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**Kia ora and welcome to our May Newsletter!**

Join us this month for our first joint webinar with the Ageing SIG, titled “Ageing, Technology, and Readiness: Human Factors and Smart Home Innovations.” Many of our SIG members are also members of the Ageing SIG, and we selected a topic we believe will have broad appeal. We are trying a different approach for the webinar. The speaker recordings are published online for you to view at any time, and we are also hosting a live Q&A for a robust conversation with the speakers. We hope this will allow you flexibility to watch the recordings to suit your time zone while also offering a live virtual conversation. See below for more details and links.

We are excited to see many of you at this year’s annual meeting in Auckland, New Zealand. For the first time, ISBNPA will host a “SIG Marketplace” that will be available during coffee breaks, poster sessions, and lunch breaks. Each SIG will have a table with 1-2 volunteers who are available to meet with you, talk about SIG opportunities, and learn about your work. Please prioritize stopping by our e-&mHealth SIG table to network and to support our SIG!

In this newsletter, we highlight an e-&mHealth symposium titled “*Active Algorithms*,” which will explore how artificial intelligence (AI) and machine learning (ML) are poised to revolutionise the design and delivery of physical activity interventions. We also highlight the One-to-Watch early career

presentations including “*Ripple effects: our findings on exercise and the mind, and the unexpected doors it opened*” and a social event at the annual meeting that we hope you will join. We are truly fortunate to be hosted in such a stunning city, surrounded by breathtaking scenery. Be sure to check out the social events and make the most of your time connecting with international colleagues—follow our social media channels for live updates throughout the event.

Thank you for being a valued member of the e-&mHealth SIG. **We are requesting your feedback on a brief survey about our SIG.** Your input is greatly appreciated as it will support the committee to better serve SIG members. Please take a few minutes to complete the survey linked here:

**** [ISBNPA e-&mHealth SIG Survey](#) **.**

Thank you for supporting our SIG!

Amanda Staiano, PhD
Chair, ISBNPA e-&mHealth SIG
Associate Professor
Pennington Biomedical Research Center, USA



We are pleased to announce the winner of the 2024 Publication of the Year Award! 🏆



Title of paper: *Impact of feedback generation and presentation on self-monitoring behaviors, dietary intake, physical activity, and weight: a systematic review and meta-analysis*



Authors: Rebecca A. Krukowski*, Andrea H. Denton, and Laura M. König



We received many incredible submissions, and after a tough deliberation process, the winner was selected by a committee based on the following three criteria:



Scientific Rigor in e-/m-Health Research



Innovation in Digital Health for Behavior Change



Impact on Health Behavior and Public Health Outcomes

Upcoming Symposium at ISBNPA 2025: Active Algorithms – Developing the Physical Activity Interventions of the Future with AI



Thursday, June 12, 2025 | 4:45–6:00 PM | Hunua 1



ISBNPA 2025 | Auckland, New Zealand



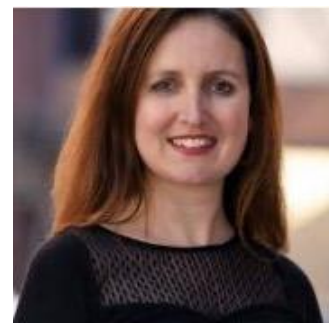
Sponsored by Central Queensland University

Don't miss this exciting upcoming symposium at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 2025 conference in Auckland, New Zealand. “*Active Algorithms*” will explore how artificial intelligence (AI) and machine learning (ML) are poised to revolutionise the design and delivery of physical activity interventions.

As AI tools like Large Language Models (LLMs), Natural Language Processing (NLP), and Reinforcement Learning (RL) evolve, they offer unprecedented opportunities for scalable, personalised behaviour change. This session will provide researchers and practitioners with real-world case studies, practical guidance, and critical reflections on the integration of AI into health interventions.

Featured presentations include:

- Prof. Corneel Vandelanotte (CQUniversity) will unveil *MoveMentor*, a digital assistant using LLM, NLP, and RL to deliver personalised physical activity support—and share key lessons from its development.
- Dr. Jacqueline Mair (Singapore-ETH Centre) will present ML models that predict when users are most receptive to behavioural prompts using passive smartphone sensing data.
- Prof. Carol Maher (University of South Australia) will showcase a co-designed AI-powered virtual health coach built with LLMs, aiming to deliver cost-effective, scalable lifestyle support.



