



# ISBNPA

Children and Families SIG



## CAF SIG Outstanding Research Awards



In March this year, we put out the call for applications for our annual Outstanding Research Awards. We received excellent applications showcasing the important work our members are doing in Children and Families research.

**Congratulations to Christina Gago** who received the **Outstanding Research Award for Early Career Researchers** and to **Ru-Jye Chuang** who received the **Community Engagement Award**. A short profile of their contributions to the field will be included in the next newsletter.

## ISBNPA ANNUAL MEETING 2026

The Annual Meeting in beautiful Cadiz, Spain is just around the corner. We are looking forward to seeing those who can make it!

**Join Us for the Children and Families & Early Care and Education SIG Social Walk!**  
We are delighted to invite you to the **ECE & CAF SIG Social walk**. Spots are limited so make sure you get in fast!

### Information:

Tour Leaders: We are Cadiz

Date: Thursday, 28 May

Time: 6:30 PM

Cost: EUR 15

Participation: Maximum of 30 participants

**How to register:** [https://uofsc.co1.qualtrics.com/jfe/form/SV\\_1MITsi1x9xs9wRU](https://uofsc.co1.qualtrics.com/jfe/form/SV_1MITsi1x9xs9wRU)

Once you complete this interest form, a member of the SIG team will reach out via email to arrange payment and share details regarding meeting location.

**Have Questions:** Feel free to reach out to Audrey Elford ([a.elford@deakin.edu.au](mailto:a.elford@deakin.edu.au))

## CAF SIG Conference Award Shortlist

The **Children and Families SIG Award session** is scheduled for **Wednesday the 27th of May 3:30-4:45pm**. Please come along and support these presenters and hear about their impactful research in **Room 4**.

**Evelien Iliano**, Ghent University

Bridging Generations for Health: A Mixed-methods Process and Effect Evaluation of a Family-based Intergenerational Physical Activity Intervention for Grandparents

and Grandchildren

**Natarajan Padmapriya**, National University of Singapore  
The Longitudinal Associations of Early Childhood Movement Behaviours with  
Muscle Health in Adolescence: A Compositional Analysis

## CAF SIG Conference Sessions

There is so much wonderful Children and Families research being presented at the annual meeting this year - check out the [program here](#) and filter by 'Children and families' session groups on the left-hand menu.

### Wednesday, May 27th

3:30-4:45pm - Award Session - Children and Families (Room 4)

### Thursday, May 28th

- 8:30-9:30am - Translating Physical Literacy into Policy and Practice (Room 4)  
12:00-1:00pm - Developmental Trajectories: Longitudinal Perspectives on Child Nutrition and Activity (Auditorium)  
12:00-1:00pm - Youth Movement Behaviors and Health Outcomes: From Measurement to Intervention (Room 7)  
2:15-3:35pm - Healthy Schools: Integrated Nutrition and PA Interventions (Auditorium)  
4:50-6:05pm - Reframing Food Parenting: Emotion, Variability, and the Next Generation of Research (Auditorium)

### Friday, May 29th

- 8:30-9:45am - Designing outdoor play spaces for and with children: Integrating participation, green design, and municipal processes (Auditorium)  
8:30-9:45am - Feeding the future: novel trial design approaches to advance nutrition during postpartum period and beyond (Room 4)  
12:00-1:20pm - Early Life Health: Parenting, Movement Behaviors, and Development Outcomes (Auditorium)  
2:15-3:35pm - Family-Centered Approaches to Child Nutrition and Physical Activity Behaviours (Auditorium)  
3:40-5:00pm - Promoting Movement: From Outdoor Play to Active Travel (Auditorium)  
3:40-5:00pm - Early-Life Nutrition, Sleep, and Sedentary Behaviors (Room 1)  
5:25-6:40pm - Promoting Sleep in Youth and Young Adults: Development, implementation and Evaluation of Sleep programs Targeting Sleep in Infants, Adolescents and Young Adults (Auditorium)  
5:25-6:40pm - Taking Risks in Play: Rethinking School Environments for Children's Physical Activity and Wellbeing (Room 7)

### Saturday, May 30th

- 8:30-9:45 am - Children and families Building on a decade of evidence with the INDEEP project: Standard Instruments for measuring physical activity behaviours and their determinants in European youth (Auditorium)  
10:00-11:20am - Children and families Nurturing Growth: Early Determinants, Family Interventions, and Youth Lifestyle Patterns (Auditorium)

## RECENT PUBLICATIONS

Men, J., Wang, P., Wang, J., Zhu, G., Yu, Z., Wu, S., Zhang, Y., An, W., Li, A., Ma, R., Zhang, R., Li, S., Wang, Y., & Li, P. Effects of exercise on multiple health outcomes in children and adolescents with overweight or obesity: a meta-analysis of 176 randomized controlled trials and its implications for global obesity prevention. *Int J Behav Nutr Phys Act* (2026). <https://doi.org/10.1186/s12966-026-01913-0>

Rider, C.D., Baig, R., Kao, J., Hewawitharana, S.C., Woodward-Lopez, G., & Westfall Brown, M. Measuring change in school-based practices that promote children's healthy

eating and active living: a psychometric study. Int J Behav Nutr Phys Act (2026).  
<https://doi.org/10.1186/s12966-026-01921-0>

Christian, H., Adams, E.K., Vander Hoorn, S., George, P., Nathan, A., Trost, S.G., Schipperijn, J., & Carson, G. Compositional movement behaviours and preschool children's social-emotional development. Int J Behav Nutr Phys Act (2026).  
<https://doi.org/10.1186/s12966-026-01911-2>

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