



# ISBNPA

Advancing Behavior Change Science

June 2026

ISBNPA Annual Meeting 2026

Your Voices Matter

NESI

Latest @IJBNPA



## What's new @ISBNPA



# ISBNPA

Advancing Behavior Change Science

**CADIZ, SPAIN**

**27 - 30 MAY, 2026**



## One for the records!

The perfect setting, excellent science, and the wonderful ISBNPA community.

Olé, indeed!

They say a picture is worth a thousand words. Count the words in this photo collage, then.



## Abstract book

The abstract book is available [HERE](#).

## Awards

This year, the evaluation was shared by appointed judges and the public. We gathered 162 votes from Judges and 650 from the Public

All presentations were evaluated by at least 3 judges (75% of the score) and the public (25% of the score)

### Best oral presentation overall

Hannah Goss et al, LifeLab Dublin: Co-creating a Health Literacy Intervention with and for Young People

### Best Student/Early Career oral presentation

Julie E. Campbell et al, Developing Consensus for a Responsive Feeding Approach in Early Care and Education Settings

Winners are offered registration for ISBNPA2027 in Halifax!

## Save the Date: ISBNPA 2027 — Halifax

### June 15–19, 2027. Halifax, Canada.

A few keynotes are already confirmed, the abstract submission system is being tuned to receive your best research, and the networking and social program are well underway in our planning.

More to come on the [Annual Meeting Website](#)

## YOUR VOICES MATTER



And we heard you, loud and clear, in Cádiz.

Our annual conference in the south of Spain last month proved to be, as we'd hoped, a decisive milestone on our journey of change.

It's important to make clear that this evolution is a journey we're undertaking not just for our members, but with them; with you. The destination we're aiming for? A more engaged, impactful and unified community for generations to come.

That's why it was crucial to hear what matters most to us all as ISBNPA members — about not just what we're doing together and how we do it, but why and to what end. So, thank you to those who took part in the various on-the-spot surveys, polls and participatory tasks. These were facilitated by Nick and Kelly at Neo, the independent team guiding us through the process of evolving our identity and culture, redefining our purpose and developing our roadmap — ultimately to enable us to continue growing and developing an influential community of researchers across physical activity and behavioural nutrition.

Neo is a specialist strategic and creative agency that for almost 25 years has worked exclusively on positive change projects, many of them in the health sector. [Find out more on their website](#), or feel free to ask us how they're supporting us.

## 1 Where we are in our journey of self-discovery

The first stage of Neo's identity process will bring to the surface 'what's underneath': beyond what we do to how we do it and vitally why we do it and the impact that has. They will explore who we are as a group, how we relate to our community and the wider world and the role that a shared identity can play in the future.

If you missed the opportunity to contribute to this research at the conference, don't worry: there will be more chances to add your voice in the next few months.

## 2 What matters most to members

Meanwhile, based on what we heard at the conference, here's a snapshot of what we're learning so far...

The theme of community resonated clearly throughout the days we spent together. Defining what **community** means and could be for us will be central to the work we're doing to turn our shared identity into a powerful platform for building exactly that: our community.

You also said:

- Collaboration is important to you: making connections and sharing and learning
- There's potential to build on ISBNPA's role as a connector, helping to strengthen and amplify members' research to make it more useful, penetrating and impactful for society
- You'd like to see the society using its collective knowledge and expertise to influence policy
- You'd also like to explore how we can be more structured in bringing members together on funding bids and projects
- You want to continue growing the next generation of leading scientists across physical health and behavioral nutrition.

## 3 Actions we've agreed on

This period of change we've entered into is a time for learning and self-reflection, but also one of action.

As well as garnering vital insight for our identity and culture work, we were able to make shared decisions on changes we already know will bring tangible benefits for our people and our planet...

### 3.1 An additional journal: increasing the impact of members' work

We've been hearing consistently that ISBNPA is overwhelmed and there are significant barriers for members to publish:

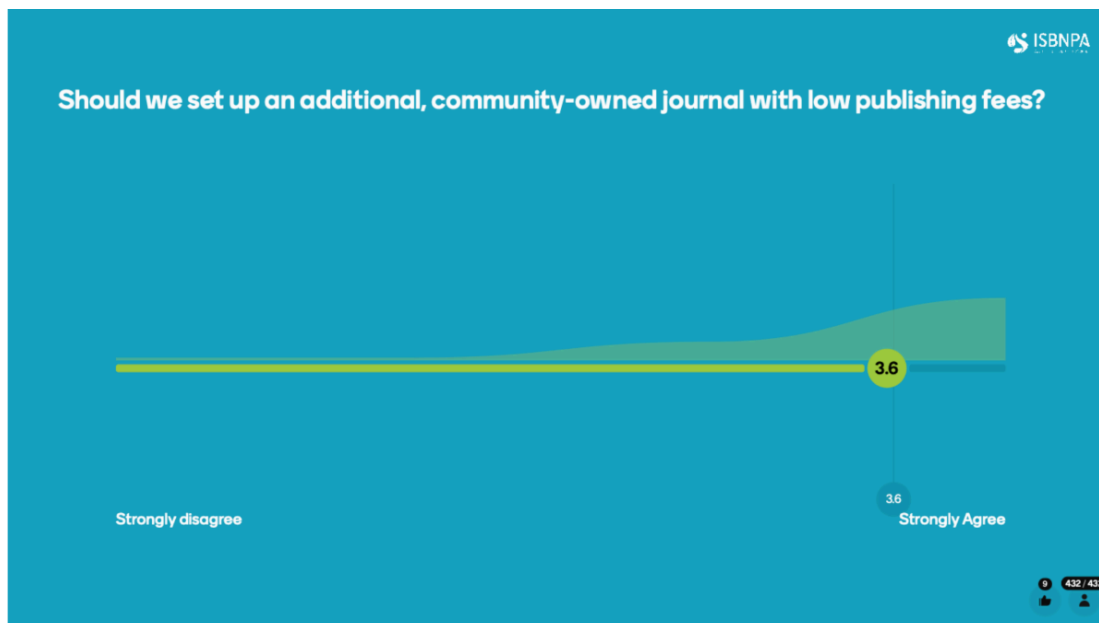
- Only 100 of around 2,000 submitted papers are published for each edition, and only a few are from the ISBNPA community, despite negotiated discounts
- Article processing charges are too high and rising, which is particularly problematic for members in low and middle income countries

