



Newsletter December 2025 ISBNPA Ageing SIG

Welcome from the Ageing SIG Co-chairs

We are delighted to welcome you to the December edition of the Ageing SIG newsletter. As we wrap up for 2025, we are grateful for the opportunity to reflect on the year that was and plan for an even stronger and more impactful 2026!

First, a heartfelt thank you to all our members who attended and actively participated at both the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) meeting and the World Congress on Active Ageing. Your engagement, insights, and contributions continue to strengthen our community and advance the important work being done in the field of ageing research and practice.

We would also like to take this opportunity to express our sincere gratitude to Professor Hattie Wright for her exceptional leadership and dedication over the past two years as Co-Chair of our SIG. Her commitment has been invaluable in shaping the direction and growth of our group. At the same time, we are excited to welcome Dr. Corey Linton as our new Co-Chair. Corey brings fresh perspectives and energy to the role, and we look forward to working together to continue building a vibrant, collaborative, and impactful community.

Looking ahead to 2026, as a team we are excited about the continual growth and engagement of the Aging SIG. Your voice matters in shaping the direction in which our SIG goes, which is why we are asking you to complete our Membership survey (linked below). This input will help the leadership team to shape our SIG to cater for your wants and needs.

As we head into the festive season, we would like to thank each of you for being part of this community. Please take time to rest, recharge, and prioritize your own

wellbeing over the break.

Thank you all for your continued support and involvement in the Aging SIG.

Corey Linton and Marina Pinheiro
SIG co-chairs

Contact us via ageing_sig@isbnpa.org



A/Prof Hattie Wright
Co-chair ISBNPA Ageing SIG



Dr Marina Pinheiro
Co-chair ISBNPA Ageing SIG

World Congress on Active Ageing (WCAA)

In July we were thrilled to assist in the running of the World Congress of Active Aging as a pre-conference workshop before the ISBANPA meeting. This wonderful conference was led by Dr Shilpa Dogra, Dr Erika Hinckson, and Dr Paul Gardiner.

We had a great keynote speaker, Prof. Anne Tiedemann, who talked about Inclusive Innovation for Broader Benefits: The Future of Active Aging Research. Prof. Tiedemann is Professor of Physical Activity and Health in the Sydney School of Public Health and leads the Healthy Ageing research theme at the Institute for Musculoskeletal Health. Her research interests include falls risk assessment and prevention in older people, identifying predictors of exercise adherence in older people, and translation of research results into policy and practice.



Another memorable moment at the World Congress of Active Aging was the debate we as the Aging SIG organized which was titled: **Physical Activity and Nutrition Behaviour for Healthy Aging: Individual or Societal Responsibility**. Our panel included:

Moderator

- Mia Schaumberg, an Associate Professor at the University of the Sunshine Coast. Mia's research focuses on the benefits of exercise and lifestyle interventions for improving physical and cognitive wellbeing in older people, with a special interest in women's health.

Representing "Societal Responsibility"

- Danielle Gallegos, a Professor of Nutrition at Queensland University of Technology, an expert in community-based solutions to food insecurity. Her work with diverse groups emphasizes food and nutrition as social justice issues.
- Neville Owen, a Distinguished Professor at Swinburne University of Technology, discussed the environmental and policy changes needed to promote physical activity. His work explores how our surroundings influence sedentary and active behaviors.

Representing "Individual Responsibility"

- Andrea Braakhuis, Head of the Nutrition Department at The University of Auckland, discussed the role of individual choices and personalized nutrition. As a registered dietitian, Andrea focuses on how dietary behaviors and bioactives can impact health and performance.
- Christina Ekegren, an Associate Professor at Monash University, shared her expertise in promoting physical activity in clinical settings. As a registered physiotherapist, Christina focuses on improving outcomes for hospitalized older adults through individual-level physical activity interventions.

The debate went really well and was one of the highlights of the day. Our speakers delivered a compelling discussion on individual versus societal responsibility for healthy aging, and the audience actively engaged with thoughtful questions and comments. It was a fantastic discussion with points of view for future action.



Annual SIG meeting

We also had our annual meeting following WCAA. We reported on our activities in the past year and discussed plans for 2026. This was followed by a social gathering. We were having too much fun and forgot to take photos.



