International Journal of Behavioral Nutrition and Physical Activity

Celebrating 15 successful years with BMC

- **Launched**: 2004
- **First IF: 2.627**: 2009
- **First time to receive over 1000 citations in one year**: 2010
- **First time to receive over 3000 citations in one year**: 2011
- **One of the most talked about articles published**: 2012
  - *Effect of frequent interruptions of prolonged sitting on self-perceived levels of energy, mood, food cravings and cognitive function*
    - (Altmetric score of 853)
- **Most-cited article published**: 2010
  - *Systematic review of the health benefits of physical activity and fitness in school-aged children and youth.*
- **In the top quartile of the 'Nutrition & Dietetics' category of JCR**: 2012
- **1000th article published!**: 2015
- **IF hits 5 for the first time**: 2018

**TODAY**

- IF 5.548
- >1500 articles published
- Articles published from 73 countries world wide
- >45,000 citations received
- >1.5 million accesses within a year
- Over 34,000 mentions on social media
- Almost 2000 reviewers registered with the journal

**15 YEARS**

Official journal of the International Society of Behavioral Nutrition and Physical Activity