MESSAGE FROM THE PRESIDENT

I want to start my message with important news about a change to the editorial structure of our journal. After having led the editorial team for five years, Frank van Lenthe will step down as Editor in Chief at the end of December and Russ Jago will take over from January. This means that in January the editorial office will transition from Erasmus Medical Centre to the University of Bristol (UK). The two teams will work collaboratively during a transition period.

On behalf of the Society I hereby would like to take the opportunity to express my gratitude to Frank van Lenthe and Petra De Vries for their great work to the journal and for being a fantastic editorial team. The journal is very important for the society and the hard work on the journal is truly appreciated. On behalf of the society I also want to thank Russ Jago for taking on this important role and we wish him all the best.

The turn out for the 2015 meeting in Edinburgh, Scotland looks very promising as we did receive another record breaking number of symposium submissions. While this challenges the scientific board in their the reviewing process, the high submission number gives the opportunity to select the best work for being presented. Furthermore the local organizing team will ensure that the 2015 meeting will be another friendly meeting with lots of opportunities to network. Make sure you join us, we now welcome submissions of abstracts for oral and poster presentations in any area of behavioral nutrition and/or physical activity research and practice, and the registration site will open shortly.

On behalf of the entire executive committee I already want to wish you and your family happy holidays and a healthy and prosperous 2015!

Greet Cardon

CALL FOR ABSTRACTS AND SYMPOSIA EVALUATION

Record breaking numbers

We had a record breaking number of symposia submissions: 81 symposia with 290 abstracts. The quality of the submissions was very high so they will surely be great learning...
and networking experiences. We have finished the peer review evaluation of the symposia and authors are being notified during this week.

The call for abstracts opened on October 31st. This call will be open until December 5th, so prepare your work to engage in the scientific activities of the ISBNPA 2015 Annual Meeting.

More information is available on our website [HERE](#) and the annual meeting website [HERE](#).

**EDINBURGH ISBNPA 2015 ANNUAL MEETING**

**Satellite meetings and training opportunities**

The ISBNPA 2015 Annual Meeting is scheduled for June 3-6, 2015, but much more is going to happen...

We are thrilled to present two ISBNPA 2015 post-conference satellite meetings plus a training session opportunity. Make sure you **schedule your travel** to seize all the activities of the ISBNPA 2015 Annual Meeting.

For more details go to [http://www.isbnpa2015.org/satellite-meetings](http://www.isbnpa2015.org/satellite-meetings)

**Satellite 1: Determinants of sedentary behaviour across the life course: synthesis and consensus meeting**

**Dates: 8th and 9th June 2015**

**Venue:** Glasgow Caledonian University, Cowcaddens Rd, Glasgow, G4 0BA

**Organisers:** Prof G. Cardon and Dr S. Chastin on behalf of DEDIPAC consortium

**Maximum number of attendees:** 75

Sedentary behaviour, defined as a cluster of individual behaviours where sitting or lying is the dominant mode of posture and energy expenditure is very low, is now recognised as the largest reservoir of physical inactivity and a risk factor for health and wellbeing. Reducing
sedentary behaviour is a public health challenge internationally. Currently there is disparate and limited knowledge about its determinants across the life course to inform interventions. This meeting will bring together epidemiologist, psychologist, clinicians, economist, rehabilitation, life, health, behavioural and social scientists to define a consensus system approach model of the life course determinants of sedentary behaviour. The meeting will be held as part of the European Knowledge hub on Determinants of Diet and Physical Activity (www.dedipac.eu). During the meeting all attendees will be able to voice their opinion and watch consensus unfolding in real-time using the latest interactive information technology and consensus methodology. Key note speakers (Neville Owen, Jo Salmon, John Reilly, Genevieve Healy, Stef Kremers, Dawn Skelton and David Conroy) will chair the meeting. Registration includes an evening reception in which delegate will sample the finest Scottish Hospitality.

