



Record breaking number of registrations for ISBNPA2026

One thousand and fifty-three.

Some numbers look better written out in full — and this one is a new record for early-bird registrations at ISBNPA2026.

There is still time to join the largest and best conference in behavioral nutrition and physical activity. ISBNPA2026 will host record numbers of symposia, oral, and poster sessions in Cádiz, Spain, May 27–30. The social program and parallel activities will match the setting.

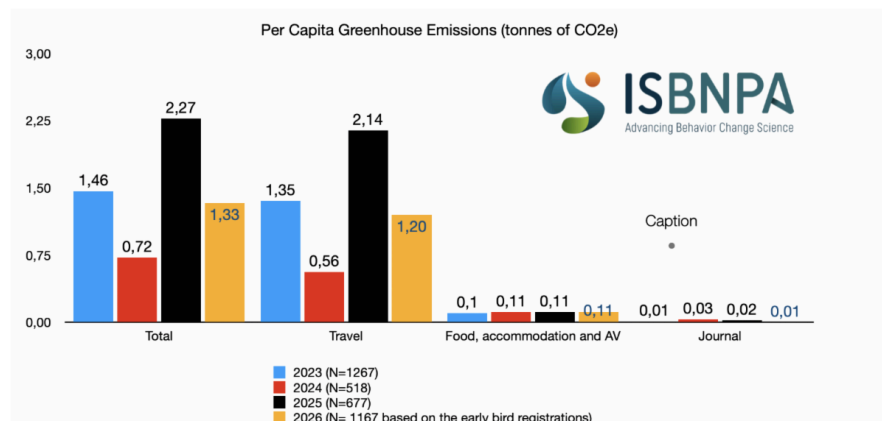
Already registered? You can still add:

- Pre-conference workshops
- Social activities
- The ISBNPA Dinner

Just log back into the registration site and select the activities you want. For the satellite meetings (Granada, Cádiz, and Faro), registration is managed by each organizing team — visit their websites to make the most of your scientific travels. Register (or add activities) [\[HERE\]](#) and find the satellite meetings [\[HERE\]](#).

Climate Action

ISBNPA has been leading on climate action since 2015, steadily building the initiatives that connect our science to planetary health — now part of our mission statement.



We have documented those actions in a peer-reviewed paper, just published. Read the full paper [[HERE](#)] or listen to the podcast summary [[HERE](#)] — thank you, NotebookLM.

Based on registration data, our preliminary CO₂e estimates for ISBNPA2026 are encouraging:

- 12% decrease in total emissions vs. ISBNPA2025 (1,283 vs. 1,449 tons CO₂e)
- 11% lower CO₂e per capita — 1.20 tons from travel, 1.33 tons total
- Removing each participant's footprint would cost ~€467 (at €350/ton)

We can go further. If our ~450 European attendees traveling under 2,000 km chose train over plane, total emissions could drop below 1,000 tons — under 1 ton per capita. Use the travel planner on the ISBNPA2026 website [[HERE](#)] to find the best options for your journey.

On mitigation schemes: ISBNPA will not direct funds to carbon offset programs at this time. Our advisors have cautioned that most schemes fall short of their advertised impact. Our focus is on reducing emissions directly. We are still searching for the best solutions — and counting on the community to help us find them.

ISBNPA Webinars

We recently hosted several webinars from our Special Interest Groups. Here are the latest ones:

- Cancer Prevention and Management SIG: Rethinking Malnutrition in Oncology: Considerations for Patients Living with Overweight or Obesity
- Systems Science SIG: Communicating systems approaches to a diverse range of audiences
- Children and Families SIG: Ecological Momentary Assessment (EMA) in advancing physical activity and nutrition research
- Mental Health and Wellbeing SIG: The design, development, and implementation of community-based physical activity programs for mental health

Videos of recent webinars — Over 100 webinars are now available on our YouTube channel, free for everyone. There are several scientific gems in that archive. Watch (or re-watch) them [[HERE](#)].

NESI

Student & ECR spotlights

NESI Spotlight: Fátima Martín Acosta

Based at the University of Cádiz, Spain — home of the ISBNPA 2026 Annual Meeting — Fátima's doctoral research explores how physical activity supports adolescents' brain health and academic success.

Read more: <https://isbnpa.org/membership-2/nesi/fam/>



NESI Spotlight: Fabian Schwendinger, PhD

Fabian is a Postdoctoral Researcher at the University of Basel. His research focuses on using large-scale data from consumer- and research-grade wearable sensors to identify determinants of healthy ageing, longevity, and cardiovascular disease prevention.

Read more: <https://isbnpa.org/membership-2/nesi/fs/>



NESI Social: 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.

NESI Pre-Conference Workshop: Sign up now! (More seats added!)

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.

NESI Podcast: Share your work!

We're gearing up for Season Two of the NESI Podcast, an official podcast of the ISBNPA, which highlights the stories and work of researchers studying behavioural nutrition and physical activity. We are on the lookout for new, exciting guests to showcase in the upcoming season. Are you an expert in the fields of nutrition or physical activity? Or an early-career researcher or student doing innovative work? We'd love to showcase your work! **Interested in being a guest on the podcast? Please contact us at nesipodcast@isbnpa.org with a brief description of yourself and your research.**

Reach us!

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

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