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Coláiste na hOllscoile Corcaigh, Éire
University College Cork, Ireland

Graduate School,
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Conference Attended: The International Society for Behavioural Nutrition and Physical Activity 15th Annual Meeting, Location: Cape Town, South Africa, 8th-11th June 2016

In June 2016 I attended the 2016 Annual Meeting of the International Society of Behavioural Nutrition and Physical Activity (ISBNPA) which took place in Cape Town, South Africa from the 8th-12th June. The meeting, comprising symposia, short orals and workshops provided key updates and debate on recent progress in theory, methods and new findings related to physical activity and nutrition behaviour. Of particular interest to me were the findings shared around the implementation of family-focused interventions for treating childhood obesity.

I had two oral presentations at the conference. The first gave an overview of a systematic review I conducted which focuses on the factors influencing family attendance at childhood weight management programmes. The other gave an overview of a qualitative study I completed which explored the barriers and facilitators experienced by a wide range of stakeholders responsible for implementing a government-funded, multi-disciplinary programme for treating childhood obesity in the community setting. Both presentations generated helpful discussion and as a result I met with others working in this particular field of research. I am hoping this may lead to future potential collaborations. Furthermore, I was nominated for a student prize in the area of child and family research at the conference.

Attending this conference provided me with the opportunity to present my research internationally for the first time, obtain essential feedback and advice, while also allowing me to connect with leading experts in my field. Overall, this conference was a very worthwhile experience and I feel it will be of great benefit to my future career.