**So we asked you:**

***Should we set up an additional, community-owned journal with low publishing fees?***

Decision: 434 respondents voted in favour of exploring a new journal.

Action: Research and explore the creation of a nonprofit journal — **about science, run and owned by scientists**. We'll share our progress in the autumn newsletter.



### 3.2 Carbon target: reducing our impact on the planet

ISBNPA has pledged to halve its carbon emissions by 2030. The Climate Committee is undertaking extensive work to meet this goal and we've already reduced our footprint in many areas. Based on a carbon audit we've undertaken, realistically the only way to meet this target is to reduce conference travel, which is around 90% of our footprint.

**So we asked you:**

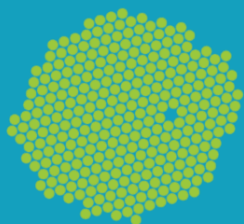
***ISBNPA has pledged to halve its carbon footprint by 2030. Which of these ideas do you support?***

Decision: 395 respondents formed a clear majority in favour of acting on the climate target.

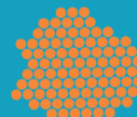
Action: The trial of regional events in 2028 to make our gatherings more inclusive while also reducing the frequency of the currently annual global conference. We'll review how useful the membership finds these events and measure the carbon footprint reduction to inform next steps.

Our strategy action groups are now turning these decisions into practice. More to follow soon.

ISBNPA has pledged to halve its carbon footprint by 2030. Which of these ideas do you support?



301 Reduce the frequency of our global conference and introduce regional meetings in the 'off years'



92 Changing our carbon reduction target



NESI

Network of Early Career Researchers and Students of ISBNPA



## Thank you Cádiz

Our sincere thanks to everyone who joined us at ISBNPA 2026. It was wonderful to connect with so many new and early-stage investigators from around the world — to share ideas, learn from one another, and build connections to carry into the year ahead. We hope you left inspired, energized, and connected to the broader ISBNPA community.

For those we didn't get to meet this year, we hope to see you in Halifax in 2027.

Later this summer we'll open the call for new NESI officer applicants. If you'd like to get involved, help shape future NESI activities, and support new and early-stage investigators

across ISBNPA, stay tuned for details in the coming months.

Thank you for being part of the NESI community — we're excited for what's ahead.



## NESI Student Representative Transition

Following ISBNPA Cádiz 2026, we're pleased to share that Umar Hassan will step into the role of ISBNPA Executive Committee Student Representative and NESI Chair. Umar will represent student and early-stage investigator members, contribute to NESI and broader ISBNPA initiatives, and support engagement and professional development across our community. Our thanks to Kylie Wilson for her service as Student Representative and her contributions to NESI over the

past term.

Please join us in welcoming Umar to the team. We look forward to working with him to support students and early-stage investigators across ISBNPA.

### Latest articles @IJBNPA

Huang, Z., Yin, M., Li, G. et al. Effect of breaking up prolonged sitting with physical activity on executive function: a three-level meta-analysis. *Int J Behav Nutr Phys Act* (2026).

<https://doi.org/10.1186/s12966-026-01942-9>

Hakimi, S., Kirkwood, R., Phillips, S.M. et al. Mobility measures and waking-day movement behaviour composition among older adults: a compositional data analysis of the McMaster Monitoring My Mobility study. *Int J Behav Nutr Phys Act* (2026).

<https://doi.org/10.1186/s12966-026-01939-4>

Deng, Q., Wu, C. & Yang, L. Effect of classroom physical activity breaks on learning behaviors and academic achievements in university students: a systematic review. *Int J Behav Nutr Phys Act* (2026). <https://doi.org/10.1186/s12966-026-01936-7>

Cambia, J.M., Chan, T.C. Development and validation of a healthy lifestyle and behavioral score for predicting metabolic syndrome: evidence from a 24-year longitudinal health check-up cohort in Taiwan. *Int J Behav Nutr Phys Act* (2026).

<https://doi.org/10.1186/s12966-026-01940-x>



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