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**Your campaign ISBNPA Ageing SIG Newsletter - December 2024 has been sent**  
1 message

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**Constant Contact** <noreply@constantcontact.com>  
Reply-To: noreply@constantcontact.com  
To: isbnpaorganization@gmail.com

Thu, Dec 19, 2024 at 11:11 AM



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Dear António Palmeira,

Your campaign '**ISBNPA Ageing SIG Newsletter - December 2024**' was sent on 12/19/2024 around 6:08 AM EST.

Below is a copy of the message your subscribers received. See how your campaign is doing by visiting Reports [in your account](#) to get real-time results and stats.

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**Subject:** ISBNPA Ageing SIG Newsletter - December 2024

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The screenshot shows the top portion of an email newsletter. At the top right is the ISBNPA logo with the tagline 'Advancing Behavior Change Science'. Below this is a larger version of the logo and the text 'ISBNPA' in a large, light blue font, with 'Ageing' written in a smaller font below it. A green horizontal bar contains the text 'Newsletter December 2024' and 'ISBNPA Ageing SIG'. Below the bar is the heading 'Welcome from the Ageing SIG Co-chairs' in a bold, dark blue font. The main body of the newsletter begins with the text: 'In this newsletter we are excited to share with you the news of our SIG co-hosting a pre-conference event at the upcoming annual meeting in Auckland, New Zealand. We highlight recent publications shared by Aging SIG members and spotlight the research of doctoral candidate Laura Anderson on menopause and markers of inflammation.'

Our leadership team has been hard at work planning webinars for 2025 in collaboration with other SIGs to enhance engagement and broaden the reach of these exciting learning opportunities. More to come about these in the new year.

We still have a few openings in our leadership team, so if you are considering taking on a new leadership role in 2025, this might be an excellent opportunity for you, find out more in the newsletter.

We wish everyone a happy holiday and prosperous 2025!

A/Prof Hattie Wright and Dr Marina Pinheiro - Ageing SIG co-chairs

Follow us on X at @ISBNPA\_Ageing or contact us via [ageing\\_sig@isbnpa.org](mailto:ageing_sig@isbnpa.org)



**A/Prof Hattie Wright**  
Co-chair ISBNPA Ageing SIG



**Dr Marina Pinheiro**  
Co-chair ISBNPA Ageing SIG

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## ISBNPA CONFERENCE, Auckland 11-14 June 2025

We look forward to seeing you at the ISBNPA 2025 in Auckland, New Zealand

The deadline for abstract and symposium submissions are is now closed. Stay tuned for early bird registration!

ISBNPA 2025 Conference Website: <https://annualmeeting.isbnpa.org/>

This year, our SIG is co-hosting the World Congress on Active Aging as a pre-conference event which is led by Professors Shilpa Dogra, Erika Hinckson and Dr Paul Gardiner. We are excited to be part of this initiative to reinvigorate this popular congress and that ISBNPA is now the new 'home' for this congress. Be sure to register for this exciting pre-conference event when you sign up for the 2025 ISBNPA conference.

# The World Congress on Active Aging

**When?** June 10<sup>th</sup>, 2025.

**Where?** Auckland, NZ.



## Learning from our Elders to Create a More Inclusive Future.

We are thrilled to announce that ISBNPA will be the new home for the World Congress on Active Aging (WCAA). This year's theme emphasises the importance of learning from past experiences to build a new and collaborative future for the field.

### Keynote Address

Anne Tiedemann,  
Professor,  
Theme Leader in  
Healthy Aging,  
The University of  
Sydney.

*Inclusive  
Innovation for  
Broader Benefits:  
The Future of  
Active Aging  
Research*

### Debate

Organized by the  
ISBNPA Aging  
Special Interest  
Group

*Physical Activity  
and Nutrition  
Behaviour for  
Healthy Aging:  
Individual or  
Societal  
Responsibility?*

### Panel Session

*Indigenous Knowledge Carriers: Our  
Active Aging Story*

### Additional Activities

Networking Opportunities for ECRs,  
Collaboration Activities, Next Steps  
for the WCAA

### Registration Information

Register for the WCAA when you  
register for the ISBNPA conference  
<https://annualmeeting.isbnpa.org/>

## WE ARE RECRUITING

The ISBNPA AGEING SIG leadership committee is currently looking for new members!

Joining the SIG leadership team is an excellent way to network and collaborate with researchers with similar interests across the world.

We in particular need to grow our NUTRITION researchers in our SIG. We are also looking for new members to join:

- WEBIBAR sub-committee: activities include organizing Webinars (1-2 per year) for our members.

If you are interested in joining or learning more about the SIG, contact us via:  
[ageing\\_sig@isbnpa.org](mailto:ageing_sig@isbnpa.org)

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## SOCIAL MEDIA UPDATES

This year we are aiming to highlight your incredible contribution to the ageing research space through our X account. Do you have a new publication, presentation abstracts, posters or announcements you would like to share on our X account?

