



February 2026

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A Year of Strengthening ISBNPA

This year, we are making important and lasting improvements in the way ISBNPA operates and supports our members.

First, for the first time in our history, we have established a clear and transparent annual budgeting process. While ISBNPA has been financially healthy for many years, we did not previously have a structured system to determine our available resources and align them explicitly with our strategic priorities. We now have a process in place that allows us to define an annual budget, allocate resources deliberately, and ensure that our funds are used to directly support our strategy and deliver tangible benefits to members.

Second, we are moving from strategy to implementation. ISBNPA has four core strategic missions:

1. Growing the next generation

2. Growing our impact
3. Climate action
4. Making ISBNPA inclusive

Volunteer colleagues are now working across four dedicated task forces to develop concrete actions and implementation plans for each mission. I would like to sincerely thank these colleagues for their leadership and commitment. They will be presenting their plans to the Executive Committee in late February and early March, marking an important step toward operationalising our strategy.

These changes are about strengthening ISBNPA for the long term — ensuring we are financially responsible, strategically focused, and action-oriented.

I very much look forward to seeing many of you in Cadiz for what promises to be our largest and most successful conference to date.

Warm regards,
Sebastien



ISBNPA

Advancing Behavior Change Science

CADIZ, SPAIN

27 - 30 MAY, 2026



ISBNPA2026 in Cádiz, 27-30 May

"Everystudy" is welcome!

You can still join the nearly 1,500 presentations already selected for the ISBNPA 2026 scientific program (view the full program [\[HERE\]](#)).

Select your latest and best research and submit to our late-breaking posters program! We accept submissions for protocols and studies with incomplete data collection or analysis. These late-breaking spots are designed exactly for that—valuable studies that deserve to be shared with the ISBNPA community, even if they aren't fully finalized. Of course, complete and fully developed studies are also highly encouraged.

The deadline is next week: March 4, 2026.

[\[SUBMIT HERE: Abstracts - ISBNPA 2026\]](#)

Awards Sessions

Be sure to schedule your ISBNPA 2026 experience to include the very first day: Wednesday, May 27. You can kick off the conference with morning workshops, attend the opening ceremony just after lunch, and catch our first keynote, a panel session, and the highly anticipated awards sessions.

The awards sessions showcase the most promising abstracts, hand-selected by our reviewers (**THANK YOU, REVIEWERS!**) and Special Interest Group (SIG) leaders. Only three abstracts were chosen per SIG, totaling just 42 out of over 1,500 submissions. These 42 outstanding presentations will be scored by our judges to award three ISBNPA honors:

- Overall Best Presentation
- Early Career Researcher Best Presentation
- Student Best Presentation

Don't miss the chance to see these exciting, top-tier presentations!

Keynotes

Our [keynote lineup](#) is fully confirmed and includes:

- **Moving Forward by Looking Back** by Mark Tremblay
- **A Sustainable Lifestyle for Improving Human and Planetary Health** by Inge Huybrechts
- **Healthier Diets for All: Behavioural Approaches Across Digital, Retail, and Healthcare Settings** by Carmen Piernas
- **Joint Actions at National Level to Make Healthy Eating and Physical Activity the Easiest Choices** by Ester Samper & Santiago Gómez

Social Program

The South of Spain on the edge of summer... you can bet there will be an incredible social atmosphere, even before we add our official events to the mix!

We have prepared a fantastic lineup of social activities to help you unwind and connect. Enjoy aquatic adventures like windsurfing and sailing, and, naturally, experience authentic Flamenco and tapas. Make the absolute most of your trip to ISBNPA 2026 by joining us for these memorable activities.

Satellite Meetings

Our Annual Meeting wouldn't be complete without the ISBNPA Satellite Meetings. These events are part of our commitment to creating a vibrant scientific hub around the main conference, allowing you to maximize your travel by attending multiple scientific activities in one trip.

When planning your journey to Cádiz, be sure to consider the following ISBNPA Satellite Meetings. All are conveniently located near the main event and take place just beforehand.

Challenges and Opportunities in the Promotion of an Active Life in Childhood and Adolescence

Date: May 26

Location: Cadiz University, Campus of Jerez [[WEBSITE](#)]

From Evidence to Impact: Implementation Science for Nutrition & Physical Activity

Dates: May 26-27

Location: Algarve University, Faro, [[WEBSITE](#)]

Built Environments, Physical Activity, and Active Transport: 20-year Impact of IPEN and Related Contemporary Studies in Spain

Date: May 25

Location: Granada University, Granada [[WEBSITE](#)]

ISBNPA2027 in Halifax, Canada

We are thrilled to announce that the prestigious ISBNPA2027 will unfold in the picturesque city of Halifax, Canada. Our dedicated local team is diligently working on devising a comprehensive scientific program and managing conference logistics to ensure an enriching experience for all attendees.

More insightful details about ISBNPA2027 will be revealed during the closing ceremony. Therefore, we encourage you to stay engaged till the conclusion of this conference for an

exciting unveil.