Contact:
Dr Sebastien Chastin (email)  
Glasgow Caledonian University, School of Health and Life Sciences

**Satellite 2: Challenging interventions with an obese society- engaging without enraging**

**Date:** Monday 8th June 2015  
**Venue:** Lower and Upper College Hall, University of St Andrews  
**Organisers:** Prof Annie S. Anderson and Dr Jo Cecil  
**Maximum number of attendees:** 75

This satellite offers a range of interactive sessions, work-share structured discussions and a designer lead approach to creative opportunities for increasing awareness and action around physical activity and diet for weight management. Presentations include recent work on new visual tools for assessing unhealthy body weight in children, effective communications and brief interventions.

Our programme aims to explore
* How good are we at recruiting and retaining overweight people in our control and intervention groups?  
* How we practice optimal oral communications with intervention participants - do we know the key concepts of engagement?  
* How good are our tools at measuring and assisting weight loss- can we engage with the design community?  
* What are the key factors in brief interventions for weight management- how brief is brief?
In all areas of nutrition and physical activity interventions, researchers are faced with engaging children and adults with excess body weight (even when weight management is not a study outcome). Often described as the elephant in the room, behavioural interventions must take account of energy needs, physical abilities and disabilities and researchers need to optimise communications which engage but do not enrage. All ISBNPA members with an interest in optimising communications about obesity research (involving diet and physical activity) are welcome to the meeting for an interactive day with time for sharing experiences, reflections and ideas. We are also offering the opportunity for a walk and talk poster presentation session with a prize for the most innovative presentation.

For more information click HERE to download a brochure of this satellite meeting.

Contact:
Dr Annie S. Anderson (email)
Centre for Public Health Nutrition Research, University of Dundee
or
Dr Jo Cecil (email)
School of Medicine, Behavioural and Population Health Sciences, University of St Andrews

**Training Opportunity: Self-Determination Theory Interventions in Practice**

**Date:** Tuesday 2nd June 2015  
**Venue:** TBA  
**Organisers:** Dr. Jennifer La Guardia

Thinking about how to motivate people to eat well and be more active? Not sure how to apply theory in research or practice? Join us on June 2nd for a 1 day training program designed to help participants understand how to build an SDT behavioral intervention from the ground up and provide an introduction on how to apply SDT in practice. We will address how to foster optimal motivation in both the initiation and maintenance of behavior change, how to manage amotivation, and discuss how some typically used behavior change techniques can undermine motivation. Appropriate for researchers, those designing interventions, and practitioners alike.

More information on registration and cost coming soon!  
Interested in receiving more information, contact Jennifer La Guardia (email)

Follow the twitter account from the ISBNPA 2015 Annual Meeting.
Read on to know about all workshops opportunities. If you are interested in attending these workshops, please let us know during the registration for the ISBNPA 2015 Annual Meeting.

June 3, Morning

Using technology for community-based advocacy and environmental change: The Community Park Audit Tool App (eCPAT)
Gina Besenyi (Un. South California), Andrew T. Kaczynski (Un. South California), Jenny Veitch (Deakin University), Sonja A. Wilhelm Stanis (Un. Missouri)

The overall goal of this workshop is to describe the importance of, and strategies for, engaging community members, especially youth, in building healthy communities. Given the increasing use of smartphones and other electronic devices, especially among adolescents, leveraging this growth in technology to engage the broader public in evaluating and advocating for healthy community design is imperative.
To highlight this process, this workshop will describe and demonstrate the electronic Community Park Audit Tool (eCPAT app) and its utility for active living health promotion interventions. Specifically, the aims of this workshop are:

1) To describe the importance of civic engagement and advocacy and the role of technology in fostering healthy community design.
2) To introduce participants to park audits and the electronic Community Park Audit Tool (eCPAT) app.
3) To collectively discuss how mobile technology and other electronic tools can be used by researchers and public health professionals for community-based advocacy and environmental change.

Through a visit to a local park, participants will have the opportunity to interact with the eCPAT app and to learn about its utility for both research and community health promotion.

