Join us on Wednesday, May 23, in Austin for one of the following full or half day workshops! Half day workshops are $60 for members, $75 for non-members. Full-day workshops run from 8:30am to 4:30pm and are priced at $110 / $125, for members and non-members, respectively. You can register for the workshops when you register for the rest of the conference by clicking on this link.


**Early Career Researcher Workshop (Full Day)**

The following highly regarded international researchers will present various sessions throughout this one day workshop: Hans Brug, Tom Baranowski, Ilse De Bourdeaudhuij, Stewart Trost, Charlie Foster, Nanna Lien, Catrine Tudor-Locke, Jennifer Linde.

The objectives are to provide Early Career Researchers with an opportunity to:
1. Learn from and meet with experienced senior researchers, and
2. Network with other Early Career Researchers within ISBNPA

Sessions topics will include:
1. Where is field heading in next 5 – 10 years?
2. The importance of career planning and moving to the next stage
3. How to build strategic collaborations and develop networking skills
4. Showcasing career progression: unpackaging career paths
5. Getting published and how to get cited
6. Time management and balancing work/life

**Systematic observation of eating and physical activity in children and adults:**

**Observational research with children 0-5 years of age (Full-Day)**

Lead Instructors: Eric Hodges/Thom McKenzie

This day-long interactive workshop will inform participants about primary considerations when planning to use observational methods for researching nutrition and physical activity behavior. The morning session will focus on research with young children from infancy through 5 years of age. Participants will learn about resources available to assist them and will be able to discuss pros/cons of various approaches after interacting with experienced pediatric researchers who utilize observational methods.

The afternoon session will be led by Dr. Thom McKenzie and will focus on physical activity settings as the unit of analysis. Participants will learn about published observation tools for assessing physical activity and related contextual variables (e.g., accessibility, usability, and presence of supervision, equipment, and organized activities) in open settings, including leisure time at school (SOPLAY) and at community parks and recreation centers (SOPARC). In addition, viable procedures for training/maintaining reliable observers and managing and analyzing data will be discussed.

Objectives:
To provide an interactive session so participants will be better informed about:

1. The advantages and disadvantages of using direct observation to assess nutritional behavior, PA, and their contexts;
2. Published observation tools for assessing PA and related contextual variables (e.g., accessibility, usability, and presence of supervision, equipment, and organized activities) in open settings, including leisure time at school (SOPLAY) and at community parks and recreation centers (SOPARC); and
3. Viable procedures for training/maintaining reliable observers and managing and analyzing data.

Participants will learn:
1. Advantages and disadvantages of various direct observation methods;
2. How to select from among published observational tools and modify them to suit individual research needs;
3. Relevant issues such as observer training, mapping of areas, and data recording, storage, aggregation, summary, and analysis; and
4. Equipment needs for recording, storing, and analyzing observational data.
Improving the food environment by working with small and medium-sized food stores: Rapport-building, intervention approaches and evaluation (Morning Session 8:30 AM - 12:00 PM)

Lead Instructor: Melissa Laska

Objectives:
1. To review the evidence for best intervention strategies for improving access and sales of healthy foods in small-to-medium sized food stores;
2. To discuss practical issues, challenges and "lessons learned" in engaging key stakeholders and implementing interventions in small-to-medium sized food stores; and
3. To describe state-of-the-art measures and best practices for outcomes assessment for these types of interventions.

Participants will learn:
1. The state of the science in this rapidly advancing area (and be able to utilize findings and ‘lessons learned’ from previous research to inform on-going and future work);
2. Key intervention approaches, including strategies for increasing availability of healthy foods in stores, training of store staff, and point of purchase and community promotion; and

Planning and Evaluating Sedentary Behavior Interventions (Morning Session 8:30 AM - 12:00 PM)

Lead Instructor: Stuart Biddle

Objectives:
1. To understand the role of correlates and theories in the planning of interventions to reduce sedentary behavior;
2. To consider ways of planning a sedentary behavior intervention; and
3. To review how best to evaluate intervention effectiveness, including process evaluation.

Participants will learn:
1. How to map the correlates of sedentary behavior onto behavior change strategies;
2. How to evaluate theories of behavior change and apply them to sedentary behavior; and
3. How to plan and evaluate sedentary behavior interventions.

New Technology to Assess Physical Activity (Morning Session 8:30 AM – 12:00 PM)

Lead Instructor: Patty Freedson

Objectives:
1. Provide an overview of the NIH Genes and Environment Exposure Biology Program to develop new technology to assess physical activity;
2. Provide a summary of the new devices and tools from the four GEI grants that developed and evaluated technological advances in objective assessment of physical activity;
3. Provide participants the opportunity to see new technology in operation with investigators demonstrating the use of the new technology; and
4. Engage in conversation about how the new technologies may be deployed for use in trials where objective assessment of physical activity is desirable.

Participants will learn:
1. The processes used to develop and evaluate new advances in wearable technology and tools to assess physical activity;
2. The strengths and limitations of these new devices and tools; and
3. How to think about new uses and applications of these devices in physical activity research.

Emerging Technologies for Assessing Environmental Influences on Physical Activity: A demonstration of methods and applications (Afternoon Session 1:00 PM – 4:30 PM)

Lead Instructor: Scott Duncan

Objectives:
1. To familiarize participants with the latest developments and research applications of GPS, GIS, interactive mapping and activity location geocoding software, and wearable digital cameras;
2. To provide hands-on demonstrations of how each technology is operated;
3. To explain the scientific, logistical, and ethical challenges associated with using each technology; and
4. To facilitate networking among participants.

Participants will learn:
1. A comprehensive understanding of the methods and applications associated with GPS, GIS, interactive mapping and activity location geocoding software, and wearable digital cameras;
2. Improved ability to make informed decisions regarding the use of these emerging technologies in their own research; and
3. Make new contacts that will lead to future collaboration.

Register for one of these workshops now.