Dear Deanna,

These are, once again, exciting times for the ISBNPA. We have a message from Deanna Hoelscher, our new President, a report from our secretary Anke Oenema about the Austin meeting, and some important information about the upcoming Ghent meeting.

Did you notice the deadline for the abstract submission? It is December 6th 2012...

Before you go and prepare your abstracts, read on and learn about our activities.

The Newsletter Team

Message from the President

Howdy!

I am very excited to address you all as the President of ISBNPA, a vibrant and growing organization. The recent Annual Meeting in Austin, Texas, is evidence of this, with more than 600 members attending stimulating scientific presentations and engaging in thoughtful dialogue. We also have an established journal, which continues to grow in quality and prestige, while setting the standard for research in behavioral nutrition and physical activity. And most of all, we have our membership, which is growing and includes many of the leaders in our field. As we begin on our second decade, we hope to expand and build on our successes, address some challenges that accompany our growth, and plan for future sustainability of our efforts.

Speaking of the Austin Meeting, we need to acknowledge the many contributions of our members, including the Local Organizing Committee led by the Michael & Susan Dell Center for Healthy Living, as well as the resources and input from many other Texas Universities and groups, including Salud America, Baylor College of Medicine, Texas A & M School of Rural Public Health, Texas Tech University, the University of Houston, the University of Texas at Austin, the Michael & Susan Dell Foundation, and several other contributors. The Scientific Organizing Committee was led by Knut-Inge Klepp, and did an outstanding job of assembling an interesting program, with Greet Cardon serving as chair of the abstract committee.

Now, the baton has passed to Greet Cardon, as she and her colleagues prepare for the ISBNPA 2013 Annual Meeting in Ghent, Belgium from May 22-25, 2013. Please be sure to submit your best work for symposia sessions and abstracts. I visited Ghent this past year, and it is a very unique and appropriate venue for ISBNPA. The keynote speakers are confirmed and a listing of their presentation titles, as well as more information about the meeting and Ghent can be found at http://www.isbnpa2013.org. We have recently secured space for the ISBNPA 2014 Annual Meeting in San Diego, California for May 21-24, 2014, so be sure to mark that date on your calendar as well!
As we begin a new year, I would like to remind everyone of our vision statement: ISBNPA will be the international leader in advancing and fostering excellence in research on nutrition behavior and physical activity. Our goals for this next year reiterate the need to focus on this vision through:

- Increased communication among members to amplify evidence-based work and further the science;
- Increased member involvement through committees and assignments;
- Revision of the ISBNPA bylaws; and
- Maintenance of the financial viability of the organization.

These goals are also consistent with our Mission statement: We stimulate, promote, and advocate innovative research and policy in the area of behavioral nutrition and physical activity toward the betterment of human health worldwide.

As part of these goals, we intend to map out a new strategic plan for the next 5 years, as well as update the bylaws to reflect some current changes in the governing body of the organization. As we move forward, we would like to hear your ideas about the Society and what benefits would be useful to you as members. In addition, we are looking for enthusiastic members to become involved with our group through serving on Committees and some of our communication and policy efforts. If you are interested in getting involved or have any other ideas that you would like to share, please email me at Deanna.M.Hoelscher@uth.tmc.edu. I look forward to your input.

Finally, as we begin a new year, we should thank the individuals who have served the Society during the past year, especially the ISBNPA officers that are rotating off of the Executive Committee: Knut-Inge Klepp, Greet Cardon and Kim Gans. They have all devoted countless hours to the Society and served the membership well. We appreciate their hard work and commitment.

Promoting healthy eating and activity worldwide,

Deanna Hoelscher, President, ISBNPA

Impressions of the Austin meeting

The ISBNPA annual meeting in Austin (May 23 - 26) was a big success. Over 600 people from 27 different countries attended the meeting, making it the largest ISBNPA conference in the USA to date. Here are some quotes from the evaluations to illustrate this:

- "Fantastic conference, one of the best."
- "I really enjoyed the conference."
- "The most exhilarating and inspiring conference that I have attended in a couple of years."

Keynote lectures

Highlights of this conference were the keynote lectures, which included Lessons from 50 years of Tobacco Control Policy by Cheryl Perry and Influence of Genes and Environments on Health Behaviors by Molly Bray. File copies of 5 of the 6 keynote lectures can be found on the ISBNPA website.

Symposia

There were a total of 30 symposia on the program, of which the quality was rated as good to very good. The symposia with sufficient room for discussion were especially well appreciated. Topics covered in the symposia included the use of new technologies in interventions and for assessment of dietary and PA behaviour and environmental factors, the influence of parents and friends on dietary and PA behaviours of children and adolescents, promotion of PA and dietary behaviours in non-Western countries, and determinants and interventions to reduce sedentary behaviour.