ISBNPA ANNUAL MEETING 2025 - AWARDS

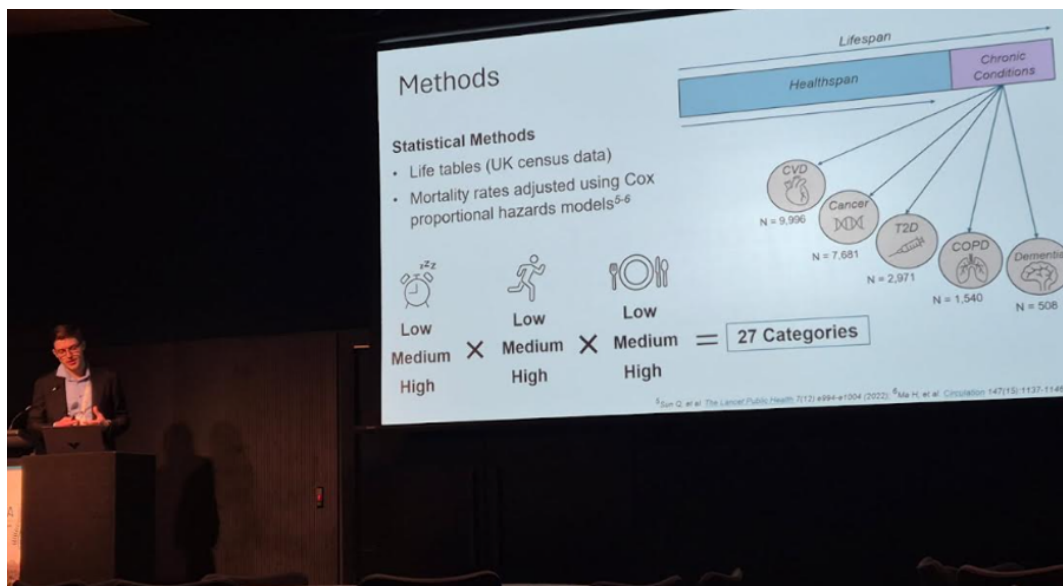
We had some excellent presentations from the Aging SIG Oral Presentation Award finalists.

ORAL PRESENTATION AWARD

The winner of the Ageing SIG oral presentation award was:

Title: Combined associations of sleep, physical activity, and nutrition with life expectancy: a population cohort study of UK adults

Presenter: Dr Nicholas Koemel



POSTER AWARD

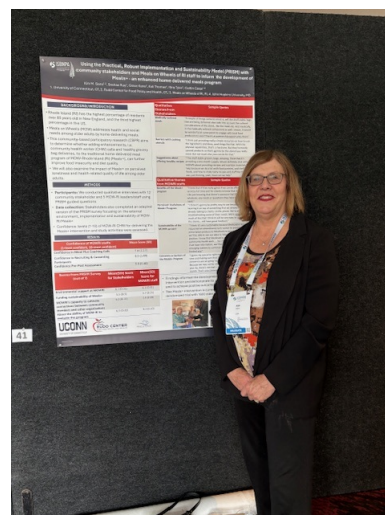
We were also thrilled to see so many exceptional poster presentations. After careful consideration, our judges have selected a winner and finalists for their impactful work. We are proud to recognize the following presenters for their work.

The winner was:

Presentation title: Using PRISM with community stakeholders and MOW of RI staff to inform the development of Meals + - an enhanced home delivered meals program.

Presenter: Prof Kim Gans

Congratulations to the winners!



LOOKING AHEAD TO 2026

The ISBANPA AGING SIG leadership team is exploring opportunities for further collaboration with our SIG members. We want to know what you would like to get out of our SIG. Our hope is that by understanding who is in our community and what you're working on, we can be responsive, help foster connections and provide an avenue for international collaboration and impact.

Complete our quick membership survey [here](#)

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:

- **WEBINAR** sub-committee: activities include organizing Webinars (1-2 per year) for our members.
- **COMMUNICATIONS** sub-committee: activities include organizing quarterly newsletters for our members and disseminating information through certified ISBNPA channels (X, LinkedIn ect..)

If you are interested in joining or learning more about the SIG, contact us via: ageing_sig@isbnpa.org

SOCIAL MEDIA UPDATES

This year we are aiming to highlight your incredible contribution to the ageing research space through our ISBNPA X account and our SIG newsletter. Do you have a new publication, presentation abstract, poster, or announcement you would like to share?

Please send any content you would like posted to ageing_sig@isbnpa.org

SIG Leadership Team

SIG co-chair: Marina Pinheiro, Senior Research Fellow at the Institute for Musculoskeletal Health, School of Public Health at the University of Sydney.

SIG co-chair: Corey Linton, Lecturer in Nutrition and Dietetics
Faculty of Health, Charles Darwin University, Accredited Practicing Dietitian

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: Natalia Gomes Gonçalves, Post-doctoral Researcher at the University of São Paulo Medical School.

Have anything to add to the next issue? Let us know by sending an email to ageing_sig@isbnpa.org

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