

April 2024

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What's new @ISBNPA



President's Message

Ester Cerin

Dear ISBNPA community,

It's April and our 2024 annual meeting in Omaha is just around the corner. Needless to say, everything is ready for you to have an impactful, enriching and fun four-day in-person experience. But ... what else would you expect from Amy Yaroch, Paul Estabrooks, and their team? Right?

We have a packed program, including four keynotes, a climate action session, six workshops, 18 symposia, 180 orals, 110 short orals, two funders' symposia, and so on. To date, we have received 440 early bird registrations. We are expecting approximately 100 more given that the registration deadline for presenters is Monday April 15. So, this is a call for those who had their abstract accepted and have not registered yet to do so quickly. We are looking forward to learning about their research and seeing them in person!

While Antonio has effectively and efficiently provided all you need to know about Omaha 2024 in this newsletter (see below), I would like to focus on a few points. They are related to ISBNPA's strategic priorities. We will follow the tradition established in our previous annual meeting in Uppsala and have members of each strategic priority team give you a short progress report on their activities before each keynote. The 'Growing the Next Generation' initiative led by Jenna Hollis and Steph Chappel will launch a Building Future Leaders Program. This is an exemplary piece of work and major milestone for our strategic initiative. I am sure that you will be impressed by what they have done.

Obviously, I will not miss mentioning the work that our Climate Action initiative group has been doing. March 2024 has been the tenth month in a row to be the hottest on record. The last 12 months have been the hottest 12-month period ever recorded, with a global average temperature 1.58 degrees Celsius above the average in the 1850-1900 pre-industrial period. To raise awareness of the impact of our society on climate change and promote action, we have included information on the carbon footprint of Omaha 2024 on the meeting's website (currently totalling 277.14 metric tonnes of CO2 emissions) and provided suggestions on how ISBNPA members and attendees can reduce their carbon footprint, which are mainly about travel choices given that this is the main contributor to ISBNPA's CO2 emissions. We are also very keen on learning from you all on what else

ISBNPA could so. Therefore, be ready for being asked questions at Omaha 2024 in this regard!

I am looking forward to seeing you all in Omaha

As always ... stay active, healthy and sustainable!

Ester



ISBNPA

Advancing Behavior Change Science

OMAHA, NEBRASKA USA

20-23 May 2024



LATEST ISBNPA 2024

Join us at the upcoming ISBNPA 2024 conference in Omaha. More than 450 professionals have already registered to be a part of this exciting event. Here's what you'll gain:

1. Become a part of the most vibrant network of researchers specializing in behavioral nutrition and physical activity.
2. Engage with over 500 cutting-edge presentations, keynotes, symposia, workshops, dare2share sessions, and poster displays.
3. **For presenters: Ensure your spot in the scientific program by registering before April 15th.**

Don't miss out on this opportunity to connect with experts and learn about the latest research in your field!

[REGISTER HERE](#)

CLIMATE ACTION SESSION

Seb Chastin and Shilpa Dogra will lead a discussion titled, "How can the ISBNPA community contribute impactful research towards combating the climate crisis and fostering planetary health?"

The session will feature esteemed speakers including Karim Abu-Omar, Erica Hinckson, Rodrigo Reis, and Robb Hogg (a preliminary list).

In 2023, each delegate at our Annual Meeting "invested" 1.86 tCO₂e; this figure declined to 0.66 tCO₂e in 2024 (preliminary data).

Let's continue striving for lower greenhouse gas emissions while simultaneously advancing the science of behavioral nutrition and physical activity.

How to reduce your CO2e while attending ISBNPA2024

Here is another quick idea of what you can do. Stay tuned for more information coming to your inboxes.

Smart Accommodation Tips:

- While in your hotel room, consider if you really need a new towel every day of your stay. If not, consider turning down housekeeping services.
- When packing for your trip, consider skipping the travel size toiletries – these are a huge source of tourism-related plastic pollution and help contribute to nearly 11 million metric tons of plastic pollution dumped into the oceans annually. Instead, switch to refillable and reusable bottles

Remember, every little action counts towards reducing our carbon footprint. Let's strive for a sustainable future! 🌍

"ONE TO WATCH" SESSIONS

These sessions are designed to highlight students, early-career or mid-career researchers who have made exceptional contributions to behavioral nutrition and physical activity research.

