



December 2023

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President's Message

Ester Cerin

Warm greetings from Down Under! Here, we are slowly getting ready for our summer break after four very busy months. Yes, it is our turn to go to the beach as it is time for our Northern hemisphere colleagues to put their feet up and relax near the (eco-friendly) heater and review all the good things that happened at ISBNPA since the last newsletter.

So ... what happened? Thanks to Ines Santos, Sarah Shaw and our NESI colleagues, we had the pleasure to attend [XChange 2023](#) (click to watch all videos) in October and enjoy two exciting, informative and thought-provoking round tables, 14 oral presentations and 34 presentations on demand from 14 different countries across all continents. A standing ovation to all, please!

In the meanwhile, we have been preparing for the next fabulous in-person meeting - Omaha 2024 (see details below). Although submissions for symposia, dare2share and regular abstracts have closed, there is no need to despair. The late breaking abstracts and poster submissions are due at the end of February 2024. There is still a bit of time left for you to submit your groundbreaking research in behavioural nutrition and physical activity. We want to see you and learn about your work! Join us in Omaha!

I will again finish with an important piece of news related to climate action. We know that the work we have been doing in the fields of behavioural nutrition and physical activity is important for human as well as planetary health. Many of us have examined how to promote sustainable, climate-friendly behaviours, such as following a plant-based diet or substituting motorised travel with active modes of transport. Thus, it felt appropriate to expand ISBNPA's [mission statement](#) to reflect its 'climate action' strategic initiative and research, which now reads "We stimulate and promote innovative and impactful research in behavioral nutrition and physical activity to improve human and planetary health and well-being worldwide". A reminder to all of us that we, as a society, can make a difference to one of the major challenges of our time.

Wishing you a joyful, restful and healthy festive season!

Ester



ISBNPA

Advancing Behavior Change Science

OMAHA, NEBRASKA USA

20-23 May 2024



ISBNPA 2024

The 23rd ISBNPA annual meeting is held in Omaha, US, May 20-23, 2024, under the soft-topic **Policy, Systems, and Environmental Approaches to Impact Health Equity**.

Scientific program

We are thrilled to announce that we have **received a total of 354 submissions** for the regular abstracts call. After your "busyness" in preparing these submissions, it is now our turn to work and assign our esteemed reviewers to score each proposal. We anticipate having the final program ready by mid-February, so please stay tuned for further updates.

In addition to the regular abstracts, we are delighted to inform you that we have already accepted 16 symposia, 6 workshops, and received 3 dare2share sessions. This means that at ISBNPA2024 in Omaha, you will have abundant opportunities to engage with cutting-edge research in behavioral nutrition and physical activity.

The [call for late-breaking abstracts](#) will open this week (deadline is February 29th, 2024). We will be considering accepting some short-oral presentations in this call.

Make sure you submit your best research to ISBNPA2024.

Keynotes

We have now secured three keynotes for ISBNPA2024.

- Lisa Powell, University of Illinois, Chicago, USA
- Heather McKay, University of British Columbia, Canada
- Luke Wolfenden, University of Newcastle, Australia



Registration will open in Mid-January

We are preparing the registration system to open in mid-January, 2024. If you need to register before that date, please reach out to annualmeeting@isbnpa.org and we will find a way to help you.

For all news and information about ISBNPA 2024 in Omaha visit our [annual meeting website](#).

ISBNPA Mission Statement Change

As part of our ongoing [strategic plan initiatives](#), we have changed the text of our mission to>

We stimulate and promote innovative and impactful research in behavioral nutrition and physical activity to improve human and **planetary** health and well-being worldwide (the bold were added from the last statement)

1. Through our research, the ISBNPA community can contribute to addressing climate challenges. Our research specifically focuses on improving nutrition and physical activity behaviors, which can help reduce carbon footprints at both individual and population levels.

2. We are also committed to supporting research focused on climate action-related behavioral nutrition and physical activity. To this end, we have implemented several initiatives, including:

- In our last two conferences, we requested all submissions to include a statement on how their research is linked to climate action processes.
- We continue to collaborate with the entire ISBNPA community by **providing resources and networking opportunities at our annual meetings**. This dedicated time and space allows for further exploration of these topics and encourages shared efforts towards climate action.

Membership

Renew or Join us at ISBNPA

Renewing or joining ISBNPA's membership is of utmost importance for individuals who are passionate about promoting human and planetary health through behavioral nutrition and physical activity. By becoming a member, you not only contribute to the advancement of this field but also gain numerous benefits.



[ISBNPA's Pioneers program](#) provides an excellent opportunity to **support seed projects** in low and middle-income countries. With a competitive grant of 3000 USD, we annually select up to 5 projects that demonstrate potential in making a significant impact. These projects' outcomes are then showcased at our annual meeting, providing invaluable networking and knowledge-sharing opportunities.

Additionally, by being a member, you actively support our [Strategic Plan](#) initiatives, ensuring their successful implementation. We have already shown our commitment by providing eight grants (up to 1500 USD each) last year to special interest groups (SIGs) for conducting research on their respective topics.

