list about the journal website, timeline and manuscript submission details as they become available.

We welcome any suggestions you may have about the new journal—please feel free to share them via email.

Simone A. French

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Tony Worsley

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Anthony Worsley and Simone French, co-editors of IJBNPA

The Association of School-level Environmental Factors with Individual-level Dietary Practices of Young Adolescents. Martha Y. Kubik, PhD*, Leslie A. Lytle, PhD, Peter J. Hannan, MStat, Cheryl L. Perry, PhD, Mary Story, PhD

In today's schools, students are offered a variety of food options and eating opportunities. In addition to government-regulated child nutrition programs, students may purchase food from snack bars and a la carte programs, vending machines, and school stores, and in some cases, are allowed to leave school to buy food. While descriptive studies provide valuable information on the prevalence of certain foods and food options at school, less is known about the association between these options and the eating habits of youth.

The present study examined the association between certain school-level factors, which included fried potatoes served to students on the school lunch program and the availability of a la carte and vending machines and fruit, vegetable, and dietary fat intake in a sample of middle school students from the upper Midwest who were participants in the Teens Eating for Energy and Nutrition at

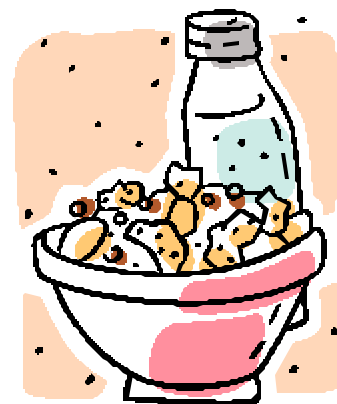
School (TEENS) study. TEENS was a four year school-based dietary intervention trial, which sought to promote healthful dietary behaviors among young adolescents in order to reduce future cancer risk. Dr. Leslie Lytle was the principal investigator. A cross-sectional research design was utilized. The presence of an a la carte program, the number of school stores, snack and beverage vending machines and the number of servings of fried potatoes served to students on school lunch were measured in 16 schools. A random sample of 598 seventh grade students attending these schools completed 24-hour dietary recall interviews. Mixed model analysis of variance techniques were used to test hypothesized associations.

The presence of a school a la carte program was inversely associated with students' fruit ($p=0.005$) and fruit and vegetable intake ($p=0.02$) and positively associated with mean percent of calo-

ries from total ($p=0.02$) and saturated fat ($p=0.03$). Snack vending was inversely related to fruit consumption ($p=0.03$). Fried potatoes served on school lunch were positively associated with vegetable ($p=0.004$) and fruit and vegetable intake ($p=0.009$).

Our findings suggest that school-based vending and a la carte programs are associated with less healthful food consumption among young adolescents. Such findings underscore the need to examine and target environmental-level variables related to dietary practices, if healthy eating is to become normative behavior for school-aged youth.

Martha Y. Kubik; University of Minnesota; School of Public Health; Division of Epidemiology; 1300 S. Second Street; Suite 300; Minneapolis, MN 55454-1015; Phone: 612-626-7107; Kubik@epi.umn.edu



“Students are the next generation of researchers...congratulations to our student winners!”

Effect of a moderate/intense exercise or stretching intervention on self-reported sleep measures in post-menopausal women. Tworoger SS, Yasui Y, Ulrich CM, Aiello E, Irwin M, Bowen D, McTiernan A Fred Hutchinson Cancer Research Center,

The authors of this study examined the effect of a randomized, year-long, moderate/ intense exercise ($n=87$) or stretching ($n=86$) intervention on self-reported overall sleep quality, use of sleep medication, trouble falling asleep, and sleep duration over the previous month among

post-menopausal women. Subjects were overweight, sedentary, not taking hormone replacement therapy, and aged 50 to 75 years. Using generalized estimating equations, we determined odds ratios and 95% confidence intervals, for both interventions, comparing sleep measures at

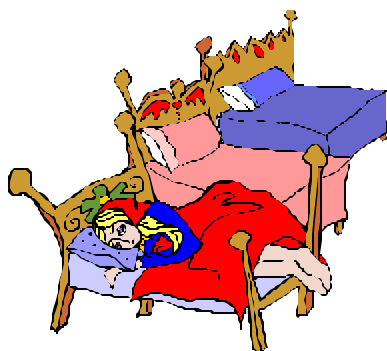
follow-up (3, 6, 9, and 12 months) to baseline, adjusting for age, season, usual time of intervention, employment, and marital status. We examined whether adherence to the exercise intervention and usual time of exercise were associated with sleep...

