Message from the President

Dear Members

Welcome to the October 2015 issue of the ISBNPA Newsletter.

We have some very exciting upcoming events to announce. Five Webinars are to be held in November so make sure you put these in your diary. If you happen to miss any of them you will be able to view them later on the ISBNPA website (but won't be able to interact with the presenters).

We have outstanding international and local keynote speakers lined up for Cape Town next year: Adele Diamond from the University of British Columbia, Canada (have a look at her TED talk on the embedded video below); Harry Dugmore from Rhodes University, South Africa; Gerard Hastings from the University of Stirling, Scotland; Vicki Lambert from the University of Cape Town, South Africa; and Phillip Morgan from the University of Newcastle, Australia. Also we are accepting symposia submissions so make sure to get in early.

IJBNPA, our society's journal, continues to grow in stature and its popularity is resulting in challenges for the Editorial team to keep up with submissions. The Journal will be soon seeking additional Associate Editors to help keep up with the workload. Please contact the Editor-in-Chief Russ Jago if you are interested in applying for this position.

Finally, ISBNPA is keen to unite more mentors and mentees, so if you are willing to be a mentor please email Helen Brown or Trina Hinkley and let her know, she will be delighted to hear from you. Please also contact Helen or Trina if you are seeking a mentor.

Warm regards

Jo Salmon
President ISBNPA
ISBNPA Webinars

November is the ISBNPA Webinars’ month!

Five webinars are already scheduled.

**e- and mHealth webinar:**
Forging public-private partnerships to advance the science and practice of mobile health
Nov 2, 20:00 GMT ([learn more...](#))

**Socioeconomic inequalities webinar:**
Tackling multiple behaviour change among vulnerable groups with clusters of poor health behaviours
Nov 4, 20:00 GMT ([learn more...](#))

**Theories of motivation webinar:**
Understanding and Changing Health Behaviors From a Self-Determination Theory Viewpoint
Nov 9, 20:00 GMT ([learn more...](#))

**Children and families webinar:**
Considerations and Challenges in Conducting Research in Children and Families
Nov 10, 20:00 GMT ([learn more...](#))

**Early care and education webinar:**
The economics of early child care and education-based obesity prevention: motivating the business case for policy change
Nov 10, 22:00 GMT ([learn more...](#))

Attendance is limited and **ISBNPA members have privileged access.**

**More information and registration forms on our website**

**Update on communications**

We have been working hard to enhance communications for members.
Five webinars are available on the website covering the following topics; mHealth, socioeconomic inequalities, theories of motivation, and early care and education.
We will be re-kindling our Hot Topics posts so please lookout for these. We are working towards using LinkedIn to facilitate interaction between members and this will be driven mainly through the SIGs (watch this space).
There are over 372 friends on Facebook and our goals is to achieve 500.
Meet your neighbour video vignettes are on the website to view.
If you have any further suggestions to enhance communication please feel free to contact me (click on my name below).
Ralph Maddison, ISBNPA Secretary and Chair of the Communications Committee

**ISBNPA 2016 Keynotes**

We are excited to announce our keynote speakers for the conference!

**Harry Dugmore**
Health communication and the media’s ability to influence health behaviours

**Gerard Hastings**
Social marketing and healthy lifestyle behaviours

**Vicki Lambert**
A regional perspective on physical activity and diet behavior

**Phil Morgan**
The role of family approaches in the prevention and management of obesity

**Adele Diamond**
The importance of cognitive, social, and emotional aspects of physical activity, when considering its benefits for improving executive functions
Watch her TED talk below

[More information on our website](#)

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**ISBNPA 2016 - Call for Symposia**

Submit your symposia until October 26 and showcase your work in the ISBNPA 2016 Annual
Meeting in Cape Town.

Guideline and more information here

We are well into our "testing phase" of this exciting ISBNPA initiative. Currently it involves:

- 14 connected mentors/mentees (7 pairs)
- 9 different countries represented (USA, Netherlands, Australia, Canada, New Zealand, Germany, Turkey, Malaysia, Brazil)
- Participants communicating via Skype, email and/or Basecamp

Learn more about another great IJBNPA initiative.

Journal news - IJBNPA

The journal has a new website, a renewed editorial board, easier submission and reviewer tools and remains the top journal in nutrition and physical activity behavioral change science.

Find out about all IJBNPA great news HERE.

We want the journal to be the home of the best behavioural nutrition and physical activity research but we need your help - we cannot do the job without you! So, please submit your BEST work, review papers when asked, read the articles, and cite and tweet about the fantastic science that is being conducted in our field.

Russ Jago - IJBNPA Editor in Chief

Contact the Journal
Follow the Journal on Twitter: @IJBNPA

Latest articles @IJBNPA


World Obesity Day

Sunday, October 11, the World Obesity Federation has promoted the World Obesity Day. The objectives of this initiative are

- Encourage more member associations to undertake high profile media campaigns
- Increase public and policymaker understanding of the challenge of obesity, and what can be done to tackle it
- Share national experiences of campaigning to enable the spread of best practices

Learn more about this initiative