This year's invited speakers are: Emily Tomayko, Laura Balis, Adewale Oyeyemi, Neha Rathi, Chelsea Singleton, and Jenna Hollis

ANNUAL GENERAL MEETING OF THE MEMBERS

We cordially invite all ISBNPA members to participate in our online AGM which is scheduled for June 11, 2100 UTC. (This translates to early the next day for members in Australia and New Zealand, and afternoon for those in the Americas.)

Please keep an eye on your inbox for the videoconference details that will be sent out soon.

GROWING THE NEXT GENERATION (one of the ISBNPA strategic plan initiatives)

Mid-Career Researchers – we are calling you! ISBNPA has been working hard to develop a course to help build leadership skills; **The “Building Future Leaders Program”**.

The pilot program will focus on core leadership modules of strategic thinking and decision making, building a successful team, and networking and collaboration. We are currently seeking expressions of interest from MCRs to be involved in the very first pilot program to be run May-August 2024.

If you are interested, please complete the form [\[using this link\]](#)

Applications will close on the 20th April 2024 11:59pm (CET time)

If you have any questions about the program, please do not hesitate to contact the Leadership Development Program Co-Chairs, [Steph Chappel](#) and [Jenna Hollis](#).

Comming up @ISBNPA

ISBNPA WEBINARS

The Webinar Spring Season is fully loaded with learning opportunities.

SIG Socio-economic inequalities: Explaining differential socioeconomic effects in population health interventions: Development and Application of the Depth tool for classifying intervention agent demand

REGISTER [\[HERE\]](#)

When> April 17, 2024, 20:00 GMT

Who>

Speakers:

Kate Garrott, MRC Epidemiology Unit, University of Cambridge.

Jean Adams, MRC Epidemiology Unit, University of Cambridge.

Moderators:

Lene Seider, University of Sydney

Joint Webinar (ISBNPA, SBM and UKSBM): Cancer Prevention and Management - Prehabilitation in Cancer Care

REGISTER [\[HERE\]](#)

When> April 19, 2023, 13:00 UTC

Who>

Speakers:

Daniel Santa Mina, Associate Professor, University of Toronto,

Louise H Hall, Research Fellow, University of Leeds,

Moderators:

Hannah Doughty, Research Associate, University of Liverpool,

Becca Beeken, Associate Professor of Behavioural Medicine, University of Leeds,

Linda Trinh, University of Toronto

Early Care and Education SIG Webinar: Reducing food waste where children live, learn and play: Future directions for policy and practice in high and middle-income countries

REGISTER [\[HERE\]](#)

When> May 14, 2024, 1100 UTC

Who>

Speakers:

Jess Haines, Department of Family Relations and Applied Nutrition, University of Guelph, Guelph, Ontario, Canada.

Audrey Elford, Institute for Physical Nutrition and Nutrition, Deakin University, Australia,

Yolande Smit, Department of Global Health, Faculty of Medicine and Health Sciences,

Stellenbosch University, South Africa,

Moderators:

Penelope Love, Institute for Physical Activity and Nutrition, Deakin University, Australia,

Latest articles @JBNPA

Frank, S.M., Jaacks, L.M., Meyer, K. et al. Dietary quality and dietary greenhouse gas emissions in the USA: a comparison of the planetary health diet index, healthy eating index-2015, and dietary approaches to stop hypertension. *Int J Behav Nutr Phys Act* 21, 36 (2024). <https://doi.org/10.1186/s12966-024-01581-y>

Zink, J., Booker, R., Wolff-Hughes, D.L. et al. Longitudinal associations of screen time, physical activity, and sleep duration with body mass index in U.S. youth. *Int J Behav Nutr Phys Act* 21, 35 (2024). <https://doi.org/10.1186/s12966-024-01587-6>

Heemskerck, D.M., Busch, V., Piotrowski, J.T. et al. A system dynamics approach to understand Dutch adolescents' sleep health using a causal loop diagram. *Int J Behav Nutr Phys Act* 21, 34 (2024). <https://doi.org/10.1186/s12966-024-01571-0>

Zi, Y., Bartels, M., Dolan, C. et al. Genetic confounding in the association of early motor development with childhood and adolescent exercise behavior. *Int J Behav Nutr Phys Act* 21, 33 (2024). <https://doi.org/10.1186/s12966-024-01583-w>

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