



March 2025

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What's new @ISBNPA



President's Message

Ester Cerin

Dear ISBNPA community,

I hope you have been building your excitement reading António's e-blasts about the progress we have been making with our 2025 annual meeting in Auckland. You may remember that we were supposed to meet there five years ago but did not because the COVID-19 pandemic threw a spanner in the works! A positive outcome of this experience was an even more energised ISBNPA community determined to make Auckland 2025 shine. Co-chaired by Erica Hinckson, Scott Duncan and Melody Smith, the annual meeting committee has put together an excellent, extensive and exciting (3X) international program with a unique, local indigenous touch giving us all the opportunity to expand our horizons. We have a full program, including four keynotes, four "One to Watch" plenary sessions, a research impact session, eight workshops, 58 symposia, 198 orals, 260 short orals, around 500 posters, and so on. So, this is a reminder for you to register for the meeting as the early bird registration ends on April 7 at 11:59pm PDT. When you register, I highly recommend you include the Maori Ora (ISBNPA dinner) which will be held at the Auckland Museum and include cultural activities. This is a unique opportunity to learn from the local indigenous community. Finally, those interested in physical activity research in older adults should consider attending the World Conference on Active Ageing (this year's pre-conference satellite meeting) held a day before the start of ISBNPA 2025 on June 10. See you all in Auckland!

Is there anything else I should inform you about? A couple of things. Let's start with ISBNPA's new strategic plan. In collaboration with the Oro Group Mentoring Team, the ISBNPA Executive Committee started their evaluation of the current strategic plan last year. Several in-depth focus groups were conducted to better understand ISBNPA's strengths and identify specific opportunities for action in the next 5-year plan. I am pleased to inform you that, according to the feedback we received, we appear to be doing particularly well in the domains of interdisciplinary research, mentorship, leadership programs, commitment to diversity, and "openness" to collaboration, new perspectives and new topics. There was a general consensus that we should do more to increase our societal impact, strengthen our interaction with LMIC and boost interdisciplinary research and mentoring of early career researchers. The next strategic plan will focus on these

domains and continue considering the sustainability and carbon footprint of our society in the decisions we make and activities we undertake.

A last point I would like to mention is that my presidency will come to an end at the end of the annual meeting in Auckland. I will pass the baton to Seb Chastin who will lead the society for the next two years. Seb has been a very active and prominent member of ISBNPA for some time. I am sure he will excel in this role. The last two years have been challenging for me, not because of my presidency, but because of personal reasons. I thank António and the whole ISBNPA community for making my job as easy as it could be.

Thank you, ISBNPA family!

Ester

ISBNPA2025, AUCKLAND, NEW ZEALAND

1. Manaaki taiao, manaaki tāngata, manaaki meake nei

- Take care of the environment, take care of the people, take care of the future.

Each year, the ISBNPA Annual Meeting program and activities are guided by a soft theme. This year, the theme aligns closely with the [ISBNPA Mission](#), emphasizing long-term thinking and prioritizing environmental considerations in all our research on behavioral nutrition and physical activity. Our goal is to enhance human health through these efforts.



2. Numbers

An abundance of cutting-edge research in behavioral nutrition and physical activity will be showcased at ISBNPA 2025. The conference will feature over 1,200 presentations, including keynotes, symposia, Dare2Share sessions, and both oral and poster presentations, highlighting the finest work in our field.

With less than a month left until the early bird registration deadline, we are excited to announce that we have already received over 250 conference registrations and more than 85 reservations for the Mauri Ora dinner at the Auckland Museum.

Be sure to register soon to secure your spot, as accommodations at the best rates and seats for the Mauri Ora dinner are limited.

ISBNPA2025 WEBSITE

3. Keynotes

All the [ISBNPA2025 keynotes are confirmed](#). Check our Annual Meeting website to learn more.

At ISBNPA 2025, we are thrilled to invite the rising stars of our community once again to deliver a **"One-to-Watch"** keynote presentation—a dynamic 20-minute plenary session. Stay tuned for more details about these exciting talks and the inspiring colleagues behind them.



4. Registration

With less than a month remaining for early bird registration, we're thrilled to see the numbers rising quickly. Be sure to register soon, as some activities—such as the workshops and Mauri Ora dinner—have limited availability. Additionally, accommodations for the annual meeting are filling up rapidly.

REGISTRATION

Conference + vacation = "Conferencation"

New Zealand is often considered a "bucket-list" destination for travelers. To minimize your carbon footprint, consider consolidating your travels to make the most of your trip by engaging in multiple activities. ISBNPA offers an excellent opportunity to immerse yourself in research-related events, with two satellite meetings planned around the conference.

You might also want to extend your stay, either before or after the conference, to fully experience all that New Zealand has to offer.

BUILDING THE FUTURE LEADERS

One of the key highlights of the ISBNPA Growing the Next Generation Strategic Plan Initiatives is the Building the Future Leaders course, with the pre-registration deadline fast approaching **on March 28th**. This course is specifically designed for colleagues who completed their PhDs five years ago and are looking to enhance their leadership skills while maintaining a healthy work-life balance. Now in its second edition, this course was developed in collaboration with [Hugh Kearns](#) and includes four modules, each spanning six weeks.

The registration fee is \$100 for ISBNPA members. Don't miss out on this valuable opportunity to advance your career—[learn more about the course here](#).

