

July 30, 2024



**Welcome to the July 2024 edition of the Behaviour, Environment and Cognition Research Program's biannual newsletter!**

**A message from our  
Program Leader**

As we reach the midpoint of 2024, I am delighted to reflect on our remarkable progress and achievements. One of our most significant milestones has been the launch of our newly revamped International Physical Activity and Environment Network (IPEN) website. This platform now serves as a comprehensive resource for one of our global communities, enhancing accessibility and engagement.

Another highlight was the successful International Society of Behavioural Nutrition and Physical Activity 2024 Annual Meeting, which gathered over 518 participants from around the world. The breadth and depth of knowledge shared at this event underscore our collective commitment to advancing physical activity research.

We look forward to what the second half of the year will bring and hope to keep you updated with more progress!



## Website Links

### **ICHEN Webpage**

A networking and resource-sharing platform for those interested in understanding how the characteristics of places where people live influence their ability to clearly think, learn and remember.

[Visit Site](#)

### **IPEN Webpage**

A networking and resource sharing platform for those interested in understanding how our built environment influences our physical activity.

[Visit Site](#)

### **BECRP Webpage**

Learn more about the Behaviour, Environment and Cognition research team and their projects.

[Visit Site](#)

# Research Publications Highlight Reel



## Published in Environmental Pollution

*Cities and mental health: the role of the built environment, environmental and lifestyle factors in Barcelona*

[Read Article](#)



## Published in CITIES

*Associations of neighbourhood attributes with depression in mid-age and older adults: the moderating role of traffic-related air pollution and neighbourhood socioeconomic status*

[Read Article](#)



## Published in Neuroinformatics

*Network Representation of fMRI Data Using Visibility Graphs: The Impact of Motion and Test-Retest Reliability.*

[Read Article](#)



## Published in Heart, Lung and Circulation

*Clinical to Population Prevalence of Hypertrophic Cardiomyopathy Phenotype: Insights From the National Echo Database Australia*

[Read Article](#)



## Published in Handbook of Quality of Life Research

*Book Chapter: Assessing alternative air quality measures and their impact on quality of life: the case of Hong Kong*

[Read Abstract](#)



## Published in BMC Public Health

*The longitudinal associations between ambient air pollution exposure and dementia in the UK: results from the cognitive function and ageing study*

[Read Article](#)

This publication was the first to come from the Impact of the Environment and Pollution on Cognitive Health (EPOCH) Research Project. The EPOCH Project aims to explore how built environments can support cognitive health and mitigate the risk of cognitive decline and dementia. The project uses data from several pre-existing studies in both Australia and the UK. Read more about the EPOCH Project [here](#).

## Publication Achievement!

### Generalized Framework for Measuring Pedestrian Accessibility around the World Using Open Data

Geographical analysis has just listed this publication as one of their top 10 most cited publications! This achievement highlights the impact of the work within the community

[Read Article](#)

If you would like to see the current list of 2024 publications, [click here](#).

## Publication Resources

### Research Brief

#### *Neighbourhoods and Depression*

**Research Article:** Associations of neighbourhood attributes with depression in mid-age and older adults: the moderating role of traffic-related air pollution and neighbourhood socioeconomic status

[Read Brief](#)



## News Reel

### Aikenhead Centre for Medical Discovery (ACMD) Research Workshop

Dr. Govinda Poudel was invited to speak at the ACMD's Research Workshop on "TBI: Today, Tomorrow and the Future". He presented a talk titled "Neuroinformatics platform for Tracking Brain Changes Associated with Traumatic Brain Injury". The workshop was held on 14 May, 2024.



### Grant success

Ester Cerin is part of an elite consortium of researchers and organisations that have been awarded a grant from the National Institute of Health, USA, for US\$7,270,286, over 5 years.

The grant was officially awarded to the Centre for Healthy Brain Ageing (CheBA) at UNSW Sydney. Together they will use the grant to further Dementia research.

To know more about the grant and intended research, [read here](#).

### International Physical Activity and Environment Network (IPEN) Website Launch

In March The Behaviour, Environment, and Cognition Research Program (BECRP) announced the launch of the revamped International Physical Activity and Environment Network (IPEN) website. IPEN was established to invite and support investigators around the world to take part in research exploring the impact of our environment on physical activity using common research measures and methods. It aims to help promote physical activity and urban planning focused on healthy environments. Serving as the network's coordinating centre, the BECRP has enhanced the site with up-to-date resources, IPEN international teams, publications, and common research measures/methods for IPEN studies. Visitors can explore IPEN Adult and IPEN Adolescent research studies and find research briefs, infographics and more!