The session will conclude with a summary and open discussion led by Dr. Rachel Curtis, focusing on technical challenges, ethical issues, and future directions in AI-driven health behaviour change.

Join us to learn how you can be at the forefront of this rapidly evolving field.

SIG Member Spotlight

Dr. Ben Singh, PhD

[LINK TO BIO](#)

Research Fellow, University of South Australia



🌟 SIG Member Spotlight at ISBNPA 2025: One-to-Watch Keynote Presentation

Be sure to catch one of the most anticipated sessions at ISBNPA 2025 in Auckland—our *One-to-Watch* keynote series, spotlighting six outstanding early career researchers who are driving the next wave of innovation in behavioral nutrition and physical activity.

We're proud to share that SIG member Dr. Ben Singh from the University of South Australia has been selected to present his cutting-edge work as part of this prestigious session.

💡 **Presentation Title: *Ripple effects: our findings on exercise and the mind, and the unexpected doors it opened***

Ben's presentation will explore how findings from exercise-focused research led to surprising insights into mental health, habit

formation, and broader applications beyond physical activity. It's a session you won't want to miss.

Stay tuned for more highlights from our SIG members at ISBNPA 2025!

Would you like to be featured in the next newsletter? Let us know! Email: emhsig.isbnpa@gmail.com.

Ageing, Technology, and Readiness: Human Factors and Smart Home Innovations

 **Watch the recorded webinar presentations now:**



-  ***Dr Claire Gough – Human factors in tech use:***
-  ***Dr Gordana Dermody – Smart homes & readiness***



Click the link below:

<https://isbnpa.org/sig/may-27-2025-2000-utc-qa-about-the-sigs-ageing-and-e-mhealth-webinar-ageing-technology-and-readiness-human-factors-and-smart-home-innovations/>

Join the live Q&A convo on tech + ageing and find out what this means for your research.

 **May 27, 2005 (20:00 UTC)**  **[Register here](#)**



#ConnectedCare #ISBNPA #HealthyAgeing #AgeingWell #HealthTech #eHealthInnovation

This webinar brings together the e-&mHealth and Ageing Special Interest Groups to explore the challenges and opportunities of using technology to support healthy ageing. We will examine the human factors influencing technology adoption among older adults and discuss how these insights apply to innovative models such as Health Smart Homes and the Ecology of Readiness.


Building on the recorded presentations available through the ISBNPA website, this live session offers Early Career Researchers (ECRs), Mid-Career Researchers (MCRs), and all ISBNPA members the chance to ask questions, share ideas, and deepen their understanding of how technology can enhance research and care practices for an ageing population. We look forward to sharing our work with you and encouraging lively discussion. Please review the supporting presentations ahead of the session:


Bridging Care and Innovation: Human Factors Shaping Technology Use for an Ageing Population – Dr Claire Gough

Health Smart Homes and the Ecology of Readiness: Older Adults, Caregivers, and Connected Care – Dr Gordana Dermody

 **Join Us for a Night of Fun, Flavour & Connection with Your Fellow SIG Members!**

Mauri Ora: ISBNPA 2025 Dinner Experience

 **June 13, 2025**

 **Auckland Museum**

Get ready for an unforgettable evening of connection, culture, and celebration at Mauri Ora—this year's signature ISBNPA 2025 dinner event! More than just a meal, this is your chance to unwind, socialise, and share a fun-filled night with fellow SIG members in the stunning setting of the Auckland Museum.

Enjoy:

- A captivating **Kapa haka cultural performance**
- A delicious showcase of **Aotearoa's local cuisine**
- Private access to **museum highlights** including the Māori Court and Pacific Masterpieces
- A lively **dance floor with a renowned DJ**
- Round-trip **private transport from the Aotea Centre**


Spaces are limited and this event is always a highlight—so don't miss your chance to connect with peers and celebrate in style. Be sure to book your ticket during the registration process!





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

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

The International Society of Behavioral Nutrition and Physical Activity (ISBNPA) Conference is fast approaching in 2025! Don't miss this opportunity to connect with global experts, share groundbreaking research, and be part of the latest advancements in the field.