"News and trends"
Symposia and free paper sessions on gardening, local food sourcing, and providing fresh fruits and vegetables were especially well-attended and generated much interest. Based on the posters and presentations, it can be seen that social media is increasingly being used for nutrition and physical activity interventions. The options to use these media are plenty (as indicated by the symposium about this topic), but that the evidence for effectiveness of these approaches still need to be established (as indicated by one of the oral sessions).

Preconference workshops
The preconference workshops were well attended and evaluated highly. The pre-conference workshop on sedentary behaviour by Stuart Biddle and Trish Gorely was one of these successes. In this workshop basic concepts were introduced and involved workshop attendees in participatory exercises concerning the mapping of correlates and theory to sedentary behaviour change strategies and issues with conducting a process evaluation of a sedentary behaviour intervention. During this workshop the participants had to stand half of the time, because they had to share a chair with one other person - an innovative learning technique!

The early career workshop has been a recurrent event, but is always very well attended and appreciated, as it addresses many of the questions and difficulties that young researchers struggle with.

Conference overall
Apart from the program, strengths of the ISBNPA annual meeting included the relatively small size and the many opportunities for networking. Some quotes may illustrate this:

- "I like that it is not too large that it is difficult to see people and meet new people in your field"
- "A bit bigger is OK, but the charm of our society is that the meetings are not too large, which makes it likely to run into people you want to meet"

Areas of improvement
The major complaint received was that the poster presentations were in a different location than the lunch. These comments and recommendations will be taken into account in the organization of the next annual meeting. But all-in-all, it was a very successful conference. And this quote says it all:

"Congratulations for achieving an extraordinary event"

Thanks to the scientific and local organizing committee and all others who were involved in organizing this ISBNPA 2012 Annual Meeting.

Anke Oenema, ISBNPA Secretary

ISBNPA Annual Meeting 2013 in Ghent

Dear Colleagues,
We are pleased to invite you to join us in Belgium for our 2013 Annual meeting. The meeting will take place May 22th-25th, 2013 and is a unique opportunity to learn about behavioral nutrition and physical activity, interact with starting and experienced researchers, and gain new insights into innovations in research, policy and practice.

Moreover, as the meeting will take place in the historical city centre of Ghent, take the opportunity to discover Ghent, the so called “medieval Manhattan”, dazzlingly authentic, in the centre of Europe. All information about the 2013 meeting can be found on: http://www.isbnpa2013.org

We already look forward to seeing you in Ghent in May 2013!

Professor Greet Cardon, Chair of the Local Organizing Committee
Department of Movement and Sports Sciences, Ghent University

New to the annual meeting

The annual meeting in Ghent will contain some new elements, one of which is invited lectures by early and mid career researchers. These purpose of these invited lectures is to give excellent early and mid career researchers a platform to present their work.

Researchers from different research institutions across the world were nominated. From these nominations, the scientific Committee selected three leading Early Career Researchers and three leading Mid Career Researchers and invited them to present their research in two sessions during the ISBNPA conference in Ghent.

The following Early Career Researchers have been selected:

- **Wilma Waterlander**, who completed her PhD at the VU University Medical Center in Amsterdam, the Netherlands and is now working in New Zealand. Her PhD project focused on the feasibility and effectiveness of pricing strategies to change dietary behaviour among low-income groups.
- **Trina Hinkley**, from Deakin University, Melbourne, Australia. Dr. Hinkley's completed her PhD in 2011 and will give a presentation about physical activity in preschool children, with specific attention to the correlates of physical activity and methodological challenges to measure physical activity in this age group.
- **Delfien Van Dyck**, from Ghent University, Belgium. Dr. Van Dyck completed her PhD in 2012 and focuses on the physical environment and its association with physical activity and sedentary behaviors in adults and adolescents.

The following Mid Career Researchers have been selected:

- **Laurien Buffart**, from the VU University Medical Center in Amsterdam, the Netherlands. Dr. Buffart obtained her PhD in 2008 and is currently working at a post-doctoral researcher on the A-CaRe project at the EMGO+ Institute. Her presentation will focus on the current evidence on the merits of physical activity for cancer patients.
- **Sarah McNaughton** from the Centre for Physical Activity and Nutrition Research, School of Exercise and Nutrition Sciences, Deakin University, Australia. Dr. McNaughton completed her PhD in 2003 and will give a presentation about the assessment of dietary patterns and their social and behavioral influences.
- **Jess Haines**, from the Department of Family Relations and Applied Nutrition, University of Guelph, Canada. Dr. Haines completed her PhD in 2005 and her presentation will focus on family-based obesity: the integration of general parenting and weight-related messages for parents of preschool aged children.
ISBNPA news

New EC members
Pedro Teixeira, Russ Jago and Ralph Madison have joined the EC. Pedro Teixeira was elected as president elect and Russ and Ralph as members at large.
Russ has joined the finance committee, he is now the chair of this committee, and Ralph has become chair of the communications committee.

We have received some notes about the new EC members.