Introduction to the methodology of economic evaluation of behavioural nutrition and physical activity interventions and risk on bias.
Marike Hendriks (Maastricht University), Silvia MAA Evers (Trimbos Institute & Maastricht University)

The problem of increasing health expenditures throughout the world has been a focus of the public debate for years. In order to allocate scarce resources more effectively scientific information is needed in which both costs and effects of an intervention are evaluated, preferably at a societal level. Economic evaluation is a technique that is developed to assess costs and benefits of alternative health strategies to provide a framework for decision-makers.
The aim of this workshop is to give an introduction of the theoretical concepts of economic evaluations with the focus on interventions in the area of behavioural nutrition and physical activity. In this workshop the necessity of performing economic evaluation will be discussed, the methods of performing economic evaluation will be lectured, including the limitations and the risk of bias in economic evaluations. After the introductory lectures participants will apply their new knowledge about economic evaluation on a case study in small working groups.

Behavior Change: Strengthening the Links between Behavioral Science and Policy
Dawn K. Wilson (Un. South Carolina); Susan Michie (Un. College London); & Pedro J. Teixeira (Un. Lisbon)
This workshop will provide an overview of the links between behavioral science and policy. Professor Michie will present frameworks that are grounded in evidence and theory and which are useful for policy-makers and will demonstrate effective ways of bringing science and policy closer together. She will specifically present two examples of policy inspired science: the Behaviour Change Wheel and Taxonomies of Behavior Change Techniques, illustrated by physical activity and dietary-related examples. Professor Wilson will lead the second session on the importance of cost comparisons and savings to society and translation of effective interventions into community settings. She will discuss the translation of behavioral interventions using the Interactive Systems Framework and will provide examples using physical activity and dietary interventions. Professor Teixeira, the Immediate Past-President of ISBNPA, will lead the third session addressing challenges of promoting evidence-based policies. He will guide a discussion on the role of scientific societies regarding implementing an evidence-based policy agenda.

ISBNPA Policy Workshop

June 3, Afternoon

Changing sedentary behaviour in different settings

Stuart Biddle (Victoria University, Australia), Trish Gorely (University of Stirling, UK), & Stacy Clemes (Loughborough University, UK)

It is important to understand behaviour change across different settings. There are sedentary behaviour studies emerging where prolonged periods of sitting are targeted for children in the school setting, although efficacy and effectiveness have yet to be systematically reported on.

For adults, the workplace provides a setting for prolonged periods of sitting, often in front of a screen. Such interventions have reported meaningful changes in sitting. However, many other issues remain unresolved, including effects on productivity and the acceptability of such changes by employees and employers.

Finally, the most ubiquitous setting for sedentary behaviour is in the home, with both adults and young people engaging in large amounts of sitting, often in front of screens for entertainment and social networking. Fewer studies have targeted families. The home environment provides a particularly challenging environment for reductions in sedentary behaviour.

This workshop, therefore, will consider intervention possibilities across the three settings of schools, workplaces and homes. Experience will be shared from projects and the wider literature and practical suggestions explored by participants and, through the workshop facilitators, take-home action points will be produced.

Developing and Testing Theory-Based Behavioral
Interventions: Example from the Colorado Meaning-based Activity Project (Co-MAP)

Kevin S. Masters, Stephanie A. Hooker, & Jennalee S. Wooldridge (all from Un. Colorado Denver)

Are you interested in designing an innovative and theory-based intervention for behavior change? This workshop will provide hands-on training in intervention development. Participants will be able to (1) describe stages of developing theory-based interventions; and (2) apply those stages to their area of research or interest. Come learn about theory-based intervention development as we share our recent experiences developing a Self Determination Theory-based intervention that connects individuals' life meaning and purpose to physical activity engagement through interview and e-health applications. The workshop will feature an interactive format including small group discussions, group activities, brainstorming sessions, and completion of a comprehensive workbook on theory-based intervention development.

