



**An Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance****Workshop #4: Behavior Maintenance Approaches in Clinical and Community Settings**

Tuesday, June 4, 2024




11:00 a.m. – 3:30 p.m. EDT


Virtual

**CO CHAIRS**

Name, Degrees, Title, Affiliation, and Email	Photo	Research and Clinical Interests
<p><b>Anne L. Peters, M.D.</b></p> <p>Professor of Clinical Medicine, Division of Endocrinology, Keck School of Medicine of the University of Southern California (USC)</p> <p><a href="mailto:momofmax@mac.com">momofmax@mac.com</a></p>		<p>My work has been in the area of creating clinical diabetes programs for people throughout the socio-economic spectrum. In particular I run a program in LA County where we provide technology to under-resourced individuals with diabetes and study how to make it work most effectively. Maintenance of behavior change is particularly important in this population where social determinants of health often dictate the persistence (or lack thereof) of any given therapy.</p>
<p><b>Alexander J. Rothman, Ph.D.</b></p> <p>Professor of Psychology, Department of Psychology, University of Minnesota</p> <p><a href="mailto:rothm001@umn.edu">rothm001@umn.edu</a></p>		<p>My research program is grounded on a synthesis of basic research on how people process and use health information with the development and evaluation of theory-based interventions to promote healthy behavior. This work is done across a broad array of health domains and has focused on issues such as why and when different health communication strategies are most effective, the decision processes that underlie the initiation and maintenance of behavior change, and the development of strategies for optimizing the integration of theory and practice.</p>



## SPEAKERS


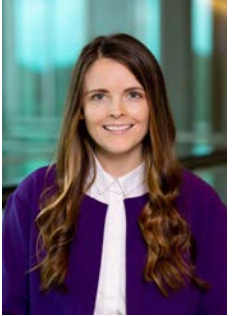

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<p><b>Elva Arredondo, Ph.D.</b></p> <p>Professor of Psychology, San Diego State University</p> <p><a href="mailto:earredon@sdsu.edu">earredon@sdsu.edu</a></p>		<p>My research focuses on developing community-based interventions to prevent chronic diseases in underserved populations. I study the effects of multilevel strategies on behavior change mechanisms. Recently, my team and I have been exploring methods to promote sustained physical activity in previously inactive communities. Concurrently, we are investigating strategies to support long-term behavioral adherence using an organizational framework.</p>
<p><b>Jennifer Schneider</b></p> <p>San Diego State University</p> <p><a href="mailto:jbeckner@sdsu.edu">jbeckner@sdsu.edu</a></p>		<p>I am a research manager at San Diego State University. My research focuses on reducing health disparities among Latinas, with a focus on the implementation and sustainment of community-based interventions.</p>
<p><b>Marisa Torres-Ruiz, M.P.H.</b></p> <p>San Diego State University, University of California San Diego</p> <p><a href="mailto:mtorresruiz2415@sdsu.edu">mtorresruiz2415@sdsu.edu</a></p>		<p>I am a Ph.D. candidate in public health in the joint doctoral program at San Diego State University and the University of California, San Diego. My research focuses on the link between physical and mental health outcomes for vulnerable populations. I support the sustainment component of the Faith in Action trial to help ensure the successful integration and lasting impact of the intervention across San Diego County.</p>

