

September 2024

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What's new @ISBNPA



President's Message

Ester Cerin

Dear ISBNPA community,

Here we are again at the doorstep of another ISBNPA cycle. The previous ISBNPA cycle culminated with a wonderful annual meeting in Omaha, Nebraska. It definitely exceeded all my expectations. Why?? The quality of presentations and keynotes was tremendous. The food was delicious and sustainable (Both vegetarian and very tasty! I swear it is indeed possible to have both!). We had a fantastic climate action session that highlighted the urgency to be actively engaged in addressing the biggest challenge of our times and different approaches to address it. We had more than 60% reduction in CO₂e per person compared to ISBNPA 2023 in Uppsala. Finally, the organisation was impeccable ... so ... thank you once again Amy, Paul, Leah, Eric, the rest of the Omaha team, Venue West and many more! Well done!

While many of you might have been enjoying the summer holidays soon after our annual conference, a few of us, including the Executive Committee and, obviously, Antonio the Rock, have not stopped beavering away. And what have we been doing?

First, if you are a serious member of ISBNPA, you must know that the 'Growing the Next Generation' initiative led by Jenna Hollis and Steph Chappel launched a Building Future Leaders Program just before Omaha 2024. The pilot program was tailored to Middle Career Researchers and focused on the development of personal leadership skills. Well ... the first generation of future leaders has successfully and HAPPILY completed the course. We are now gathering their valuable feedback which will be incorporated in future iterations of the program for middle career as well as more junior researchers.

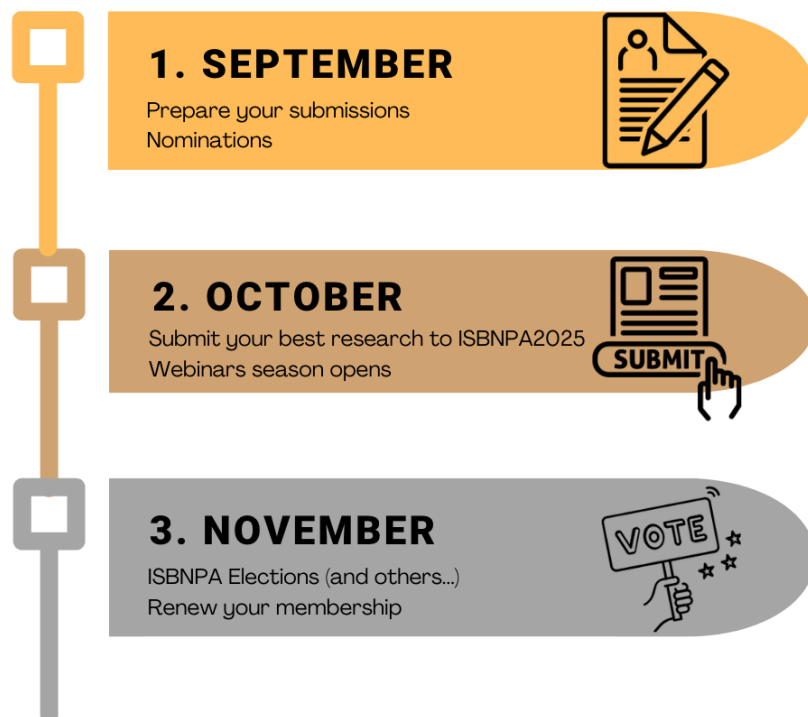
Second, if you are a serious member of ISBNPA, you will also be aware that we have been working on the next in-person meeting in Auckland, New Zealand, to be held on 11-14 June 2025. Submissions are already open for satellite meetings, pre-conference workshops, symposia, orals, dare2share and pioneer programs. We have been waiting for this event since 2020 when the COVID pandemic prevented us from celebrating the work of our society and its members in the magnificent Land of the Long White Cloud (Ao-teā-roa). Take advantage of this unique opportunity to showcase your best research and broaden your horizons by exchanging knowledge with the indigenous population.

