ISBNPA
Socioeconomic Inequalities SIG

Socioeconomic Inequalities SIG Newsletter
November 2026

From Understanding Inequalities to Creating Change

Dear ISBNPA and SIG Members,

Welcome to this edition of the Socioeconomic Inequalities SIG newsletter, where we bring together research, ideas and opportunities to advance more equitable health and wellbeing.

What connects research on food insecurity, childhood obesity, healthy ageing, digital health and the social environments in which we live? Each offers insights into a shared challenge: **how can we create a society where everyone has a fair opportunity to live a healthy, fulfilling life, regardless of socioeconomic circumstances?**

Understanding why inequalities persist is essential, but our greater challenge is to translate knowledge into meaningful change. This calls for more than individual effort. It requires us to examine the conditions that shape health, listen to the voices of those most affected, and work together to expand opportunities for everyone to thrive.

In this edition, we share recent publications, emerging insights, and opportunities for collaboration, publishing, and professional development. We hope these contributions spark new connections, fresh questions and ideas that bridge research and practice.

Whether you are an established researcher, an early-career academic, a PhD student or a practitioner, your knowledge, experience and perspective matter. We warmly invite you to share your work, introduce a colleague and help shape the conversations that will move our field forward.

Together, through shared learning, purposeful collaboration and a commitment to equity, we can move beyond understanding inequalities towards creating meaningful change.

Warm regards,
The Socioeconomic Inequalities SIG Team

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Research in Focus: When Inequalities Are More Than Numbers

Socioeconomic inequalities are often described through differences in income, education, employment or access to services. These measures matter, but they don't always capture the circumstances, relationships, and structural barriers that shape people's everyday health opportunities.

This edition highlights research that encourages us to look beyond the numbers and consider how inequalities are experienced, reproduced and potentially addressed.

Can digital health reduce inequalities without reproducing them?
Perimal-Lewis, L., Correia, S. V., & Sakellari, E. (2025) Editorial: Socioeconomic inequalities in digital health. *Frontiers in Digital Health, 7*, 1680350.
Digital technologies offer exciting possibilities for improving healthcare access, supporting self-management and reaching populations who may otherwise face barriers to services. However, access to a device or an internet connection does not necessarily mean that someone can confidently, safely or effectively use a digital health service. In this publication, Lua Perimal-Lewis, Sónia Vladimira Correia and Evanthia Sakellari explore the importance of recognising socioeconomic inequalities in digital health. Digital confidence, accessibility, privacy concerns, and broader social circumstances can all shape who benefits from technological innovation. The central challenge is not simply developing better technologies, but ensuring they work for people with different needs, resources, and circumstances.
A question for our community: How can we design and implement digital health innovations to reduce inequalities rather than reproduce existing disadvantages?

🔗 Read the article

Beyond food insecurity: Understanding the conditions behind access to food
Munala, L., Hearst, M. O., et al. *Beyond Food Insecurity: Coercive Scarcity Among Black Women Experiencing Intimate Partner Violence*. *Journal of Interpersonal Violence* (accepted).
Food insecurity is commonly understood as whether people have reliable access to adequate food. Yet the circumstances in which people obtain food and other essential resources can be just as important. This study examines associations between everyday discrimination and food-related experiences among 187 Black women with histories of intimate partner violence. It considers not only food insecurity, but also situations in which women may remain with an abusive partner to access food or engage in sex to obtain food or money for food. The work highlights the importance of understanding food access within its wider social context, including discrimination, safety, power and constrained choices. It also invites reflection on whether conventional measures fully capture the circumstances underlying disadvantage.

A question for our community: What might we miss when we measure socioeconomic disadvantage without examining the conditions that shape people's choices and opportunities?

Families, fathers and childhood obesity prevention

Jimenez-Garcia, J. A., Musaad, S. M., Arredondo, E. M., et al. (2026). Psychometric properties of a fathers' outcome expectancies of lifestyle behaviors instrument for father-child reciprocal reinforcement. *Scientific Reports*.

