Workshops’ Description

Planning interventions for implementation in practice: What to think about, why to think about it and how to do it
Chair: Harriet Koorts (Deakin University, Melbourne, Australia)
Other speakers: Dr Femke van Nassau (Department of Public and Occupational Health, Amsterdam Public Health Research Institute at the VU University Medical Center, Amsterdam), Dr Rachel Laws (Institute for Physical Activity and Nutrition (IPAN), Deakin University, Melbourne, Australia)
Half-day

One of the most critical issues impeding improvements in public health is the vast gap between what we know can improve health and what actually gets implemented in everyday practice. In real-world settings, interventions can either fail to be adopted or report lower effect sizes, and may be less likely to be sustained over time. Interventions may also rely on external organisation funding, resourcing and delivery, which may affect widespread adoption and sustainable delivery over time. Identifying ways to achieve active engagement from key stakeholders and incorporating factors associated with effective implementation early within the research process is thus essential.

This workshop will facilitate discussion on how researchers develop or adapt interventions to increase the likelihood that they can be implemented in practice and sustained at scale. Participants will actively workshop their own intervention idea and research strategy by:

i. Characterising parameters of the “real-world” intervention implementation context (i.e. non-research setting)
ii. Identifying key stakeholders and potential barriers to implementation, including discussing strategies to overcome them, and
iii. Exploring how to use the information gained to inform decisions regarding their intervention design or research strategy.

Quantifying and Visualising Physical Behaviour: An alternative to energy expenditure estimation in evaluation of physical activity interventions.
Chair: Malcolm Granat (School of Health Sciences, University of Salford, Salford, UK)
It has been suggested that physical activity is about “the relationship between human beings and their environment” and the “strengthening of that relationship”. However the primary physical activity outcome has invariably been energy expenditure, with definitions of different aspects of physical activity based on levels of energy expenditure. It is proposed that the pattern of robustly defined activities, Physical Behaviour (PB), can provide an alternative construct to energy expenditure estimation.

The workshop will: a) demonstrate how we can develop person-centred outcomes of PB in individuals and populations; c) show how we can derive new outcomes of lying, cycling and car travel from body-worn accelerometer data; and d) present novel methods of visualising PB data.

Interactive features of this workshop will include: a structured discussion on derivation of outcomes based on the patterns of activities, data analysis showing how we can derive new outcomes of lying, cycling and car travel from body-worn accelerometer data and group working analysing sample data.

Emerging Technologies in Promoting Physical Activity and Health
Chair: Zan Gao (School of Kinesiology, The University of Minnesota at Twin Cities)
Other speakers: Jung Eun Lee (The University of Minnesota at Duluth), Nan Zeng (The University of Minnesota at Twin Cities), Wenxi Liu (The University of Minnesota at Twin Cities)
Half-day

As technology becomes an ever more prevalent part of everyday life and population-based physical activity programs seek new ways to increase life-long engagement with physical activity, so the two have become increasingly linked. This workshop attempts to offer a thorough, critical examination of emerging technologies in physical activity and health promotion, considering technological interventions in different contexts, exploring the challenges of integrating technology into physical activity promotion and offering solutions for its implementation. This workshop will occupy a broadly positive stance toward interactive technology initiatives and, while discussing some negative implications of an increased use of technology, offers practical recommendations for promoting physical activity through various emerging technologies, including: active video games (exergaming); social media; mobile device apps; health wearables; global positioning and geographic information systems; and virtual reality settings. Offering a logical and clear critique of emerging technologies in physical activity and health promotion, this workshop will
provide hands-on experience and practical implications for researchers, practitioners, and students in the fields of public health, kinesiology, physical activity and health, and healthcare.

**Creating Healthier Local Food Environments – A Guide for Local Government**  
Chair: Lisa Atwell (SA Health)  
Half-day

Healthy individuals live, work and play in thriving healthy communities and local government plays a key role in creating these environments. Having consistent access to affordable, nutritious and safe food is fundamental to good health and is an essential part of a healthy community. Creating healthier local food environments has physical as well as social, environmental and economic benefits to a community. Local Government’s can create healthier local food environments by:

- increasing the availability and accessibility of healthy food and drink choices,
- encouraging local food production and sharing,
- improving knowledge and awareness, and
- supportive policies, plans and advocacy.

The Creating Healthier Local Food Environments (CHLFE) guide and checklist provides a way to assess a local government’s current policies and plans in relation to supporting healthy food practices. Additionally, the guide describes a process and achievable actions to improve the healthy food environment.

**ISBNPA Student and ECR workshop**  
ISBNPA NESI and Membership Committee  
Chair: Sofie Compernolle (Ghent University, Belgium)  
Other speakers: Wendy Van Lippevelde (University of Agder, Kristiansand, Norway and Ghent University, Belgium), Jenna Hollis (University of Newcastle, Australia), Paul Estabrooks (University of Nebraska Medical Center)  
Full-day

The ISBNPA Early Career Researcher and Student Workshop is aimed at ECRs and students who are interested in learning about topics related to career development such as developing leadership skills, building collaborations and networking, grant writing tips, insight in to the journal publication process, learning to write quality peer reviews for journal articles, and tips for time management. Presenters will include ISBNPA fellows, keynotes from the conference, and other senior and junior researchers in the field of behavioral nutrition and physical activity. Participants will also have the opportunity to network with the presenters, and with other students and ECRs. The workshop
format will include presentations from experts, interactive Q&A sessions, and round-table discussions.

