

**HongKong 2018**



International Society of Behavioral  
Nutrition and Physical Activity

**3-6 June** Advancing Behavior Change Science

**PLEASE SUBMIT YOUR SYMPOSIA FOR  
THE  
ISBNPA 2018 MEETING**

**Hong Kong  
3-6 June, 2018**

We welcome research in behavioral nutrition and physical activity. Below you can find an overview of research topics that are addressed by ISBNPA.

#### **A. Ageing**

This topic will have a special track in ISBNPA 2018 and can be defined as ageing across the lifespan, so is not necessarily confined to just older adults.

Please consider sending us your best work within this topic so that we can have an excellent forum for discussing behavioral nutrition and physical activity research related to ageing.

#### **B. Theory and Determinants (PA/Exercise, Sedentary Behavior, or Diet/Eating)**

1. Psychological (e.g. social-cognition and motivation, self-regulation, emotional)
2. Social, cultural and economic environment (e.g. inequalities, food insecurity)
3. Familial, parenting and home environment
4. Physical and built environment, environmental policy
5. Biological (e.g. neurobiology, appetite control, metabolomics), genetic and epigenetic

#### **C. Interventions (PA/Exercise, Sedentary Behavior, or Diet/Eating)**

1. Individual and clinical (e.g. Motivational Interviewing)
2. Parenting, and family-based, and home-based
3. Preschool and school-based
4. Community-based
5. Environmental and natural experiments
6. Worksite
7. Games, virtual realities, and simulations
8. Technology-mediated interventions (e.g. web, apps) and m/e-health
9. Public health and policy (e.g. behavioural economics, incentives/taxes)

#### **D. Assessment and Methodologies in Behavioral Nutrition and Physical Activity**

1. Intervention development and evaluation frameworks
2. Research methods and measurement innovations
3. Statistical innovations (e.g. EMA, MLM)

#### **E. Physical and Mental Health**

1. Chronic disease (e.g. obesity, cancer)
2. Well-being, quality of Life
3. Mental health and eating disorders
4. Healthy aging
5. Cognitive function
6. Academic achievement

#### **F. Other Topics**

1. Research translation
2. Special populations (e.g. migrants, refugees)
3. Pregnancy and early motherhood, developmental origins of health and disease.
4. Health professionals' training

5. Education (e.g. Physical Education)
6. Ethical issues
7. Global/international health

**Symposia** are an important part of the ISBNPA program and it is our goal to ensure a wide variety of topics concerning **both nutrition and physical activity** during these sessions. The annual ISBNPA meeting also highly values the interaction between attendants. In all symposia, we invite people to interact and discuss the presented ideas and findings. In order to further increase the interaction, we also welcome “debate symposia”!

ISBNPA is an international society. Symposia submissions should be in accordance with this fact. Therefore, the participants in the symposia should be at least from two different countries. For example, a symposium could consist of 3 presenters from one country and a Discussant from a different country.

There are 2 symposia formats to choose from:

### 1. Regular symposia

A regular symposium provides an opportunity for focused presentation of a particular topic. The symposium should consist of three oral presentations on a related theme.

A Chair usually introduces briefly the general topic of the presentations to avoid all presentations starting with the same general introduction. In this way, all presenters can have a shorter and more focused introduction on the aims of their presentation.

After the presentations, a Discussant provides a brief overview of the main issues, and facilitates a general discussion of the topic by the audience and presenters, they may enhance the symposium by introducing evidence that is consistent or inconsistent with the speakers’ findings (just like a typical research paper). There should be at least 15 minutes for a general discussion between presenters and attendants moderated by the discussant.

Time available for each symposium is 75 minutes.

The Chair needs to submit the symposium by completing the online form in the submission site. We invite you to submit proposals for symposia addressing themes within the broad area of behavioral nutrition and physical activity.

### 2. Debate symposia

In this format, we invite participants to share findings or ideas that are controversial. A Chair submits the symposium topic by completing the online form on the submission site. The Chair will moderate the debate. The symposium will start with a 20-minute presentation by 2 speakers (Speaker 1: ‘In favor’ presentation for 10 minutes; Speaker 2: ‘Opposing’ presentation for 10 minutes), followed by a 40-minute discussion moderated by the Chair. Some examples of possible debate topics are listed below:

- A fat tax is the solution to conquering the obesity epidemic
- We should focus on youth and not older adults
- Behavioral theories are redundant
- Efficacy or effectiveness: implementation of evidence into practice

Other ideas or original topics are also welcome!

**For both types of symposia:**

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You are invited to submit one of these symposia by Friday October 27, 2017 through the submission site.

<https://www.venuewest.com/ISBNPA/>

Abstract forms for the symposium as a whole (limit of 400 words), and each individual presentation (limit of 350 words) within the symposium should be completed online through the ISBNPA website. Submissions should adhere to the formats as closely as possible. Complete the online forms carefully. The Chair can submit abstracts of individual presentations or can invite presenters to submit their own abstract. Please note that incorrectly completed forms will not be considered for review. If there are any questions about the symposia abstract process, please contact [conference@venuewest.com](mailto:conference@venuewest.com) or [executivedirector@isbnpa.org](mailto:executivedirector@isbnpa.org).