Family relationships can play an important role in shaping lifestyle behaviours. This paper introduces and examines an instrument relating to fathers' outcome expectancies and the reciprocal reinforcement of lifestyle behaviours between fathers and children. The work addresses an important gap in childhood-obesity research, which has often focused more heavily on mothers and has underrepresented fathers, including Hispanic fathers. By highlighting the two-way interactions between fathers' and children's behaviours and responses, the research encourages a more inclusive understanding of how family influences health.

A question for our community: How can childhood obesity prevention research better represent diverse families and the social contexts in which health behaviours develop?

🔗 **Read the article**

Healthy ageing: Supporting physical activity through better professional education

Ting, C. J., & Bercades, L. (2026). Improving fitness professional education in working with older adults: A case study from a therapeutic relationship perspective. *Working with Older People*. Accepted 18 March 2026.

Supporting physical activity among older adults involves more than providing exercise opportunities. Relationships between professionals and older people, and how services respond to individual needs, can also shape the experience of participation. This paper explores fitness professional education in New Zealand and offers practical recommendations to improve practice when working with older adults. It offers an opportunity to consider how professional education and service delivery can better accommodate the varied circumstances, preferences and needs of ageing populations.

A question for our community: How can physical activity services become more accessible and responsive to older adults experiencing socioeconomic disadvantage?

🔗 **Read the article**

From Evidence to Action: Making Research Useful in Practice

Generating high-quality evidence is essential. Ensuring that it reaches the people who can use it is another important part of the journey. These recent publications explore how researchers can translate evidence into tools and decisions that support child health and prevention.

From evidence synthesis to practical tools

Johnson, B. J., Middleton, G., Hunter, S., Morgillo, S., Brown, V., Seidler, A. L., et al. (2026). From evidence synthesis to practical tools: Next-user needs for an implementation-ready

evidence base to prevent obesity in young children. *Australian and New Zealand Journal of Public Health, 50*(1), 100309.
How can evidence synthesis better support the people responsible for implementing childhood obesity prevention initiatives? This publication focuses on the needs of those who will use evidence in practice. It highlights the importance of organising and presenting research findings to support implementation, rather than assuming that producing a review is sufficient to drive change. This work is relevant to researchers interested in knowledge translation, evidence synthesis, public health implementation, and applying research to child health.

Supporting decision-making in early years initiatives

Johnson, B. J., Morgillo, S., Hunter, S., Perimal-Lewis, L., Middleton, G., et al. (2026). Supporting decision making in early years initiatives: Co-designing a child health evidence dashboard. *Health Promotion Journal of Australia, 37*(4), e70230.
Decision-makers need accessible, relevant evidence to guide early years initiatives. This publication explores co-designing a child health evidence dashboard, linking evidence synthesis to the needs of decision-makers in child health and health promotion. It illustrates an important principle for evidence-informed practice: research tools are more useful when developed with an understanding of the people, decisions, and contexts they are intended to support.
A question for our community: How can we make evidence more accessible, actionable and responsive to the needs of communities and decision-makers experiencing the greatest health inequalities?

Equity, identity and representation in academia

Ting, C. J. (2026). Unequal academics: AI as a threat to the voice and agency of Asian women in academia. *Frontiers in Education, 11*, 1856166.
This paper examines how artificial intelligence may affect the voice, autonomy and epistemic justice of Asian women academics. Its analysis also raises broader questions about how emerging technologies can reproduce or challenge inequalities in whose knowledge is recognised and valued. Although situated in academia, the work invites a wider reflection on representation, agency, and the potential consequences of technological change for marginalised groups.

Indigenous knowledge and learning environments

Stewart, G. T., Benade, L., Ting, C., Wells, A., Yates, A., & Smith, V. (2026). Te Wahi Ako: Māori learning spaces. In L. Starkey, L. Carvalho, & J. Fletcher (Eds.), *The Design of Learning Environments in Aotearoa New Zealand Schools* (pp. 70–95). NZCER Press.
This chapter explores open-plan learning spaces in New Zealand schools and their relationship with the continuation and support of Māori knowledge. While its primary focus is education, it connects with wider discussions about culturally responsive environments, Indigenous perspectives and the importance of recognising the social and cultural contexts in which people learn and thrive.

Together, these publications remind us that addressing inequalities involves more than improving access to services. It also requires attention to whose experiences are represented, whose knowledge is valued and how institutions respond to diverse communities.