June 3, All day

Five Minutes for Behavior Change: A Strategic Brief Motivational Interviewing Intervention

Brief Description

Kelli L. Drenner (Stephen F. Austin State University)

What if you only had five minutes to talk with a client about lifestyle change? Motivational interviewing has been found to be effective in brief sessions for a variety of health behaviors. This workshop will highlight major advances in our understanding of MI and incorporates the four-process model (engaging, focusing, evoking and planning) introduced by Miller and Rollnick (2013) in the 3rd edition of Motivational Interviewing: Helping People Change. Participants can expect a didactic and experiential workshop that introduces the audience to the underlying spirit and method of motivational interviewing. Role-playing exercises aimed at practicing the key skill of reflective listening will be emphasized. Understanding the significance of change talk and tools for eliciting the client’s desire, ability, reason and need for change will also be discussed. The workshop will culminate in a potential framework for a brief, 5-minute intervention that develops a clear behavioral focus, enhances motivation and moves the client toward setting an achievable goal.
Building a Successful Mobile Health Research Project: Tools, Methods and Trans-Disciplinary Collaborations

Heather Patrick (Live Healthier); Melanie Hingle (National Cancer Institute)

Advances in and proliferation of mobile and wireless (mHealth) technologies have created opportunities for nutrition and physical activity researchers to extend the reach of behavioral interventions and collect unprecedented data in real time. However, challenges remain in how best to leverage these technologies to advance behavioral science and maximize public health gain. The purpose of this workshop is to provide a primer on mHealth research within the context of diet and physical activity interventions for behavior change and maintenance. Guided by international leaders in engineering, medicine, and behavioral nutrition and physical activity, attendees will work in teams to select appropriate mHealth technologies and methods, and integrate them with diet and physical activity assessment and/or intervention within a common case study.

After completing the workshop, attendees will be able to:

- Design mHealth research questions to advance behavioral nutrition and physical activity science
- Identify critical skills and expertise needed for a successful mHealth project
- Choose appropriate mHealth tools and methods to: a) collect and analyze behavioral data; and b) facilitate diet and/or physical activity behavior change

Developing and evaluating interventions to reduce and break up sedentary time in adults and older adults

Paul Gardiner (Un, Queensland); Claire Fitzsimons (Un. Edinburgh); Jo Salmon (Deakin University); Nanette Mutrie (Un. Edinburgh)

Although sedentary time outcomes following physical activity interventions have been reported over the past ten years, the first intervention directly targeting sedentary time in adults was only reported in 2009. Due to the nascent field of research, it is timely to consider the best way to progress the development and evaluation of interventions to reduce and break up prolonged sitting in adults and older adults. During this didactic and interactive workshop participants will consider:

a. how sedentary behaviour interventions interact with interventions targeting other behaviours
b. appropriate research methodologies for evaluating interventions
c. the importance of Behaviour Change Techniques (BCTs) and accurate reporting of intervention elements
d. evidence based BCTs for interventions
e. the advantages and disadvantages of subjective and objective measures of sedentary time
f. measurement of intervention effects to include consideration of total sedentary time and accumulation patterns
g. issues associated with scaling up interventions for real-world uptake

ISBNPA Early Career Researcher Workshop

Trina Hinckley (Deakin University & ISBNPA) and others

The Early Career Researchers workshop will give you an opportunity to learn from experienced researchers on a range of topics such as: career guidance, developing collaborations, grant-writing tips, mentoring, time management and building your CV. The workshops will offer several opportunities for networking with other participants and senior researchers, including round-table discussions. Sessions will include both lecture-
style, information sharing and small group discussions. Numbers will be limited so register early!