Travel Green

Our [travel planner](#) and [carbon footprint calculator](#) are key parts of our ongoing effort to limit the conference's environmental impact.

By using these tools, you can explore available routes to Cádiz sorted by carbon emissions. For instance, if you are flying from Melbourne to Madrid, you can easily identify the lowest-emission options. Or, if you are traveling from Amsterdam to Cádiz, you might discover flight-free routes with a significantly lower carbon footprint.

Please take a moment to plan your travel with planetary health in mind. The planet will thank you for your efforts!

Find Sustainable Itineraries

Calculated distance: 357 km. Travel Zone: **Regional (less than 1,000 km)**.

Regional Train (Cercanias/MD) Excellent

The most emission-efficient way for short to medium distances. Connect directly to Cádiz via the Spanish regional rail network (Renfe), often requiring a change in Seville. Ideal for nearby cities like Seville or Málaga.

Estimated Duration: 3 hr 58 min - 8 hr 6 min
Estimated Price: €30 - €80

Long-Distance Coach Bus (ALSA/Avanza) Very Good

Very low per-passenger emissions, usually offering direct routes from major hubs. This is the recommended choice for a sustainable and direct link from cities like Lisbon or Madrid. Book overnight buses to save time and accommodation costs.

Estimated Duration: 4 hr 58 min - 7 hr 57 min
Estimated Price: €20 - €70

MEMBERSHIP

At ISBNPA, we maintain a firm policy regarding our partnerships and potential sponsors. Our guiding principle is that any affiliation must correspond with our values of enhancing health while respecting both people and the planet. As such, we do not accept sponsorship from entities that do not align with these values.

As you may anticipate, this **principle narrows our pool of potential sponsors considerably**. Consequently, it impacts our ability to reduce registration costs and provide scholarships.

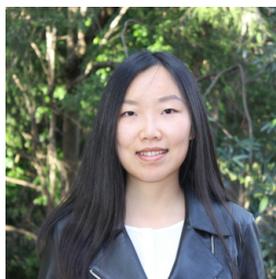
Despite these challenges, we stand by our policy because it reinforces a commitment to our core values.

We invite you to help us identify potential sponsors who share our vision. Your involvement will assist us in offering more scholarships and keeping registration costs as low as possible. Click [\[HERE\]](#) to learn more about these opportunities.



Student & ECR spotlights

NESI Blog: Now a Research Assistant Professor at the University of Houston, Dr. Cepni shares lessons on mentorship, grant writing & building a research identity. Her advice to NESI: seek strong mentors, say yes to leadership, and nurture your network. [\[READ THE POST HERE\]](#)



NESI Spotlight

Meet Zhiguang Zhang, PhD - Research Fellow at ARC Centre of Excellence for the Digital Child. Her research focuses on understanding of sleep, screen use, and physical activity in early childhood, with a particular focus on their developmental implications and socio-ecologic determinants. Read her story: [\[HERE\]](#)

NESI member feature article

New from NESI researcher Aliye B. Cepni in [Health Education Research](#): In a school-based PE intervention, student responsiveness—not just fidelity—predicted increases in kids' MVPA. Engagement matters for impact.

Save the date!

Join us on the evening of May 28th for the NESI Social in Cádiz, Spain — a relaxed, informal gathering dedicated to Early Career Researchers. Connect, unwind, and build

community.

Sign up now! NESI Pre-Conference Workshop on Exploring the Ethics and Innovation of AI in Research

Join NESI in Cádiz for a two-part, interactive workshop on using AI effectively _and_ responsibly in research. Learn practical AI workflow strategies, explore academic integrity and authorship considerations, and connect with fellow ECRs through hands-on activities. Build confidence. Stay ethical. Innovate responsibly.

Reach us!

Follow [@ISBNPA](#) on Twitter and #NESI_ISBNPA for NESI-related tweets. Any questions or comments? A publication to highlight? [\[Email us\]](#) anytime!

Latest articles @IJBNPA

Campos-Garzón, P., Huertas-Delgado, F., Cadenas-Sanchez, C. et al. Effects of a school-based cycling intervention on commuting to school behavior and device-measured activity in Spanish adolescents: the PACO cluster-randomized controlled trial. IJBNPA (2026).

<https://doi.org/10.1186/s12966-026-01893-1>

Gilbert, A., Haire-Joshu, D., Morshed, A.B. et al. Accessibility, acceptability, and usage during COVID-19 of the evidence-based intervention Healthy Eating and Active Living Taught at Home (HEALTH): implications for implementation strategies. IJBNPA (2026).

<https://doi.org/10.1186/s12966-026-01896-y>

Nomura, Y., Fukano, M., Kashiwabara, K. et al. Effects of remote group-based exercise on physical activity and well-being in postpartum women: a randomized controlled trial. IJBNPA (2026).

<https://doi.org/10.1186/s12966-026-01897-x>

Gao, J., Li, C., Chen, H. et al. Effects of healthy lifestyles on the association between food security and all-cause mortality risk. IJBNPA (2026).

<https://doi.org/10.1186/s12966-026-01898-w>



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