Collaboration Corner: Indigenous Health and Global Indigeneity

An invitation to collaborate

Chien Ting is planning a student research project beginning in December 2026 to explore global indigeneity and Indigenous health. The project is intended to be a small research project, not a scoping review, with the aim of developing findings into a 2027 manuscript focused on Indigenous Asians. Researchers interested in contributing to the manuscript's development are invited to get in touch.

Interested in contributing?
Contact Chien Ting: chien.ting@aut.ac.nz

This is an opportunity for interested researchers to connect across countries and disciplines and contribute perspectives to an emerging area of scholarship.

Publishing Opportunity: Asian Health Journal

Are you a postgraduate student or early career researcher looking for a publication outlet for your work?

The *Asian Health Journal*, based at Auckland University of Technology, is a newly established, peer-reviewed, open-access journal dedicated to interdisciplinary scholarship on the health and wellbeing of Asian communities in Aotearoa New Zealand and globally.
Its scope includes:

- Social, environmental and structural determinants of health.
- Health equity and population health.
- Social epidemiology.
- Research informing health policy and practice.

According to the journal, there are no author publication fees.
The journal may be of particular interest to researchers whose work explores Asian communities, inequalities in health, culturally responsive services and the wider social conditions influencing health and wellbeing.

Explore the journal: Asian Health Journal

Members are encouraged to review the journal's aims, scope and submission requirements to determine whether it is an appropriate outlet for their work.

Voices Shaping the Future: Celebrating Emerging Researchers

A strong research community creates opportunities for researchers at every career stage to learn from one another, develop their ideas and build lasting collaborations. We would like to use the newsletter to recognise the work and experiences of PhD students and early-career researchers

whose research contributes to our understanding of socioeconomic inequalities in nutrition, physical activity, and health.

We welcome short contributions about:

- A research question that motivates your work.
- A recent publication or an important finding.
- A challenge you have encountered and what you have learnt.
- An idea you would like to develop with other researchers.
- Your aspirations for how your work might contribute to more equitable health outcomes.

These contributions need not be formal research summaries. A short reflection or researcher profile can help colleagues discover shared interests and create new connections.

Know someone whose work deserves to be highlighted? Nominate them for a future edition of the newsletter.

One Question, Many Perspectives

For this edition, we ask:
What one change would help research on socioeconomic inequalities have greater impact on policy or practice?

Perhaps it is involving communities earlier in the research process, improving how evidence is communicated, strengthening partnerships between researchers and practitioners, or addressing structural barriers that limit the implementation of effective interventions. We welcome responses from researchers, students and practitioners across disciplines and countries. A sentence or two is enough. Selected responses may be shared in a future newsletter to stimulate discussion and highlight the diverse perspectives within our SIG.

Connect, Contribute and Collaborate

Member participation strengthens our SIG. You do not need to lead a project or write a full article to make a contribution. Here are a few simple ways to get involved.

Share your research
Have you recently published a paper, launched a project or discovered a useful resource? Send us the link and a short explanation of its relevance to socioeconomic inequalities, nutrition, physical activity or health equity.

Propose a webinar or workshop
Would you like to share a research method, practical skill or emerging area of work? We welcome ideas for member-led webinars and interactive workshops that encourage learning and exchange across career stages.

Find a collaborator

Are you looking for expertise in a particular method, population, discipline or research topic? Share a short description of your interests or collaboration needs with the newsletter team.

Celebrate a colleague
Let us know about a colleague's publication, achievement, award or contribution to research and practice. Recognising one another's work helps build a supportive and connected research community.

Connect at ISBNPA
When conference opportunities arise, we encourage members to seek out colleagues with shared interests, organise informal conversations and introduce new researchers to the SIG. Even a brief conversation can start a valuable collaboration.

Stay connected
We welcome contributions from established researchers, early career researchers, PhD students and colleagues working across research, policy and practice. To suggest a publication, nominate a researcher, share a collaboration opportunity or propose a future newsletter feature, please contact the SIG newsletter team:

- Lua Perimal-Lewis
- Chien Ting

Let's continue to share our knowledge, strengthen our connections and explore how our collective work can contribute to more equitable opportunities for nutrition, physical activity and health.

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