



EARLY CAREER NETWORK (ECN) WEBINAR FOR THE PAN AMERICAN HEALTH ORGANIZATION (PAHO) REGION

Preparing your abstract for submission to the ISPAH 2026 Congress

Tuesday 27th of January, 2026

International Society for Physical Activity and Health (ISPAH)

Webinar Etiquette



Mute microphone



If possible, please have your **camera on**.
The webinar will be recorded.



Have a question? Please post your question(s) in the chat. We will get to your questions at the end!

Chairs



**PhD student
Julissa Ortiz Brunel**

- PAHO Representative of the ISPAH Early Career Network
- Member of the ISPAH 2026 Congress Organizing Committee
- National Institute of Public Health (INSP)



Dr. Alejandra Jaúregui

- Co-Organizer of the ISPAH 2026 Congress
- Head of the Physical Activity Research Group
- National Institute of Public Health (INSP), Mexico

ISPAH's Commitment to Latin America and the PAHO Region

- ✓ ISPAH seeks to strengthen research and practice capacity in physical activity.
- ✓ Nearly 80% of ISPAH Congresses have been held in high-income countries, and only about 13% of attendees come from low- and middle-income countries.
- ✓ ISPAH recognizes the valuable contributions of senior and early career researchers from Latin America to the scientific community.
- ✓ The ISPAH 2026 Congress in Mexico represents a unique opportunity to increase participation from researchers across Latin America.

In the next two hours, you will...

- ✓ Learn about the ISPAH 2026 Congress and the scientific program tracks
- ✓ Understand the abstract submission guidelines
- ✓ Receive mentoring from senior and early career researchers with ISPAH experience
- ✓ Strengthen skills for developing abstracts and posters with academic rigor
- ✓ Build networks with researchers, students, and experts in the field

Our panelists



Dr. Deborah Salvo

- ISPAH President-Elect and Chair of the ISPAH 2026 Scientific Committee
- The University of Texas at Austin



Dr. Pedro Hallal

- Chair of the ISPAH 2026 Scientific Committee
- University of Illinois Urbana-Champaign



Dr. Gaby Argumedo

- Mexico Representative, UNESCO Chair in Global Health and Education
- National Institute of Public Health (INSP), Mexico

Thematic Areas of the ISPAH 2026 Scientific Program

- ✓ Applying global evidence to local solutions in physical activity
- ✓ Equity-focused approaches and reduction of inequalities across the life course
- ✓ Linking research, policy, and action to create environments that support active and healthy living

How to write your abstract?

- ✓ Review of the abstract structure for the ISPAH 2026 Congress

Types of presentations oral/poster

- ✓ Original research abstracts
- ✓ Policy/practice abstracts

Select a category

- ✓ Study design
- ✓ Topic
- ✓ Population
- ✓ Context

- ✓ Recommendations for structuring abstracts with clarity, impact, and scientific rigor

How to submit your abstract?

1. Write your abstract in English following the required structure and word limit
2. Access the ISPAH 2026 Congress website and select the presentation type (oral, poster, or symposium)
3. Classify your submission by study type, subtheme, population group, and setting
4. Submit your abstract before the deadline (February 9)
5. Receive notification from ISPAH on April 10

Working groups



**Dr. Deborah
Salvo**



Dr. Pedro Hallal



**Dr. Gaby
Argumedo**



**Dr. Alejandra
Jáuregui**



**PhD student
Julissa Ortiz**

- ✓ Listen to the experience of one of our panelists
- ✓ Receive guidance and recommendations for your abstract

Deadlines for the ISPAH 2026 Congress

Event	Deadline
Abstract submission deadline	9th of february
Abstract acceptance notification	10th of april
Early registration opens	10th of april
Presenter registration deadline	10th of august
Congress registration deadline	22th of september

 Congress 2026

OFFICIALLY COMING TO
MÉRIDA, MEXICO!



WHEN: 5-8 October 2026
VENUE: Centro Internacional de Congresos de Yucatán

ISPAH–JPAH Congress Scholarships for Early Career Researchers from Low- and Middle-Income Countries (LMICs)



Applications close on February 9th, 2026



Being an ISPAH member...



Option to subscribe to
The Journal of Physical
Activity and Health
(JPAH) plus \$1000 USD
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ISPAH Councils.
Opportunities to
get involved in
networks and
committees.



Exclusive webinars,
educational activities,
and networking.