Furthermore, we are proud to announce that we now **offer free membership to low and low middle-income** countries. We believe that everyone should have access to the resources and opportunities provided by ISBNPA.

Lastly, members can take advantage of a **50% discount on publishing their work** in IJBNPA. This discount is valued at approximately 1350 euros or 1500 USD, giving members an excellent opportunity to disseminate their research findings widely.

Moreover, members can enjoy **discounted registration fees for attending our annual meeting**, which serves as a platform for sharing cutting-edge research, engaging in fruitful discussions, and building collaborations with like-minded professionals from around the world.

[MEMBERSHIP WEBSITE](#)

In conclusion, renewing or joining ISBNPA's membership not only allows you to contribute directly to the field's progress but also offers numerous benefits such as funding opportunities through the Pioneers program, support for SIGs' research initiatives, free membership for low-income countries, significant discounts on publishing in IJBNPA, and reduced registration fees for the annual meeting. Join us today and be a part of the global movement to promote health through behavioral nutrition and physical activity.

Overview of the first 2024 trimester for ISBNPA

The past few months have been eventful with the XChange 2023 and the submission of abstracts to ISBNPA 2024. However, there is much more happening in the coming months.

In January, we will be sharing several important decisions concerning the Executive Committee Elections and the hosting locations for ISBNPA 2026 and 2029. Stay tuned for these updates.

February and March will bring exciting news about the ISBNPA 2024 scientific program. You will have the opportunity to join the program by submitting a late-breaking abstract and registering for the conference. Don't miss out on this chance to be a part of an enriching scientific experience.

The image provides a sneak peek into the next three months, but rest assured, there are even more exciting developments on the horizon. Stay connected with us for all the latest updates and announcements.


Webinars and ISBNPA YouTube Channel

You can see the recordings of all our webinars for free on our YouTube channel - [please follow us](#) ;-).

The latest webinar was organized last December 15, 2000 UTC, by the Socio-Economic Inequalities SIG, titled "Exploring the impact of mother kitchen recipe talk on Maternal anaemia and malnourish child among Tribes of Andhra Pradesh, India: a prospective cohort study". Watch the recording of this webinar in the video below.

Newer initiatives: Food fortification

Sno	States	Fortified food and current status
1	Haryana	DFS (All - Pipe line) Fortified Wheat Flour (6 Districts)
2	Himachal Pradesh	DFS (All)
3	Chandigarh	Fortified Rice (All), Fortified Wheat Flour (All)



Map of India showing states with different fortification statuses: red for 'All' and green for 'Partial'.

SIG Messages

The Young Adult SIG is currently seeking new members to join its leadership committee. If you are interested in becoming a part of this committee, we encourage you to learn more about the Young Adult SIG by clicking [[HERE](#)].

For any inquiries or to express your interest in joining the leadership team, please feel free to send an [email](#).



NESI

Network of Early Career
Researchers and Students
of ISBNPA

As our year winds down, the NESI team is thinking about goals for next year! If you haven't checked out our blogs before, we've had some fantastic ones like [the ins and outs of mentorship](#) or [mental illness during the PhD process](#).

We're looking to increase the number of our blogs and we want your help! This is a great outlet for NESI students and ECRs to practice non-scientific writing skills - if you want to submit a blog topic please send [an email](#) with the subject line "NESI Blog Pitch."

Student & ECR spotlights

We're also looking for students and ECRs to spotlight [on the NESI blog](#). We would love to feature members from all over the globe! [Fill out this form](#) if you're interested in being profiled.

Reach us!

Follow [@ISBNPA](#) on Twitter and [#NESI_ISBNPA](#) for NESI-related tweets. Any questions or comments? A publication to highlight? [Email us](#) anytime!

Latest articles @IJBNPA

Venegas Hargous, C., Orellana, L., Strugnell, C. *et al.* Adapting the Planetary Health Diet Index for children and adolescents. *Int J Behav Nutr Phys Act* 20, 146 (2023).

<https://doi.org/10.1186/s12966-023-01516-z>

Van Cauwenberg, J., De Paepe, A. & Poppe, L. Lost without a cause: time to embrace causal thinking using Directed Acyclic Graphs (DAGs). *Int J Behav Nutr Phys Act* 20, 145 (2023). <https://doi.org/10.1186/s12966-023-01545-8>

Prince, S.A., Lang, J.J., de Groh, M. *et al.* Prioritizing a research agenda on built environments and physical activity: a twin panel Delphi consensus process with researchers and knowledge users. *Int J Behav Nutr Phys Act* 20, 144 (2023).

<https://doi.org/10.1186/s12966-023-01533-y>

Shinozaki, N., Murakami, K., Yuan, X. *et al.* The association of highly processed food consumption with food choice values and food literacy in Japanese adults: a nationwide cross-sectional study. *Int J Behav Nutr Phys Act* 20, 143 (2023).

<https://doi.org/10.1186/s12966-023-01538-7>

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