



ISBNPA

Early Care and Education SIG



NEWSLETTER MAY 2025

Join us in **Auckland, New Zealand**, from **June 11 - 14, 2025**, at the **Aotea Centre** for the **ISBNPA 2025 Conference**. This will be an excellent opportunity for networking, learning, and exploring the latest advancements in physical activity and nutrition for early childhood. Registration information can be found [here](#).

Don't miss the ISBNPA Award Session for ECE and CAF SIGs – Wednesday 11 June

Well done to our nominees

- Prof Ruth Kipping - Effectiveness of NAPSACC UK: An environmental nursery nutrition and physical activity cluster Randomised Controlled Trial
- Dr Rebecca Hodder - Interventions for increasing fruit and vegetable consumption in children aged five years and under: a Cochrane living systematic review
- Dr Simone Verswijveren - Detecting nap times in young children from raw accelerometer data with a new, open, and simple algorithm: Demonstration of validity
- Dr Kristina Geyer - Intergenerational impact of an antenatal lifestyle intervention on child anthropometry, neurodevelopment, dietary behaviour and physical activity up to age 5 – secondary findings of the cluster-randomized GeliS trial
- Dr Karen Ma - Associations between parental self-reported psychological distress and parental attitudes to risk in play of 2-4-year-old children in the UK
- PhD candidate Hannah Povall - Examining social and family contextual differences between parental feeding profiles in UK parents of pre-school children: A Latent Profile Analysis



Relevant ECE SIG Symposia to attend at the conference:

- ***Are Screens Enhancing or Hindering Positive Movement and Nutrition Behaviours in Early Childcare Environments?*** Friday 13 June; 8:00-9:15am (session S2.33)

As early childhood is a critical period for establishing healthy behaviours related to nutrition and physical activity, this debate will explore the role of screens in early childcare settings. With the increasing use of screens in educational environments, we aim to evaluate how technology can both support and hinder positive health behaviours in young children.

Dr. George Thomas; University of Queensland, Australia

Dr. Sophie Phillips; Western University, Canada

Plant-Based Diets for Early Childhood Education settings: Nutritional and Environmental Triumph or Gamble? Saturday 14 June; 8:30-9:45am (session S3.57)

Food has important implications for human and planetary health, and the EAT Lancet planetary health diet emphasizes a shift towards plant-based diets. Yet, does this mean that children's diets should be mainly plant-based? This Topic will be addressed through an engaging debate, outlining the benefits and key considerations of transitioning to more plant-based food provision in ECEC settings.

Dr Audrey Elford; Deakin University, Australia

PhD candidate Katherine Eckert; University of Guelph, Canada

Call for Best Paper nominations

The Early Care and Education Special Interest Group are seeking nominations for the Best Paper in fields related to our [research](#).

To be eligible the paper must have been published or accepted in a peer-reviewed journal of good standing between May 2024 and May 2025.

Please complete this [short form](#) by 1st July 2025. In instances where you cannot provide a link, please [contact Dr. Penny Love](#).

The winner will be announced at through ISBNPA and ECE SIG news links.

Recent Publications with ECE focus

1. Bucko AG, McIver KL, Zaltz DA, Liu T, Neelon B, Benjamin-Neelon SE, Pate RR. ABC Grow Healthy Practices and Obesity-Related Health Behaviours in Family Child Care Homes in South Carolina. *Child: Care, Health and Development*. 2025 Jan;51(1):e70004. doi:10.1111/cch.70004.
2. Elford A, Spence AC, Campbell KJ, Rozman M, Love P. The co-design of support strategies for sustainable, healthy and affordable food provision in Early Childhood Education settings. *Public Health Nutrition*. 2025;28(1):e12. doi:10.1017/S1368980024002477.
3. Grady A, Lorch R, Giles L, Lamont H, Anderson A, Pearson N, Romiti M, Lum M, Stuart A, Leigh L, Yoong SL. The impact of early childhood education and care-based interventions on child physical activity, anthropometrics, fundamental movement skills, cognitive functioning, and social-emotional wellbeing: A systematic review and meta-analysis. *Obesity Reviews*. 2025 Feb;26(2):e13852. doi:10.1111/obr.13852.
4. Hayek J, Dickson K, Lafave LM. Assessing and Enhancing Nutrition and Physical Activity Environments in Early Childhood Education and Care Centers: Scoping Review of eHealth Tools. *JMIR Pediatrics and Parenting*. 2025 Jan 22;8(1):e68372. doi:10.2196/68372.
5. Imad, N., Hall, A., Nathan, N. *et al.* A cross-sectional study assessing barriers and facilitators to the sustainability of physical activity and nutrition interventions in early childhood education and care settings. *Int J Behav Nutr Phys Act* 22, 2 (2025). doi:10.1186/s12966-024-01699-z
6. Lian H, Øverby NC, Vik FN, et al. Implementation strategies: lessons learned during an e-learning intervention to improve dietary behaviors and feeding practices in early childhood education and care. *BMC Nutr* 11, 7 (2025). doi:10.1186/s40795-024-00990-3.

7. Park SY, Zheng M, Lacy KE, et al. On-site breakfast provision in early childhood education and care (ECEC) services in Australia: a multi-method investigation. *Eur J Nutr*. 2025;64:78. doi:10.1007/s00394-025-03590-4.
8. Till M, Volf K, Tristram C, et al. Evidence on the Effectiveness of Public Policies for Physical Activity Promotion in the Early Childcare Education and Care Setting: A Systematic Review. *Child: Care, Health and Development*. 2025 May;51(3):e70078. doi:10.1111/cch.70078.

New to the SIG!

Jaime Barratt is an Assistant Professor at Brock University within the Faculty of Education, and Registered Early Childhood Educator. She has a multidisciplinary background in child health, outdoor play and learning, and early childhood education. Her primary focus is on fostering physical literacy in Early Childhood Educators, recognizing the pivotal role they play in promoting young children's movement valuation and holistic well-being.

[LinkedIn](#)
[Website](#)

Sophie Phillips is a Post-Doctoral Associate in the Child Health and Physical Activity Lab at Western University. Her research interests and expertise centre on improving child health and development from the earliest years through healthy movement behaviours. She has a specific interest in examining the 24-hour movement behaviour paradigm, including measurement of these behaviours, associations with health and development outcomes, and interventions to improve these behaviours, particularly in early childhood education settings.

[Google Scholar](#)
[Website Profile](#)

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