Third, we are approaching the end of ISBNPA's strategic plan cycle. It is time for us to critically reflect on what we have accomplished in the last few years and think about what and how we want to achieve in 2025-2030. For this reason, with the assistance of Oro, a group mentoring company that helped us develop the current plan, we will be soon conducting a series of focus groups for each of the four strategic initiatives to understand members' perceptions and seek their advice on how we can best move forward.

Lastly, the call for executive committee nominations opens on September 19. We will be seeking nominations for four positions, including the Secretary and three members-at-large. Please consider this very important opportunity and send your nominations. A final thought about climate action. It is nice to see how this year's meeting in Omaha yielded more than 60% reduction in CO2e per person compared to the previous meeting. Let's continue on this path and broaden our influence. I invite all of you to think about how you could incorporate climate-related research in your work and send your ideas to us so that we can collectively engage in meaningful and impactful projects on this important topic.

Wishing you, once again, a fruitful, enjoyable, healthy and sustainable ISBNPA year ahead,
Ester

Comming up @ ISBNPA



ISBNPA2025, AUCKLAND, NEW ZEALAND

1. Calls for submissions

Our Annual Meeting is taking place in Auckland, New Zealand, June 11-14, 2025.

- Call for Orals is open from Sept 3 - Nov 22 [[Abstracts – ISBNPA 2025](#)]
- Call for Symposia is open from Sept 3 - Oct 18 [[Symposia – ISBNPA 2025](#)]
- Call for Satellite Meetings is open from Sept 3 - Oct 18 [[Satellite Meetings – ISBNPA 2025](#)]
- Call for dare2share is open from Sept 3 - Oct 18 [[#dare2share - ISBNPA 2025](#)]

- Call for workshops is open from Sept 16 - Nov 8 [[Pre-conference workshops – ISBNPA 2025](#)]



ISBNPA

Advancing Behavior Change Science

AUCKLAND NEW ZEALAND

11 - 14 JUNE, 2025



2. Keynotes

We are thrilled to announce that the following keynote speakers have been confirmed:

- **Jim Sallis** - Distinguished Professor Emeritus, Herbert Wertheim School of Public Health and Human Longevity Science, University of California, San Diego; Professorial Fellow, Australian Catholic University, Melbourne
- **Ihi Heke** - Director at Mauri Ora Associates

[ISBNPA2025 WEBSITE](#)

3. ISBNPA Dinner

We are excited to announce that we have reserved the prestigious Auckland Museum for the ISBNPA 2025 dinner. The venue, along with the planned social activities, promises to offer an unforgettable experience.



ISBNPA 2025 ELECTIONS

As part of the ISBNPA community (current member or not) you are invited to submit nominations (only ISBNPA members can be nominated) for the election of the following ISBNPA Executive Committee positions:

These elections will have the following positions available:

- Secretary (term runs from June 2025-2028)
- And three members-at-large (term runs from June 2025-2028)

Please use this to complete your nominations by October 13, 2024.

Self-nominations are accepted. Your nominations will be considered by ISBNPA's Nominations Committee while creating a final short-list of nominees.

You can see the current composition of the Executive Committee [\[HERE\]](#)



NEW SPECIAL INTEREST GROUPS

ISBNPA has established three new Special Interest Groups (SIGs). We encourage you to explore these SIGs and become a member. They are the driving force behind ISBNPA's commitment to advancing our vision and mission.

Mental Health and Wellbeing

(Chair: Jacinta Brinsley - SIG webpage [\[HERE\]](#))

The Mental Health and Wellbeing SIG serves to facilitate communication and collaboration among ISBNPA members with expertise and/or an interest in behavioral and lifestyle interventions for mental health and wellbeing. Our goals are to:

- 1) Foster international and interdisciplinary collaboration,
- 2) Provide a platform to unite and strengthen international research on lifestyle behaviors and mental health,
- 3) Actively engage in impact generating activities,
- 4) Create opportunities for research, education, implementation and dissemination.

Connect with us to share and learn more about how to integrate mental health and wellbeing into your research!