**Integrating research, clinical practice, policy and community resources to address nutrition- and physical activity-related health disparities**  
Chair: Susie Nanney (University of Minnesota)  
Other speakers: Jerica Berge (University of Minnesota)  
Half-day

Despite decades of efforts, obesity trends are increasing globally, demanding bold and innovative solutions – we developed an approach expected to accelerate and maximize obesity prevention efforts. The University of Minnesota’s Healthy Eating and Activity across the Lifespan (HEAL) initiative began two years ago and consists of concerned scientists, health practitioners, and policy wonks who are working authentically with communities to redefine solutions to prevent persistent weight-related health problems, especially disparities. The HEAL approach requires 4-point solutions that harness the collective power of academic research, community resources, clinical practice and policy. At the conclusion of this 4-hour workshop participants will be able to: define the functions of an integrator entity; describe the HEAL development, implementation, and evaluation process; apply the action steps and tools using 2 real community-based pilot projects; and translate the HEAL process for integration into their own settings. Attendees will receive materials to read in advance.

**Integrating 'failure conversations maps' to behavioral practices**  
Chair: Moria Golan (Tel Hai Academic College & Hebrew University of Jerusalem)  
Full-day

The phenomenon of personal failure has grown exponentially over recent decades. Never before has the sense of failing to be an adequate person been so freely available to people, and never before has it been so willingly and routinely dispensed. People increasingly feel the pressure of these high expectations and struggle with the burden they impose. This workshop will explore therapeutic options relevant to addressing the sense of personal failure in respect to behavioral change. Offering a map to guide therapeutic explorations in this area and interspersed with transcripts of therapeutic conversations using narrative and motivational interviewing practices. The 'failure conversations map' can assist in looking at the expectations more closely, the influences of culture, gender, ethnicity, sexuality and many more and the impact of dominant discourses associated with the feeling of failure to assist clients and family members to implement behavioral change (healthy habits or battling obesity status)
It can also assist in exploring new doors that might be opened following the failure and enhance motivation to adhere to one’s personal values and behavioral change.

During the workshop, the practices of outsider-witness will be demonstrated and exercised.

Participants will practice ‘failure conversations’ exercises in respect to behavioral change associated with healthy life style. ‘Failure conversations’ are practices that were originally driven from the Narrative approach. We will discuss how it can be integrated into the various disciplines used along motivational interviewing practice.

**Exploiting behavioural science for nutrition and physical activity interventions**

Chair: Emely de Vet (Wageningen University and Research)

Other speakers: Ellen van Kleef (Wageningen University and Research)

Half-day

The use of behavioural science to improve the health of individuals has been blossoming in the past two decades. Even though evidence of the effectiveness of interventions is accumulating, overall study results are mixed. Interventions to change behaviour in nutrition and physical activity are usually complex. Progress in the field is hampered by studies that focus on one-shot approaches without a solid theoretical base.

A theoretical base has been shown to improve the effectiveness of health promotion interventions. It is increasingly important to pay attention to the underlying causal processes by which interventions influence behaviour and identify contextual barriers and facilitators of change. Behaviour change theories allow the study of possible mechanisms or so-called ‘active ingredients’ of interventions. In this way, interventions can be improved and fully understood.

With this workshop we aim to 1) to present state-of-the-art research in behavioural science theories, 2) to familiarize with theory-based behavioural change techniques and taxonomies that provide good starting points for the design and understanding of interventions, 3) to experience how theory and taxonomy can be used to design interventions, and 4) to reflect on the relevance and implications of behavioural science for intervention development.

**SUNRISE: Surveillance Study of Movement Behaviours in the Early Years**

Chair: Anthony (Tony) Okely (Early Start, University of Wollongong, Australia)

Other speakers: Mark Tremblay (Children’s Hospital of Eastern Ontario, Canada), John Reilly (University of Strathclyde, UK), Guan Hongyan (Capital Institute of Pediatrics, Beijing, China), Alex Florindo (University of Sao Paulo, Brazil), Cathi Draper (University of Cape Town, South Africa)
Half-day

This workshop will be led by the Leadership Group of the recently established SUNRISE Study. SUNRISE is an international surveillance study of movement behaviours in the early years. Leveraging the release of the first 24-hr movement Guidelines for the Early Years in Canada and Australia, and the WHO guideline on physical activity, sedentary and sleep behaviours in children under 5 years of age currently being developed, SUNRISE will collect international surveillance data in a range of countries using the new movement guidelines as benchmarks. SUNRISE will provide the first such international data for the early years and help the global community move towards preventing young children from developing obesity and ensuring that they reach their developmental potential. The study will initially seek to recruit 16 countries, four each from the Low, Medium, High, and Very High levels on the Human Development Index. This workshop will outline the methods of the study and provide an opportunity for participants to learn more about the study and how their country may be able to be involved as a study site in the future.

Working together to navigate the Mid-Career journey
ISBNPA’s Mid-Career Network
Chair: Maureen Ashe (The University of British Columbia)
Half-day

Please join us for the inaugural Midcareer Network (MCN) workshop at the 2018 ISBNPA Annual Meeting. The MCN is the most recent group within ISBNPA membership, and includes researchers and practitioners who self-select themselves to be at midcareer: although the typical member is frequently 5-9 years post-doctoral program. The MCN goals are to discuss issues particularly relevant to those at midcareer such as, balancing teaching, service and research, mentoring, navigating the tenure process, and applying for funding. In this half-day workshop, we aim to have participatory sessions with midcareer and senior researchers, from the field of physical activity and nutrition, who will provide insights into their experience navigating the midcareer journey.