 **Key Dates to Remember:**

 **Standard Registration Begins – April 8, 2025 – Secure your spot before it's too late!**

 **Conference Dates – June 11–14, 2025 – Join us for four days of inspiring presentations, networking, and collaboration.**

View the program here: **<https://annualmeeting.isbnpa.org/program/>**

Recent e-&mHealth Publications

Management of Chronic Diseases and Lifestyle

1. Qiu, Sha Sarah, et al. "How does mHealth benefit older Chinese adults' quality of life? Examining the roles of eHealth literacy, health motivation, and patient activation." *Digital Health* 11 (2025): 20552076241313160.
2. Daniels, Kim, Kirsten Quadflieg, and Bruno Bonnechère. "Mobile health interventions for active aging: a systematic review and meta-analysis on the effectiveness of physical activity promotion." *mHealth* 11 (2025): 4.
3. Hurley, Lex, et al. "Measuring the influence of depressive symptoms on engagement, adherence, and weight loss in an eHealth intervention." *PLOS Digital Health* 4.3 (2025): e0000766.
4. Kanai, Masashi, et al. "The Effect of Combining mHealth and Health Professional–Led Intervention for Improving Health-Related Outcomes in Chronic Diseases: Systematic Review and Meta-Analysis." *Interactive Journal of Medical Research* 14.1 (2025): e55835.

Diet Interventions

1. Sivakumar, Bridve. "Co-design and evaluation of a mHealth intervention to enhance dietary self-management and adherence in patients with heart failure." (2025).
2. Abeltino, Alessio, et al. "Digital applications for diet monitoring, planning, and precision nutrition for citizens and professionals: a state of the art." *Nutrition Reviews* 83.2 (2025): e574-e601.
3. Lilliecreutz, Caroline, et al. "SPARK: an mHealth intervention for self-management and treatment of gestational diabetes mellitus in Sweden—protocol for a randomised controlled trial." *BMJ open* 15.3 (2025): e089355.
4. Andargeery, Shaherah Yousef, and Dina S. El-Rafey. "A randomized controlled trial of the effectiveness of the mHealth program in improving the lifestyle of nursing students." *Scientific Reports* 15.1 (2025): 9765.

Physical Activity and Sedentary Behavior Interventions

1. Lee, Seungmin, et al. "A meta-analysis of eHealth interventions to promote physical activity in young, middle-aged, and late middle-aged adults with obesity or overweight." *Obesity Reviews* (2025): e13898.
2. Walha, Roua, et al. "e-Health Interventions for Promoting Physical Activity in Aging Adults: A Scoping Review." *Telemedicine and e-Health* (2025).
3. Di Pumpo, M., et al. "Digital Health Interventions to Promote Physical Activity in Community-Dwelling Older Adults: A Systematic Review and Semiquantitative Analysis." *International Journal of Public Health* 69 (2025): 1607720.
4. Brennan, Carol, et al. "Developing an Evidence-and Theory-Informed Mother-Daughter mHealth Intervention Prototype Targeting Physical Activity in Preteen Girls of Low Socioeconomic Position: Multiphase Co-Design Study." *JMIR Pediatrics and Parenting* 8 (2025): e62795.

Don't see your recent publication listed? Let us know! Email:

emhsig.isbnpa@gmail.com

Stay up to date: Follow us!

Keep up to date on recent e- & mHealth publications and happenings within the SIG by following us on our



various platforms. We can now be found on X/Twitter, LinkedIn, and Bluesky

X/Twitter: @ISBNPA_emh

LinkedIn: ISBNPA e- & mhealth SIG

Bluesky: isbnpa-emh.bsky.social

Feel free to tag us and we will try to share your publication as well!!

Spread the Word!

Encourage your colleagues to sign up for our SIG newsletter!

You or your colleagues can join this mailing list by updating your membership profile and adding the SIG to your preferences; or by sending an email to executivedirector@isbnpa.org. [Click here](#) for more details.

2025 SIG Committee Members

- Chair: Amanda Staiano (USA)
- Co-Chair: Claire Gough (Australia)
- Immediate Past Chair: Mavra Ahmed (Canada)
- Secretary: Bridve Sivakumar (Canada)
- Social Media: Irina Timm (Germany), Katie Spring (USA), Xin Chen (USA)
- Newsletter: Jasmine Petersen (Australia), Ben Singh (Australia), Hannes Baumann (Germany), Janis Fiedler (Germany),
- Events/Awards: Maria Vasiloglou (Switzerland), Joan Dallinga (Netherlands), Shariwa Oke (USA)
- Membership: Zenong Yin (USA)
- Past Chairs: Andre Muller (Singapore), Camille Short (Australia)
- Fellows: Carol Maher (Australia), Corneel Vandelanotte (Australia)

International Society of Behavioral Nutrition and Physical Activity | www.isbnpa.org 1300 S. 2nd St
Suite 300 | Minneapolis, MN 55454 US

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