Indigenizing Wellbeing Research Circle

(Chairs: Brittany Wenniser, iostha Jock and Rob Hogg - SIG webpage [\[HERE\]](#))

The IWRC will bring together Indigenous and non-Indigenous ISBNPA members to advance two focus areas of behavioral nutrition and physical activity research:

1. The IWRC will center Indigenous peoples' knowledges, sovereignty, and self-determination within physical activity and behavioral nutrition research and elevate the voices of Indigenous Knowledge Carriers within these spaces.

a. We will support the next generation of Indigenous scholars by creating a sacred space for Indigenous scholars and trainees to be seen and valued as human beings.

2. From an Indigenous perspective, physical activity, nutrition, and wellbeing are the expression of our relationships to our territories and environments, and so the IWRC examines nutrition, physical activity and wellbeing holistically (balancing physical, mental, emotional, and spiritual dimensions within human beings) and examines ways to support reciprocal relationships with the land and all aspects of creation.

Further, our group highlights that:

a. Indigenous ceremonies, languages and spirituality are essential for wellbeing, and

b. Supporting the wellbeing of future generations of Indigenous youth and children are vital focus areas.

Systems Science

(Chairs: James Nobles and Alexandra Potts SIG webpage [[HERE](#)])

There has been a growing body of systems science research submitted to, and presented within, the ISBNPA annual conferences and the IJBNPA. Therefore, the timing feels right to have a SIG which focuses specifically on the application of systems science in dietary, physical activity, and broader population health related fields. The broad aims for the SIG are to:

- Showcase the innovative systems science work within the ISBNPA remit.
- Raise the profile of systems science, and its utility, within the ISBNPA remit.
- Identify the strengths and weaknesses of current systems science application and identify opportunities for its advancement.
- Create a dedicated network of ISBNPA members who seek to advance the use of systems science.

ISBNPA WEBINARS

The Webinar Season is starting in October:

Mentoring Webinar: Build Your Personal Mentorship Guide: An Interactive Event

When: October 3, 2024, 10:00 UTC [[REGISTER HERE](#)]

Who:

Dr Simone Verswijveren, Institute for Physical Activity and Nutrition (IPAN), School of Exercise and Nutrition Sciences, Deakin University

Dr Alissa Burnett, Institute for Physical Activity and Nutrition (IPAN), School of Exercise and Nutrition Sciences, Deakin University

SIG e- and mHealth Webinar: App Co-Design: Equity Considerations for Digital Health

When: October 2, 2024, 1300 UTC [[REGISTER HERE](#)]

Who:

Speakers:

Dr. Robert Newton, Pennington Biomedical Research Center

Dr. Mavra Ahmed, University of Toronto

Moderators:

Dr. Amanda Staiano, Pennington Biomedical Research Center

SIG Young Adult: Young Adult SIG Research Showcase

When: October 23, 2024, 22:00 UTC [[REGISTER HERE](#)]

Who:

Speakers:

Professor Jessica LaRose, Virginia Commonwealth University

Professor Zi Yan, Merrimack College

Moderators:

A/Professor Melinda Hutchesson, University of Newcastle

Assistant Professor Kristal Brown, Drexel University

Latest articles @JBNPA

Luick, M., Bianchi, F., Bain, F. et al. Do calorie labels change energy purchased in a simulated online food delivery platform? A multi-arm randomised controlled trial. *Int J Behav Nutr Phys Act* 21, 103 (2024). <https://doi.org/10.1186/s12966-024-01638-y>

Pons-Muzzo, L., de Cid, R., Obón-Santacana, M. et al. Sex-specific chrono-nutritional patterns and association with body weight in a general population in Spain (GCAT study). *Int J Behav Nutr Phys Act* 21, 102 (2024). <https://doi.org/10.1186/s12966-024-01639-x>

Ashton, L.M., Rayward, A.T., Pollock, E.R. et al. Twelve-month outcomes of a community-based, father-daughter physical activity program delivered by trained facilitators. *Int J Behav Nutr Phys Act* 21, 101 (2024). <https://doi.org/10.1186/s12966-024-01648-w>

Wilson, O.W., Wojcik, K.M., Kamil, D. et al. The associations of muscle-strengthening exercise with recurrence and mortality among breast cancer survivors: a systematic review. *Int J Behav Nutr Phys Act* 21, 100 (2024). <https://doi.org/10.1186/s12966-024-01644-0>



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