STRATEGIC PLAN 2025-2030

We have completed the evaluation of the previous ISBNPA Strategic Plan, which has provided valuable insights for shaping our new 2025-2030 Strategic Plan. We are pleased with the outcomes, even though we didn't achieve all of our goals; these shortcomings have offered critical lessons that have informed the development of our new plan. Over the coming months, we will share more details about the plan and will present it in its entirety at ISBNPA2025.

[Stay tuned to learn more.](#)

ISBNPA WEBINARS

Systems Science SIG

Registration: [\[HERE\]](#)

Title:

An introduction to systems approaches in public health – where are we up to and how are they being used?

When

March 24, 2025, 1430 UTC

Who:

Speakers:

Leandro Garcia, Senior Lecturer, Centre for Public Health, Queens University Belfast

Fiona Bull, Head of Physical Activity at World Health Organisation

Hayley Lever, Chief Executive Officer (Greater Manchester Moving) and GM Moving Exec Lead

Moderators:

Sophie Jones, Research Fellow, Centre for Public Health, Queens University Belfast

Maud ter Bogt, Researcher at Radboudumc department of primary care, and the public health service Gelderland-Zuid

Policies and Environments SIG

ISBNPA is a proud partner of the SIG Policies and Environments-related webinar

Registration: Email Justyna.lis@ul.ie

Title:

Policy research in physical activity, physical education, and sport: Shared goals, diverse approaches

When:

March 24, 2025, 2100 UTC

Who:

Speakers:

Sven Messign, University of Limerick and FAU

Aurelia van Hoye, University of Limerick and Université de Lorraine

Jenna Lorusso, University of Limerick

Co-chair:

Catherine Woods, Director, Physical Activity for Health, HRI research Centre, University of Limerick

Organization:

PAFH - Physical Activity for Health, HRI Research Centre, University of Limerick

ISBNPA

Université de Lorraine

FAU - Friedrich Alexander Universität, Erlangen, Nurnberg

University of Limerick, Health Research Institute

Machine Learning and Artificial Intelligence in Digital Behavior Change Interventions for Health - A NESI Webinar

Registration : [\[HERE\]](#)

Title:

Machine Learning and Artificial Intelligence in Digital Behavior Change Interventions for Health

When

April 03, 2025, 20:00 GMT

Who:**Speakers:**

Amy Bucher, Chief Behavioral Officer & Co-Director of the Behavioral Reinforcement Learning Lab (BReLL) Lirio, Inc.

Moderators:

Jennifer Gale, Department of Paediatric & Child Health, University of Otago, Dunedin, New Zealand

Stephen Barrett, Bendigo Health, Victoria Australia,

Chairs

Emma Ostermeier and Stephen Barrett - NESI Workshop and Webinar Committee Co-chairs

Promoting Health Behaviours and Rehabilitation for Teenage and Young Adult Cancer Survivors: An ISBNPA SIG Cancer and Prevention

Registration : [[HERE](#)]

Title:

Promoting Health Behaviours and Rehabilitation for Teenage and Young Adult Cancer Survivors

When

May 7, 2025, 1400 UTC

Who:**Speakers:**

Scott Capozza, Yale School of Medicine

Carina Nigg, University of Bern

Jennifer Fitzpatrick, Irish Cancer Society and Technological University of the Shannon,

Moderators:

Hannah Doughty, Liverpool John Moores University,

Rebecca Beeken, University of Leeds,



NESI

Network of Early Career
Researchers and Students
of ISBNPA

🌟 Spotlight Alert!

We're excited to introduce Sunaina Chopra ([@Sunaina Chopra](#)), MSc (she/her), a dual Master of Physical Therapy (MPT) and PhD student in the Rehabilitation programme at the University of British Columbia! Sunaina is dedicated to empowering First Nations communities in northern British Columbia with sustainable, culturally inclusive physical activity programmes. Her current work focuses on enhancing on-reserve healthcare services and supporting cultural practices through physical activity, responding directly to community needs. This aligns with the Truth and Reconciliation Calls to Action.

Sunaina is collaborating with Carrier Sekani Family Services (CSFS) to develop a four-part programme, improving physical activity opportunities for 13 First Nations Communities. Want to learn more about her amazing work? Please click here for the full [spotlight!](#)



Email us

Drop us an email at: nesi.isbnpa@gmail.com to get involved today and share your insights!

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Follow [@ISBNPA](#) on Twitter and [#NESI_ISBNPA](#) for NESI-related tweets.

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Latest articles @JBNPA

Dygrýn, J., Brazo-Sayavera, J., Cruz, J. et al. Definitions of determinants of physical activity behaviour: process and outcome of consensus from the DE-PASS expert group. *Int J Behav Nutr Phys Act* 22, 34 (2025). <https://doi.org/10.1186/s12966-025-01728-5>

Heemskerk, D.M., van Stralen, M.M., Piotrowski, J.T. et al. Developing a whole systems action plan promoting Dutch adolescents' sleep health. *Int J Behav Nutr Phys Act* 22, 33 (2025). <https://doi.org/10.1186/s12966-025-01711-0>

Streram, S., Burrows, T., Duncan, M.J. et al. Health behaviour interventions to improve mental health outcomes for students in the university setting: a systematic review of randomised controlled trials. *Int J Behav Nutr Phys Act* 22, 32 (2025). <https://doi.org/10.1186/s12966-025-01718-7>

Delobelle, J., Compennolle, S., Vetrovsky, T. et al. Contexts, affective and physical states and their variations during physical activity in older adults: an intensive longitudinal study with sensor-triggered event-based ecological momentary assessments. *Int J Behav Nutr Phys Act* 22, 30 (2025). <https://doi.org/10.1186/s12966-025-01724-9>



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