Please send any X content you would like posted to [ageing\\_sig@isbnpa.org](mailto:ageing_sig@isbnpa.org)

**Follow us on X: @ISBNPA\_Ageing**

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## RECENT PUBLICATIONS

- Palmberg L, Suorsa K, Löppönen A, Karavirta L, Rantanen T, Rantalainen T. 24-hour movement behaviors and changes in quality of life over time among community-dwelling older adults: a compositional data analysis. *International Journal of Behavioral Nutrition and Physical Activity*. 2024 Nov 12;21(1):130.
- Harris D, Dlima SD, Gluchowski A, Hall A, Elliott E, Munford L. The effectiveness and acceptability of physical activity interventions amongst older adults with lower socioeconomic status: a mixed methods systematic review. *International Journal of Behavioral Nutrition and Physical Activity*. 2024 Oct 22;21(1):121.
- Wang X, Zhang J, Xu X, Pan S, Cheng L, Dang K, Qi X, Li Y. Associations of daily eating frequency and nighttime fasting duration with biological aging in National Health and Nutrition Examination Survey (NHANES) 2003–2010 and 2015–2018. *International Journal of Behavioral Nutrition and Physical Activity*. 2024 Sep 19;21(1):104.
- Linton C, Schaumberg MA, Wright HH. Dietary inflammatory index is not associated with bone mineral density in functionally able community-dwelling older adults. *European Journal of Nutrition*. 2024 Sep 24:1-1.
- Pernoud LE, Gardiner PA, Fraser SD, Dillon-Rossiter K, Dean MM, Schaumberg MA. A systematic review and meta-analysis investigating differences in chronic inflammation and adiposity before and after menopause. *Maturitas*. 2024 Dec 1;190:108119.

- Berntzen BJ, Tolvanen A, Kujala UM, Silventoinen K, Vuoksima E, Kaprio J, Aaltonen S. Longitudinal leisure-time physical activity profiles throughout adulthood and related characteristics: a 36-year follow-up study of the older Finnish Twin Cohort. *International Journal of Behavioral Nutrition and Physical Activity*. 2024 Apr 26;21(1):47.
- Mellow ML, Dumuid D, Olds T, Stanford T, Dorrian J, Wade AT, Fripp J, Xia Y, Goldsworthy MR, Karayanidis F, Breakspear MJ. Cross-sectional associations between 24-hour time-use composition, grey matter volume and cognitive function in healthy older adults. *International Journal of Behavioral Nutrition and Physical Activity*. 2024 Jan 30;21(1):11.
- Gomes Gonçalves N, Cacao LT, Ferreira NV, Lotufo PA, Goulart AC, Viana MC, Barreto SM, Bensenor IM, Marchioni DM, Suemoto CK. Adherence to the planetary health diet and cognitive decline: findings from the ELSA-Brasil study. *Nature Aging*. 2024 Jun 28:1-2.

**Do you have a new paper you would like highlighted? Email us at [ageing\\_sig@isbnpa.org](mailto:ageing_sig@isbnpa.org)**

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## SPOTLIGHT ON AN EARLY CAREER RESEARCHER

One of the aims of the Ageing SIG is to enhance networking, advertise post doc positions, job opportunities and research exchanges. We would like to use the newsletter to invite one Early-Stage Researcher to talk about their PhD topic and future expectations.

Suggest any of your PhD students for our next issue. Please send them to: [ageing\\_sig@isbnpa.org](mailto:ageing_sig@isbnpa.org)

### Spotlight on LAURA ANDERSON

#### **1. Tell us about your area of research. What attracted you to this area of research?**

My research focus is in menopause, specifically, investigating differences in markers of inflammation across the stages of menopause. Menopause is a significant period of physiological change, which leads to a disproportionate increase in the risk for chronic diseases. However, a disparity in high-quality research in this area limits the understanding of the underlying mechanisms that could contribute to the increased risk of disease. A number of chronic diseases are underpinned by low-grade chronic inflammation, therefore we wanted to see if there are differences in inflammation across the stages of menopause, to potentially explain some of the mechanisms underpinning disease risk in this population.

#### **2. What have been your most exciting achievements to date?**

My most exciting achievement to date would be a tie between my recent first author publication, and the successful recruitment of over 150 participants as part of one of

the studies that comprise my PhD. It was very exciting and motivating to interact, and hear lived experience with participants that were experiencing menopause.

### 3. Tell us about your current role

I am a PhD candidate in the school of health, with approximately one year until completion. As part of my PhD, I am the primary investigator on a multi-disciplinary project investigating lifestyle risk factors for chronic disease across the stages of reproductive ageing. This role involves coordinating recruitment, conducting data collection, and data analysis.

### 4. What research publications would you like to highlight?

I have recently published my first, first author paper which is a systematic review and meta-analysis investigating differences in inflammation and adiposity before and after menopause. Here is the link to the paper:

<https://www.sciencedirect.com/science/article/abs/pii/S0378512224002147?dgcid=author>

### 5. What do you enjoy doing in your free time?

I have a young family with two children so I spend all my free time soaking up moments with them going on little adventures around where we live on the Sunshine Coast.



#### Contact details

**email:** [landerson@usc.edu.au](mailto:landerson@usc.edu.au)

**www.linkedin.com/in/laura-pernoud-37a33718a**

## SIG Leadership Team

**SIG co-chair:** Hattie Wright, associated professor in nutrition and dietetics School of Health at the University of the Sunshine Coast Australia, advanced Accredited Practising Dietitian

**SIG co-chair:** Marina de Barros Pinheiro, senior lecturer and physiotherapist at the Institute for Musculoskeletal Health, School of Public Health at the University of Sydney.

**Webinars:** Trynke Hoekstra, assistant professor of epidemiology and biostatistics in the Faculty of Science at VU Amsterdam.

**Awards:** Neha P. Gothe, associate professor in the Department of Kinesiology and Community Health at the University of Illinois Urbana Champaign.

**Awards:** Cathie Sherrington, professor and Senior Principal Research Fellow at the University of Sydney School of Public Health.

**Communication Officer:** Corey Linton, associate lecturer in Nutrition and Dietetics School of Health | University of the Sunshine Coast, Accredited Practicing Dietitian

**Communication Officer:** Natalia Gomes Gonçalves, post-doctoral researcher at the University of São Paulo Medical School.

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**Have anything to add to the next issue? Let us know by sending an email to [ageing\\_sig@isbnpa.org](mailto:ageing_sig@isbnpa.org)**

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