



December 2025

[ISBNPA Annual Meeting 2026](#)

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We are now on BlueSky -
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What's new @ISBNPA

As we approach the conclusion of 2025, we wish everyone an excellent 2026. At ISBNPA, we are working at full speed to put the finishing touches on our new strategic plan. Additionally, we are delighted to report record-breaking numbers of submissions for all our ISBNPA2026 calls, a testament to the vitality and growth of our community and research area.
Read on for more details...

Here's to an outstanding 2026 for all!



ISBNPA2026 in Cádiz, 27-30 May

All keynotes are confirmed

We are thrilled to announce that all the speakers for ISBNPA2026 have been confirmed. The lineup is:



- Mark Tremblay
- Carmen Piernas Sánchez
- Inge Huybrechts
- Representatives from the Gasol Foundation and Spain's Ministry of Health

In the coming weeks, we will provide further insight into each speaker, to pique your interest and enrich your understanding. We are eager to bring this impressive array of keynotes to Cadiz, which will undoubtedly enhance your own presentations.

Speaking of your presentations...

Record breaking numbers

We have exceeded the record set at ISBNPA2023 in Uppsala. Currently, even with only the symposia and regular abstract submissions, we have received a total of 1438 abstracts. Breaking this down:

- 1079 of these are regular abstracts intended for oral or poster sessions, surpassing Uppsala's total of 953.
- Moreover, we have 359 symposia-related abstracts spread across a total of 93 symposia. This is significantly more than Uppsala's count of 249 such submissions.

We are currently grappling with the challenge of [\[abundance\]](#). While it's a positive problem to have, it still necessitates considerable effort to manage. Consequently, we wish to express our **advance gratitude to our team of over 120 reviewers** who will collaborate with us (each abstract is reviewed by three independent evaluators).

A big THANK YOU to all reviewers!

Late breaking call opens on December 15, 2025

This call is designed to highlight late-breaking research. Please be aware that these submissions will be considered for poster presentations. We welcome your best research, even if the data is incomplete or you're presenting a study protocol for your most recent work. The deadline for this call is March 4, 2026.

Keep an eye on our updates or visit the [\[annual meeting website\]](#) after December 15 to submit your late-breaking research.

Dare2share submissions open until January 14, 2026

Submissions are open until January 14, 2026. For more information or to submit your dare2share session, please visit [SUBMIT HERE](#).

Registration is open

Since 2018, inflation has increased by an average of 30%, suggesting that the 650

euros fee for ISBNPA's annual meeting membership registration should now be 845 euros. However, ISBNPA has **maintained the same registration fees over these years, absorbing the inflation-related increase to keep costs for members.**

We acknowledge that this fee may seem steep, but it allows us to avoid sponsorship conflicts of interest. We hope our members support our **commitment to maintaining the integrity of our science by keeping it free from potential conflicts.**

[Register now to seize the early bird fees](#)

Climate Action @ISBNPA2026

Climate action is a fundamental aspect of all ISBNPA operations.

Since 2023, we have diligently tracked our Greenhouse Gas (GHG) emissions. In a novel approach for 2026, we intend to estimate potential GHG emissions from prospective participants' cities. This projection is based on the assumption that majority of the authors will be travelling to Cadiz in May.

This enables us to guide our colleagues in making environmentally optimal travel decisions. [On our website](#), you can currently:

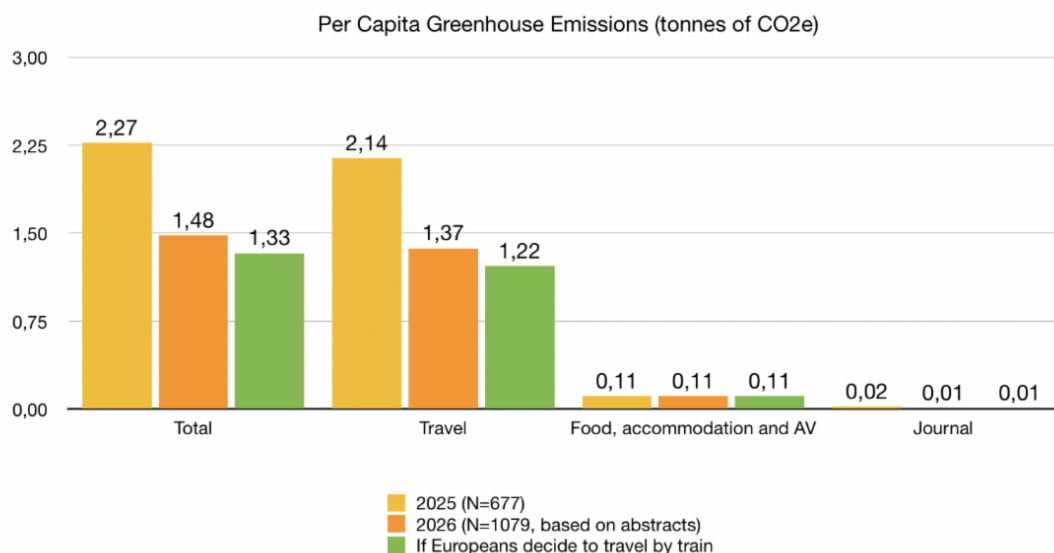
1. Compute your GHG emissions based on your location and compare various travel methods (note that some may not be available depending on your location).
2. Discover optimal travel routes, complete with specific details about potential travel options for you.

