



UCC

Coláiste na hOllscoile Corcaigh, Éire
University College Cork, Ireland

Graduate School,
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Conference attended: Annual Meeting of the International Society of Behavioural Nutrition and Physical Activity (ISBNPA) in Cape Town, South Africa – 8/12 June 2016

I attended the 2016 Annual Meeting of the International Society of Behavioural Nutrition and Physical Activity (ISBNPA) in Cape Town, South Africa which was held from the 8th-12th June. This was my first time attending the ISBNPA annual meeting which is heavily focused on my research area of interest, evaluation of dietary interventions. I found the keynote speakers, particularly Professor Vicki Lambert very inspiring.

Furthermore, the conference provided me with a fantastic opportunity to network with experienced researchers and to receive their valuable feedback on my research. I had an oral presentation for one of my PhD publications which investigated obesity, diet quality and absenteeism in the workplace. This presentation generated a helpful discussion and I received informative feedback regarding this publication.

I also had the opportunity to present a poster on another of my PhD publications (cost-analysis of nutrition interventions) which is currently under review with a journal. This poster also received positive attention and useful feedback from researchers conducting similar research in the area of physical activity interventions. I am hoping this may lead to future potential collaborations.

Overall, this conference was a worthwhile experience and I feel it will be of great benefit to my future career.