Continued page 10



Shelley Tworoger

Effect of a moderate/intense exercise or stretching intervention on self-reported sleep measures in post-menopausal women...cont



measures, after adjusting for age, season, employment, and marital status. Stretchers had a reduced risk (OR=0.5, 95% CI=0.3-0.8) for using sleep medications over the year-long intervention compared to baseline. Among morning exercisers, those with =80% adherence (goal=225min/wk) had a decreased risk of having

trouble falling asleep (OR=0.4, 95% CI=0.1-1.0) and of short sleep duration (OR=0.3, 95% CI=0.1-0.9) compared to less adherent morning exercisers. Among evening exercisers, those with =80% adherence had an increased risk of using sleep medication (OR=4.6, 95% CI=1.3-16.7) and a decreased risk of short sleep duration

(OR=0.1, 95% CI=0.05-0.5) compared to less adherent evening exercisers. This study suggests that a stretching program may reduce use of sleeping medication in post-menopausal women. The effect of moderate/intense aerobic exercise may depend on the amount of exercise and time of day performed.

Student Spotlight = Shelley Slate Tworoger

“A stretching program may reduce use of sleeping medication in post-menopausal women”

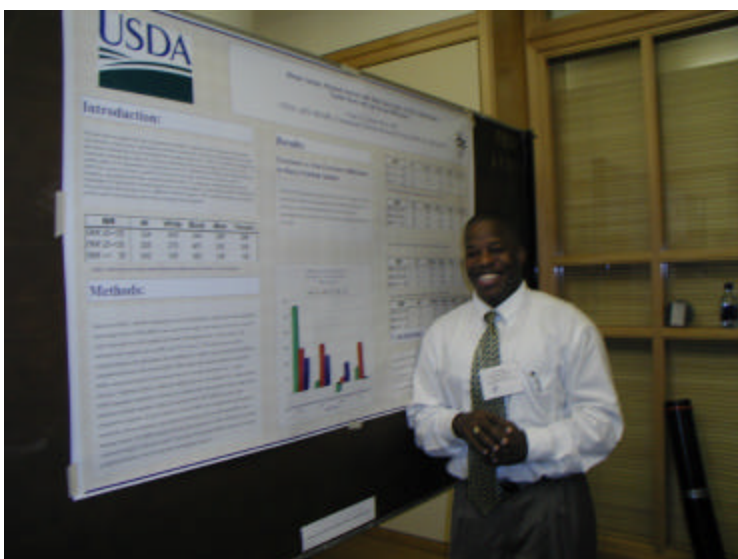
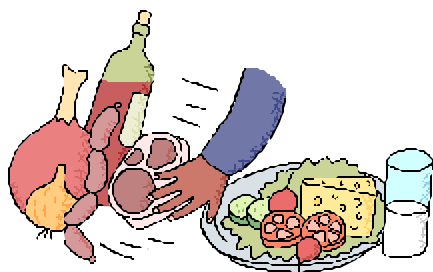
Shelley Tworoger is currently a PhD student in Epidemiology at the University of Washington, and is a pre-doctoral trainee on the Environmental and Molecular Epidemiology Training Grant. Last year she was a lead Teaching Assistant, and was named Outstanding Student of her department for 2001-2002. Her master’s thesis explored the effect of exposure misclassification on

odds ratios in case-control studies of electromagnetic fields and cancer. Her doctoral research focuses on sleep quality and quantity in women exposed to electromagnetic fields. As a Research Assistant at the Fred Hutchinson Cancer Research Center, she has examined the effect of an exercise program on sleep patterns, the efficacy of various recruitment strategies for randomized trials,

and quality assurance methods for hormone assays. She has several published and in press papers and abstracts from these projects.

Shelley Slate Tworoger; Fred Hutchinson Cancer Research Center 1100 Fairview Ave N MP-228; Seattle, WA 98109; Phone:206-667-4238; FAX: 206-667-6721; sslate@fhcrc.org

Paul Cotton stands by his poster: Dietary Intake, Physical Activity and Body Mass Index in the United States: Gender, Race, and Age Group Differences. USDA-ARS-BHNRC-Community Nutrition Research Group. Beltsville, MD 20705



ISBNPA Membership Application

The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) addresses the professional interests of researchers from multiple disciplines who investigate issues in behavioral nutrition and physical activity. These interests include an annual conference, a peer-reviewed journal, a newsletter, and other a periodic forums to exchange the latest research findings and stimulate one another with innovative thoughts. More information on ISBNPA can be found at www.bcm.tmc.edu/cnrc/ISBNPA/.

Membership Fees (in US Dollars)*	Select one:
ISBNPA Regular Member	\$150 _____
ISBNPA Student Member (please document student status)	\$ 75 _____
*Includes one-year ISBNPA membership Total Payment	\$ _____

Fees may be paid by check or credit card. All checks must be written on U.S. or Canadian banks (in U.S. Funds) and should be made out to "ISBNPA." Purchase orders will not be accepted.

Payment Method (select one): check Visa Mastercard

Name (as it appears on card) _____

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Please sign to authorize credit card transaction _____

Last name	First name	Initial
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Department _____

Address _____

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E-mail	Telephone	FAX
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International Society of
Behavioral Nutrition and Physical Activity

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