**Murphy's law and other reasons why things go wrong in intervention studies**

*Stef Kraemer, Kathelijne Bessems, Rik Crutzen, Sanne Gerards, Jessica Gubbels, Geert Rutten & Dave Van Kann (all from Maastricht University)*

The literature reveals many study protocols and effect evaluations of interventions promoting healthy energy balance-related behaviors. However, general challenges, failures and mistakes in developing and studying these interventions are less frequently reported or they are downplayed in publications. As a result, intervention developers and researchers often set too ambitious goals, face similar challenges, and finally find comparable solutions after an extensive process of learning by trial and error.

This workshop focuses on challenges at the various stages of intervention studies in an open atmosphere that facilitates sharing of failures and mistakes; from intervention development to implementation and evaluation. We focus on 1) providing insight into essential steps of the systematic development, implementation and evaluation of interventions 2) providing insight into common challenges during these phases, and 3) sharing experiences with and proposing solutions for dealing with these challenges. The workshop will be led by a team experienced in intervention development and research, using a range of interventions as examples.

**Transdisciplinary Research in Energetics and Cancer (TREC) Workshop**

*Melinda Irwin (Un. Yale); Jennifer Ligibel (Dana Farber Cancer Institute); Kathryn Schmitz (Un Pennsylvania)*

The primary aim of this transdisciplinary research in energetics and cancer (TREC) workshop is to offer an 8-hour energetics (i.e., physical activity, diet and obesity) and cancer course for postdoctoral students or junior faculty with the long-term goal of increasing the number of researchers who have expertise in energetics and cancer, and enhancing the ability of course participants to pursue successful careers in energetics and cancer. To our knowledge, no training or educational course on energetics and cancer exists. The course will build upon the TREC Consortium by enhancing the training and educating of scientists to carry out transdisciplinary research focused on energetics and cancer. The long-term goals of this course will also assist in accelerating progress towards understanding the etiology of energetics and cancer by training the next generation of energetics and cancer leaders. Training new leaders will also assist in dissemination and implementation of effective strategies for cancer prevention and control, as they will carry out the translational research to lower the risk, mortality, morbidity and costs associated with cancer.

**How useful are new technologies in dietary assessment and weight management?**

*Victoria Burckley & Janet Cade (Un. Leeds)*

Are you interested in finding out more about the use of new technologies in dietary assessment or in the weight management arena? How useful are current tools? Are they accurate and valid, and what steps might you need to consider in their development? In this workshop, a variety of international experts will make presentations concerning these questions, and early career researchers will present some of the very latest findings in the field. Panel discussion of these issues will also lead to the development of guidelines around best practice for the use of new technologies in dietary assessment and weight
OPPORTUNITIES

1. ISBNPA membership committee: seeking new members
The ISBNPA Membership Committee is currently seeking 3-4 new members to join for a 3 year term. The purpose of the Committee is to provide advice to, oversee and lead the ISBNPA Executive Committee (EC) activities in regard to:

- Identifying and responding to ISBNPA members' needs;
- Retaining existing members and attracting new members;
- Supporting early career and student researchers; and
- Broadly, supporting ISBNPA goals regarding mentorship and member networking.

Key activities the Committee undertakes to fulfil its purpose include organising an ECR workshop, a mentoring lunch for ECRs, and the ECR and student awards at the Annual meetings. The Committee is also currently involved in developing an online mentoring program for students and ECRs. At this time, we are particularly interested in attracting members from low and middle income countries and ECR members, as well as those more experienced among us.

ISBNPA members interested in joining the Membership Committee are asked to submit a short expression of interest. EOiS should include a short bio and be sent to the Executive Director by December 5th (email).

For enquiries please contact Trina Hinkley, chair of the Membership Committee (email).

2. Job proposals
Tenure Track academic position in physical activity and fitness - Department of Kinesiology, University of Leuven, Belgium. Click here for more information.

Tenure Track Instructional Faculty AY - California Polytechnic State University, San Luis Obispo, CA. Click here for more information.

3. Studentships
Funded PhD studentships are available at the MRC Epidemiology Unit and the Centre for Diet and Activity Research (CEDAR) at the University of Cambridge. Click here for more information.

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