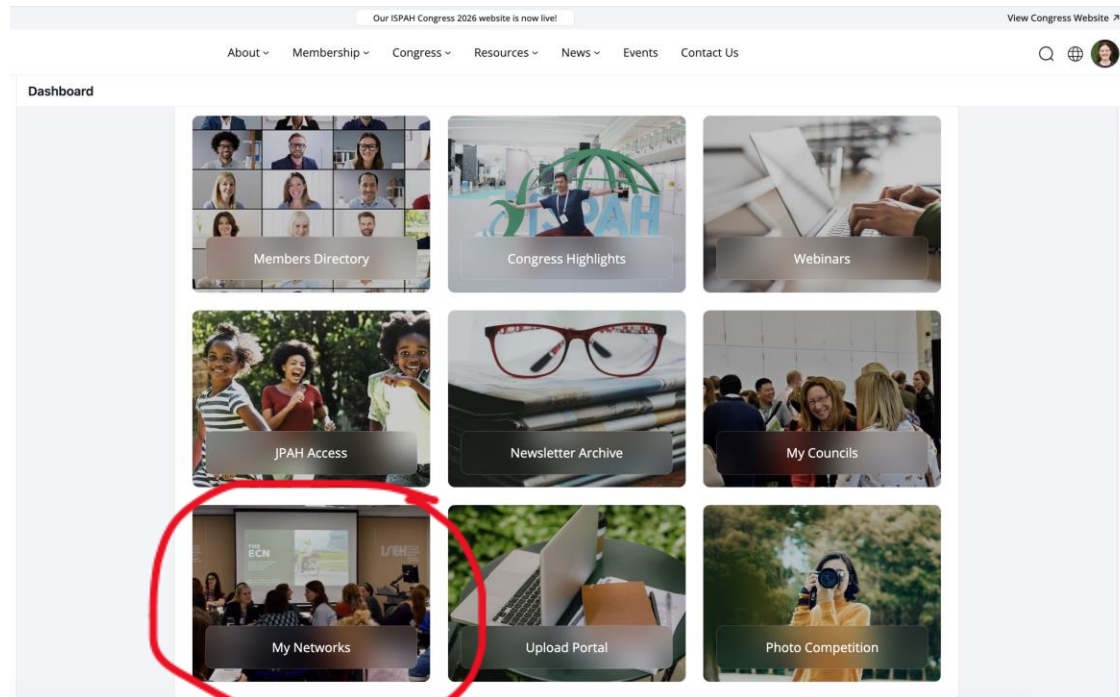
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ISPAH Early Career Network

You are a member?

Join to ECN!



Early Career Network

The ISPAH Early Career Network (ECN) is a network of self-defined “early career” researchers and practitioners. The aim of the network is to foster the interaction, capacity and growth of early career professionals in physical activity and public health.

[Click here](#) to learn more and join the ECN as part of your ISPAH membership by selecting the option below.

i The ECN provides opportunities for early career members to engage with other early career professionals. Please note that ISPAH considers that all researchers who graduated 0-6 years ago from a relevant degree can be considered as early career members. Before you confirm joining below, please consider whether this applies to you and whether you would benefit from our ECN-related activities.

Status: **Member**

Join

Leave

ISPAH ECN Member's Highlight



Oscar Castro

POSTDOCTORAL RESEARCHER
SINGAPORE-ETH CENTRE

[View Details →](#)



Gabriela Argumedo

RESEARCH FELLOW
NATIONAL INSTITUTE OF PUBLIC
HEALTH

[View Details →](#)



Keegan Peterson

GRADUATE RESEARCH ASSISTANT; PHD
CANDIDATE
PENNSYLVANIA STATE UNIVERSITY

[View Details →](#)



Andrew Woods

RESEARCH OFFICER
UNIVERSITY OF WOLLONGONG

[View Details →](#)



Zoe Helme

PHD STUDENT
THE UNIVERSITY OF BRADFORD

[View Details →](#)



Eugen Resendiz

POSTDOCTORAL SCHOLAR
INSTITUTO TECNOLÓGICO Y DE
ESTUDIOS SUPERIORES DE MONTERREY

[View Details →](#)



**For ISPAH members,
submit your profile today!**



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Before say goodbye...

Please share your experience
and feedback with us!





**Thank you and see you at the ISPAH 2026
in Mexico!**

Follow us in our channels!