While this project is ongoing, it already provides ample information to assist you in making environmentally-conscious decisions.

Our initial analysis indicates similar numbers to ISBNPA2025's total emissions of approximately 1480 CO₂e tons. However, since we possibly have more attendees, the travel-related **carbon footprint per person decreases from 2.14 to 1.37 CO₂e tons.**

We can achieve further reduction if all **travelers from Europe opt for trains over planes, which could decrease emissions by approximately 150 tons.** This change can potentially bring down the above CO₂e ton value of 1.37 to 1.22, a 10% reduction.

The screenshot shows the 'Sustainable Travel Planner' interface. At the top, it says 'Sustainable Travel Planner' and 'This travel planner is designed specifically for attendees of the ISBNPA 2026 conference in Cádiz, Spain. It helps you find and compare the most sustainable, low-emission travel options to minimize your carbon footprint on the journey.' Below this is a section titled 'Sustainable Journey to Cádiz' with the subtitle 'Find the lowest-impact ways to reach the beautiful city of Cádiz, Spain.' There is a button 'Use My Current Location' and a section 'Enter Your Coordinates (or use the button above):' with input fields for 'Latitude (e.g., 37.38)' and 'Longitude (e.g., -6.28)'. Below these is a button 'Find Sustainable Itineraries'. At the bottom, there is a section 'Recommended Sustainable Routes' with the subtitle 'Enter your coordinates to see the best low-emission travel routes'.



Making sense of CO₂e tons - in euros/USD

The [\[most recent studies\]](#) indicates that the social cost of one CO₂e tonne is 300 euros (equivalent to 350 USD). Currently, the total CO₂e is approximately 450000 euros or 520000 USD, which translates to a social cost of 415 euros or 483 USD per attendee in CO₂e.

These are a lot of numbers..., but as scientists, we have the ability to manage them and make informed decisions. For instance, if every European attendee opted to travel by train rather than airplane to the conference, we could reduce our collective social cost by about 100 euros per person.

Let's make this individual effort to keep our collective GHG social cost low.

MEMBERSHIP

Membership renewal campaign

Click [\[HERE\]](#) to renew your membership, start your first-time membership journey, or rejoin ISBNPA. We look forward to welcoming you to the leading voice in behavioral nutrition and physical activity!

As a member, you can take advantage of **benefits** such as a **significant 50% discount on IJBPA's associated publication cost**, allowing you to save up to \$1300 USD.

Awards

Participate in our annual meeting awards nominations. The deadline is January 31, 2026.

- * Tom Baranowski ISBNPA Lifetime Achievement Award
- * Commendation ISBNPA Award

- * MS Nanney Impact ISBNPA Award
- * ISBNPA 'One To Watch' Award

To learn more about these prestigious awards and fill your nominations click [\[HERE\]](#)



NESI corner

🌟 New NESI Spotlights!

🛒 NESI Spotlight: Meet Maria M. Muñoz, MS — PhD student at Tulane University exploring how disaster food systems can better promote nutrition security and equity in hurricane-affected communities. Read her story [\[HERE\]](#)
#NESISpotlight #FoodSecurity #ClimateHealth



🌳 NESI Spotlight: Meet Dr. Alexandra Descarpentrie, whose work links social inequalities & neighborhood factors to child health in SoCal. A powerful reminder that context matters in obesity prevention! Read [\[MORE\]](#) 👉 #ISBNPA #NESI



Get involved

Email nesi.isbnpa@gmail.com and follow ISBNPA on BlueSky & LinkedIn!

Latest articles @JBNPA

Gourlan, M., Lambert, C., Fregeac, B. et al. The great live and move challenge and the promotion of physical activity in children: results from a two-school-year cluster-randomized trial. Int J Behav Nutr Phys Act (2025). <https://doi.org/10.1186/s12966-025-01849-x>

Hua, N., Zhang, X., Wu, F. et al. Changing patterns and associated factors of exercise participation and physical activity levels among middle-aged and older adults from 2011-2020 in China. Int J Behav Nutr Phys Act (2025). <https://doi.org/10.1186/s12966-025-01860-2>

Aulbach, M., Roettger, M., van Alebeek, H. et al. Effectiveness of a smartphone-

delivered Approach-Avoidance intervention in dietary behavior - a randomized controlled trial. Int J Behav Nutr Phys Act 22, 153 (2025). <https://doi.org/10.1186/s12966-025-01836-2>

Balis, L., Hatfield, D.P., Din, M. et al. Development of the Physical Activity Research Opportunities (PARO) framework. Int J Behav Nutr Phys Act 22, 152 (2025). <https://doi.org/10.1186/s12966-025-01843-3>



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