Communications committee
To all members, the communications committee has recently undergone a reshuffle. Anke Oenema has stepped down as the chair of the committee. We would like to thank Anke for all her work and support of ISBNPA in this role. She will be working with António Palmeira to prepare the quarterly newsletter.
Ralph Maddison is the incoming chair of the communication committee. He is an Associate Professor at the National Institute for Health Innovation, University of Auckland, New Zealand. Ralph is a physical activity/lifestyle researcher with a PhD in Sport and Exercise Science. He is the principal investigator of a number of studies including HEART, a randomised controlled trial to examine the effectiveness of mobile phone intervention to improve functional capacity in people with cardiovascular disease, Fit2Quit a trial to examine the effect of exercise on smoking cessation outcomes, and SWITCH, a trial to determine the effect of reducing screen-based sedentary behaviour on body composition in overweight children. He is also co-investigator of a number of physical activity-related projects. His specialist research interests include physical activity in youth and special populations, interventions, and clinical trials.

Ralph has been a member of ISBNPA since 2005 and recently joined the Executive Committee as a member at large. He is very keen to enhance communications within ISBNPA. Key areas of focus will be enhancing content on the website, maximize social networking opportunities (Twitter and Facebook) and establish a regular schedule for the newsletters. If you want to contact Ralph, please do so atr.maddison@nihi.auckland.ac.nz

ISBNPA has a Twitter account and we encourage members to follow-us. We will be working hard to ‘tweet’ regularly with new content. Checkout @isbnpa

ISBNPA also has a Facebook page, which we encourage you visit and follow. We will be working hard to add new content.

Finance committee
Russ Jago is a new member-at-large on the Executive Committee and incoming chair of the ISBNPA finance committee.
Russ is based in the School for Policy Studies at the University of Bristol and conducts research on children’s physical activity and screen-viewing. Russ said that “my goal as the chair of the finance committee is to build on the excellent work of the finance committee which has been brilliantly chaired by Ron Iannotti (who continues to serve as our Treasurer), and keep the society finances as strong as possible.”

IJBNPA
Earlier this year Bente Wold and Bob Jefferey have stepped down as associate editors of IJBNPA. To thank them for all the work they have dome for the journal, they are featured in the new column on the ISBNPA website ‘behind the scenes’. In this column you can read about their experiences of being an associate editor of IJBNPA.

Anna Timperio, Russ Jago, and Kirsten Davison have been added to the team of editors.
It's time to join us or renew your membership

The membership committee is here for you!

We work to ensure that ISBNPA has members and that ISBNPA serves it members well. Currently our focus is thus on renewal of membership and recruitment of new members for 2013. Do you know somebody who you think should become a member? You can join/renew at http://www.isbnpa.org/membership/

We mainly serve our members through various activities at the annual meeting, but if you have ideas about other things ISBNPA could do for its members between meetings, we'd love to hear from you. Please contact Jenny Veitch at jenny.veitch@deakin.edu.au

Benefits you'll receive as a member of ISBNPA:

Discount registration rate at ISBNPA Annual Meeting
Members receive a significant discount on the Society's annual meeting registration fee.

Journal Publication at a reduced rate
ISBNPA members receive a reduced rate (50%) to publish in the Society's journal - IJBNPA, which has an impact factor of 3.83!

Special Interest Groups
ISBNPA has just instituted its first Special Interest Group (SIG), which will provide connection with others members whose interests overlap. Currently, ISBNPA members may join the Special Interest Group (SIG) on socioeconomic inequalities in nutrition, physical activity and sedentary behaviors. Additional SIGs will be initiated in the future.

Opportunities to interact and network with the leading specialists in the field of behavioral nutrition and physical activity
The annual meeting allows ISBNPA members to interact with many leading experts in the fields of behavioral nutrition and physical activity.

Society Newsletter
ISBNPA members are emailed a quarterly newsletter with society news.

Be a part of the ISBNPA community
Members can enhance their international reputation by becoming involved on ISBNPA committees and running for office to be part of the Executive Committee.

Eligibility to participate in ISBNPA elections
Full members are eligible to participate in the annual election process, helping to shape the future of the Society as well as the field of behavioral nutrition and physical activity.

Early Career and Student Awards
Awards for best oral and poster presentations are offered to early career and students at the annual meeting.

Early Career Workshops
A workshop specifically for early career researchers will be held prior to the annual meeting.

Searchable Membership and Jobs Directory
A jobs directory and a listing of ISBNPA members provide a valuable resource for members to contact colleagues around the world.

Nanna Lien, ISBNPA membership committee

Latest articles @ IJBNPA


children: New methods using food diaries in the UK national diet and
nutrition survey rolling programme. Int J Behav Nutr Phys Act, 9(1), 126. doi:

Dasgupta, K., Hajna, S., Joseph, L., Da Costa, D., Christopoulos, S., &
Gougeon, R. (2012). Effects of meal preparation training on body weight,
glycemia, and blood pressure: Results of a phase 2 trial in type 2 diabetes.

correlates of active transportation to school among youth living within 1 mile

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