



June 2025

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President's Message

Ester Cerin

The text below is the written version of the closing ceremony speech by ISBNPA's President Professor Ester Cerin.

Kia Ora, everyone!

At the beginning of this conference, I said that this meeting would be full of inspiration and enriching connections. My gut feeling was right. This meeting has been, indeed, full of inspiration and enriching connections, and its indigenous theme and activities have helped us to achieve this. They reminded us to reconnect with ourselves, our community and our land in harmony by devoting time throughout the conference to express our gratitude to the land and people. Making the time for reflection and gratitude is essential for our wellbeing, the wellbeing of others, and that of our environment.

So, I am now inviting you to acknowledge and express your gratitude (within yourself) to everything and everyone that has made this event and moment of celebration possible. Go as deep and broad as you can. You may start with the people who invited us to this land and the land itself, Aoteroa. Extend the gratitude to yourself, your efforts, enthusiasm, knowledge and skills; then think about the people and circumstances that allowed you to travel here, to have the means and health to make this trip, and the people and circumstances who helped you acquire your skills and knowledge, as well as those who are responsible for your existence. Feel much gratitude and more joy than pride for making the most of the opportunity you were offered.

Let's express our gratitude to our colleagues for the remarkable quality of the presentations: from symposia to orals, to invited talks and keynotes! Thank you, Jim for, once again, emphasising the significance of the environment for our wellbeing in the era of climate change and being at the forefront of our field so that we can follow your footsteps. Thank you, Ihi, for teaching us to be open, responsive to others' needs in creative ways without trying to impose our way of thinking and doing things. Thank you, Terryann, for providing such a fantastic overview of Maori youth's wellbeing and what you and your community have done to improve it. Thank you also for reminding us of the importance of whanaungatanga (relationships, connections) with family, friends, and others for the wellbeing of your youth and, I would say, of us all. Thank you, Melody, for providing your vision of the future of physical activity research and for emphasising the importance of

meaningful action and practice grounded on a holistic approach and the study of systems.

Let's express our gratitude to the Indigenous Research Circle led by Robb Hog and Brittany Jock who are responsible for the rich cultural program throughout this meeting and for the significant presence of presentations on indigenous populations. I have attended a few of these and they were all very inspiring and informative.

A big thanks to all of you. With your excellent work and enthusiasm, you all contributed to this vibrant program and atmosphere. Again, thank you, Erica, Scott, Melody Smith, Justin, and the whole Auckland team. Thank you, scientific program committee (Meg and Scott), thank you, Executive Committee, thank you, Antonio, for keeping track of everything and keeping us focused. Thank you, chairs, judges, conference helpers, and Venue West (Chaimaa, John, Glenda, and Teri) for helping turn this conference into a success. A big thank you to our sponsors and exhibitors for their generosity.

Thank you, everyone! It's been an honour to serve this society as president. It's enriched my life and made me understand the importance of human connections. You've all been so kind to me in one of the most challenging periods of my life, and this has sustained me and helped me to heal. My time as president is coming to an end, but my involvement and connection with this society and community is not; quite the opposite. It will strengthen because I now have a stronger connection with all of you, and without you, I would not be here.

Now, I am already looking forward to Cádiz 2026 and being greeted by our new President Seb Chastin.

Thank you again!
Ester

REMEMBERING ISBNPA2025

Nearly 900 colleagues gathered for the annual meeting in Auckland, showcasing the vibrant ISBNPA community. With over 1,000 presentations and numerous networking opportunities, our community is invigorated and committed to advancing the science of behavioral nutrition and physical activity to improve human and planetary health and well-being worldwide.

A picture is worth a thousand words, so just imagine the value of a video.



Abstract Book

The final version of the abstract book, which will be citable, is set to be released soon. In the meantime, you can access the preliminary version through this [\[LINK\]](#).

ISBNPA2026 IN CÁDIZ

ISBNPA is already engaged in preparing for the 2026 Annual Meeting, which will be held in **Cádiz, Spain, from May 27-30, 2026.**

We are excited to announce that the call for submissions will open in mid-September. We encourage you to prepare your best research to share with the ISBNPA community against the stunning backdrop of beautiful Cádiz.

MEMBERSHIP

The Annual General Meeting will take place on June 24, 2025, at 10:00 AM UTC (Coordinated Universal Time, equivalent to GMT).

A Zoom link has been distributed to all members. We will send a reminder on June 23. If you haven't received the link and wish to attend, please contact me, [\[António Palmeira\]](#).

IJBPA 2024 BIBLIOMETRICS

It's that time of year when impact factors, quartiles, and the ever-growing bibliometric indices are released.

To summarize, IJBPA's performance is as follows:

1. The 5-year Impact Factor has increased to 8.1 from 7.5.
2. The 2-year Impact Factor has slightly decreased to 5.5 from 5.6.

3. The journal remains in Q1 for Nutrition & Dietetics (ranked 13th out of 112) and Physiology (ranked 6th out of 87).

Our journal continues to prioritize publishing top-tier research, consistently releasing approximately 130-150 papers annually, even as submission numbers have surged in recent years.

The ISBNPA Executive Committee extends its gratitude to the editorial team, expertly led by Melanie Hingle and Ric Rosenkranz, along with Deputy Editors-in-Chief Clare Collins, Delfien van Dyck, and Nanna Lien. We also thank all the associate editors and members of the editorial board for their invaluable contributions. A special acknowledgment goes to Catarina Silva, the managing editor, for her exceptional behind-the-scenes support to our team of over 150 colleagues.

Latest articles @JBNPA

Fast, I., Sobhan, S., Klaprat, N. et al. Urban cycling-specific active transportation behaviour is sensitive to the fresh start effect: triangulating observational evidence from real world data. *Int J Behav Nutr Phys Act* 22, 81 (2025). <https://doi.org/10.1186/s12966-025-01785-w>

Lorenzo, E., Page, J., Wong, R. et al. The socioecological model levels, behavior change mechanisms, and behavior change techniques to improve accelerometer-measured physical activity among Hispanic women: a systematic review. *Int J Behav Nutr Phys Act* 22, 80 (2025). <https://doi.org/10.1186/s12966-025-01783-y>

Huiberts, I., Motazed, E., Mölenberg, F.J. et al. Evaluating the contribution of a scaled up community-based overweight prevention programme in the Netherlands to children's health behaviours and BMIz. *Int J Behav Nutr Phys Act* 22, 79 (2025). <https://doi.org/10.1186/s12966-025-01784-x>

Sandborg, J., Downing, K.L., Orellana, L. et al. Six-month intervention effect of a digital movement behavior intervention on parent- and child intermediary outcomes—results from the Let's Grow randomized controlled trial. *Int J Behav Nutr Phys Act* 22, 78 (2025). <https://doi.org/10.1186/s12966-025-01764-1>



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