The Organising Committee will review symposia proposals according to the following criteria:

- Relevance of topic to behavioral nutrition and/or physical activity
- Importance of topic to behavioral nutrition and/or physical activity research/practice/policy
- International participation (mix of speakers from different countries)
- Connection of each symposium paper to the overall symposium theme
- Fit of symposium with other symposia proposals (i.e., to avoid duplication)

**Decisions regarding symposia acceptance for the ISBNPA 2017 meeting will be made by November 27<sup>th</sup>, 2017.**

The symposia are considered first in the construction of the meeting program, followed by the open communications/free papers submission. **The general submission deadline of abstracts for the open communications/free papers will be December 4<sup>th</sup>, 2017, with the late-breaking submission deadline (posters only) being March 2, 2018. Abstracts rejected for symposia presentations will be automatically submitted for open communications/free papers, unless otherwise requested.**

**Please note that all symposia participants are required, as are all conference attendees, to pay their own ISBNPA conference registration fees, and travel expenses. ISBNPA will not waive any membership or registration fees for symposia presenters.**

**Format for the GENERAL symposium proposal**

**Abstract format for the symposium abstract (400 words limit excluding title and author details; Submit by OCTOBER 27, 2017):**

- Purpose:** A statement of the purpose to be addressed, emphasizing what is innovative about this session
- Rationale:** A rationale for addressing this issue
- Objectives:** Up to four aims, summarizing what you expect the session to achieve
- Summary:** Outline of the session as a whole and outline and integration of the individual contributions
- Format:** List of presenters or activities that will be undertaken during the session. There should be at least 15 minutes for a general discussion between presenters and delegates moderated by the discussant

**For each presenter an individual abstract should be submitted by the chairperson or the presenters using the format outlined below.**

**Abstract format for each individual symposium presentation  
(350 word limit excluding title and author details; Submit by OCTOBER 27, 2017)**

- Purpose:** State the primary purpose of the study, including the main research questions or hypotheses being addressed, emphasizing what is innovative about this research.
- Methods:** Quantitative studies should include design, participants, measures and analyses. Qualitative studies should include a reference to the approach being adopted (e.g. discourse analysis, grounded theory) and describe the method of data generation, (e.g. interviews, transcripts of conversations, written accounts). Reviews should include details of the procedures adopted (e.g. literature search, inclusion/exclusion criteria and methods of analysis).
- Results:** Quantitative studies should include a summary of the results, which can contain numerical data, qualitative studies should include an indication of the main results of the analysis (e.g. examples of themes, categories, responses, discourses to be reported). Reviews should include a summary of the main findings that will be discussed in the paper. This section should present specific findings, rather than suggesting that 'results will be discussed'.
- Conclusions:** Some discussion of the possible contribution to, or implications for, the advancement of behavioral nutrition and/or physical activity knowledge, methods or practice.

**Please complete only one online form per symposium. As Chair make sure you have the following information ready before starting the online submission (or ask the authors of the different papers to be presented in the symposium to submit their abstracts after you have submitted the symposium abstract):**

- Symposium title and abstract
- Title and abstract for each individual presentation
- Presentation order
- Contact details of each presenter (and discussant, if applicable) and of all authors of each individual presentation:
  - Last Name, First Name, MI
  - Institution
  - City, Country
  - E-mail Address
  - Any funding for each co-author

**All correspondence about the symposium will be addressed to the symposium chairperson.**

**Format for the DEBATE symposium proposal**

**Abstract format for the symposium abstract  
(400 words limit excluding title and author details; Submit by OCTOBER 27, 2017)**

- Purpose:** A statement of the purpose of the debate, emphasizing what is innovative about the debate topic
- Rationale:** A rationale for addressing this issue at this conference and why this is a debatable topic
- Objectives:** Up to four aims, summarizing what you expect the debate to achieve

**For each presenter ('in favor' and 'opposing') an individual abstract should be submitted by the Chair using the format outlined below.**

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**Abstract format for each individual symposium presentation  
(350 word limit excluding title and authors details; Submit by OCTOBER 27, 2017):**

- Purpose:** State the primary purpose of this presentation.
- Methods:** Include details of the procedures adopted (e.g. literature search, original research).
- Results:** Include a summary of the main findings/ideas that will be discussed in the presentation.
- Conclusions:** Some discussion of the possible contribution to, or implications for, the advancement of behavioral nutrition and/or physical activity knowledge, methods or practice.

**Please complete only one online form per symposium. As Chair make sure you have the following information ready before starting the online submission or ask the authors of the different papers to be presented in the symposium to submit their abstracts after you have submitted the symposium abstract:**

- Symposium title and abstract
- Title and abstract for each individual presentation
- Presentation order
- Contact details of each presenter (and discussant, if applicable) and of all authors of each individual presentation:
  - Last Name, First Name, MI
  - Institution
  - City, Country
  - E-mail Address
  - Any funding for each co-author

**All correspondence about this symposium will be addressed to the symposium Chair.**