Since its launch the response from the community has been fantastic! This updated platform has not only enhanced user experience but also bolstered research impact. Ester Cerin, a pivotal figure in IPEN, serves as the Primary Investigator for two IPEN-related studies in Hong Kong and is a co-investigator in two studies in Australia and one in New Zealand. As a member of IPEN's executive and publication committees and chief analyst, Ester has analyzed 90% of IPEN papers, significantly contributing to research efforts

### **Research Impact of IPEN:**

**Publications:** As of December 2023, IPEN boasts 81 publications.

**Policy Influence:** Remarkably, 39.5% of these publications have been cited in policy documents.

**Global Reach:** IPEN publications have been cited in 178 policy documents from influential bodies such as WHO, UNICEF, and more!

We invite you to explore the new IPEN website to access these valuable resources and stay updated on their ongoing research. [Visit the IPEN website](#)

Additionally, you can stay informed by joining the IPEN mailing list. [Sign up here](#)



IPEN is just one of the research networks under the BECRP umbrella. Another notable initiative is The International Cognitive Health and the Environment Network (ICHEN), co-founded by Ester Cerin. ICHEN is dedicated to furthering research on health-enhancing environments and provides a networking and resource-sharing platform for academics, researchers, professionals and the general public interested in understanding how the characteristics of places where people live influence their ability to clearly think, learn and remember across the lifespan. If you would like to learn more about ICHEN, [visit the ICHEN website](#).



# The International Society of Behavioural Nutrition and Physical Activity (ISBNPA)

Ester Cerin, the President of ISBNPA and Program Leader of the Behaviour, Environment, and Cognition Research Program, recently spearheaded two significant initiatives: the 21st ISBNPA Annual Meeting and the launch of the Building Future Leaders (BFL) pilot program

## The 21st International Society of Behavioural Nutrition and Physical Activity (ISBNPA) Annual Meeting

The 21st International Society of Behavioural Nutrition and Physical Activity (ISBNPA) Annual Meeting took place from May 20-23, 2024, in Omaha, US. This prestigious event brought together over 518 participants who delivered more than 1000 presentations across approximately 100 sessions, encompassing a rich variety of formats, including oral presentations, symposia, dare2share events, workshops, poster exhibitions, and invited keynotes.

The meeting showcased the latest advancements in the fields of behavioural nutrition and physical activity, with a particular emphasis on implementation science and indigenizing research. It catered to a wide range of subjects and audiences, underscoring the inclusive and comprehensive nature of the research presented.



Sustainability was a key theme of this year's conference. Attendees were offered vegetarian meals by default, contributing to a reduction of nearly 60% in the carbon footprint per person compared to the previous conference. The event was plastic-free, and all food provided was plant-based. An online climate action session on the first day enabled climate activists and scientists who chose not to travel to participate remotely. The conference began with Indigenous and Māori opening ceremonies, setting a respectful and inclusive tone for the event.

Ester Cerin, played a pivotal role in the conference. She oversaw the organization of the event and led both the opening and closing presentations. Under her leadership, the conference not only highlighted cutting-edge research but also emphasized the importance of sustainability and inclusivity within the scientific community.

ISBNPA continues to be the leading international research community in behavioral nutrition and physical activity, boasting nearly 700 members from 44 countries. The annual meeting remains a cornerstone event for members to exchange knowledge, foster collaborations, and advance the field.



For more detailed insights and updates from the conference, please visit the [ISBNPA website](#).

## Building Future Leaders (BFL) pilot program- an ISBNPA Initiative

The ISBNPA have announced the launch of the Building Future Leaders (BFL) pilot program, a cornerstone initiative under the 'Growing the Next Generation' Strategic Plan by the International Society of Behavioural Nutrition and Physical Activity (ISBNPA). This innovative program is designed to inspire and cultivate new generations of behavioural nutrition and physical activity researchers.

The pilot program will run from May to September 2024, with activities such as self-directed learning, group discussions, lived experience reflections, and networking plus mentoring.

The Building Future Leaders pilot program is a significant step towards fostering leadership and advancing the careers of researchers in behavioural nutrition and physical activity.

For more detailed information about the Building Future Leaders pilot program and to stay updated on future initiatives, please visit the [ISBNPA website](#).