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<p><b>Karen Ingersoll, Ph.D., ABPP</b></p> <p>Professor, Psychiatry and Neurobehavioral Sciences</p> <p>University of Virginia</p> <p><a href="mailto:kes7a@uvahealth.org">kes7a@uvahealth.org</a></p>		<p>I am a board-certified clinical psychologist and professor of psychiatry and neurobehavioral sciences at the University of Virginia (UVA) School of Medicine. As a research leader, I direct the University of Virginia Precision Health Initiative. As a clinical researcher, I develop and test digital interventions to improve the health of people living with HIV, reduce the risk of alcohol-exposed pregnancies, and encourage behavior change across the life span. I am the author of more than 100 peer-reviewed papers. I am the co-author of two books—<i>Motivational Interviewing in Groups</i> (2013) and <i>Women and Drinking: Preventing Alcohol-Exposed Pregnancies</i> (2015)—and I have contributed numerous textbook chapters on addiction treatment, alcohol-exposed pregnancy prevention, and motivational interviewing. As a clinician, for more than 15 years, I provided evidence-based treatment for people living with HIV at UVA’s Ryan White Clinic. As a teacher, I train clinicians regionally, nationally, and internationally in motivational interviewing skills. I have been a member of the Motivational Interviewing Network of Trainers (MINT) for 26 years and served on the MINT Board of Directors from 2015 to 2019. I have been selected as a MINT trainer of trainers five times.</p> <p>In January 2020, my research partner, Dr. Rebecca Dillingham, and I were named the UVA Innovators of the Year by the UVA Licensing and Ventures Group for our work on the PositiveLinks mobile platform to support patients in HIV care. In addition, we have received awards and citations for the PositiveLinks platform from the Health Resources and Services Administration, Centers for Disease Control and Prevention, and the National Alliance of State and Territorial AIDS Directors. The PositiveLinks platform has been adapted in funded research projects for youth with HIV in San Antonio, a Medicaid claims cohort in Virginia, Spanish speakers with HIV, men at risk of HIV in Virginia, men with HIV at risk of sexually transmitted infections in New Orleans, and women at risk of cervical cancer in Nicaragua. My team will soon add mental health features for an upcoming project within the Florida Cohort of people with HIV.</p>

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<p><b>David Marrero, Ph.D.</b></p> <p>Adjunct Professor of Health Promotion Sciences</p> <p>University of Arizona</p> <p><a href="mailto:dgmarrero@arizona.edu">dgmarrero@arizona.edu</a></p>		<p>I am former director of the Center for Health Disparities Research at the University of Arizona School of Public Health and a distinguished research expert in diabetes prevention, treatment, and education. My work focuses on strategies for promoting diabetes prevention, improving diabetes care practices used by primary care providers, and using technology to facilitate care and education. I have also conducted research on medication adherence, community health programs, and translational medicine. I served as the director of the Diabetes Translational Research Center at Indiana University School of Medicine for 22 years, where I was the J.O. Ritchey Endowed Chair in Endocrinology.</p> <p>I have published more than 400 articles and have presented at numerous national and international conferences. I was twice awarded the Allene Van Son Distinguished Service Award for Diabetes Patient Education Tools by the American Association of Diabetes Educators and served as an associate editor for Diabetes Care (1997–2002). I was selected as the Outstanding Educator in Diabetes in 2008 by the American Diabetes Association and served as the national president for health care and education of the ADA in 2015. In 2021, I received the Richard R. Rubin award by the American Diabetes Association. In 2016, I was selected as one of the top 50 graduate and postdoctoral alumni, recognized for outstanding professional achievements, from the 50-year anniversary of the University of California, Irvine, where I received a bachelor’s degree (1974), master’s degree (1978), and doctorate (1982) in social ecology.</p>

**NIH STAFF**

Name, Degrees, Title, Affiliation, and Email Address	Photo	Research and Clinical Interests
<p><b>Jane M. Simoni, Ph.D.</b></p> <p>NIH Associate Director for Behavioral and Social Sciences Research</p> <p>Director of the NIH Office of Behavioral and Social Sciences Research (OBSSR)</p> <p><a href="mailto:jane.simoni@nih.gov">jane.simoni@nih.gov</a></p>		<p>Research interests focused on health disparities and resilience among populations that have been socially marginalized; intervention research focused on behavioral aspects of chronic illness, using mixed methods and clinical trials; and use of cutting-edge behavioral and social science methods and theory to inform development, efficacy and implementation of health promotion and disease prevention programs.</p>
<p><b>Deborah Young-Hyman, Ph.D., FTOS, FeI SBM, CDCES</b></p> <p>Health Scientist Administrator, Office of Behavioral and Social Science Research, Office of the Director, NIH</p> <p><a href="mailto:deborah.young-hyman@nih.gov">deborah.young-hyman@nih.gov</a></p>		<p>Dr. Young-Hyman’s research interests focus on optimizing effective behavioral strategies to improve the health and well-being of people with diabetes through improving the rigor of the science of behavior change, as well as promoting dissemination of effective methods in clinical practice.</p>

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<p><b>Maureen Monaghan Center, Ph.D., CDCES</b></p> <p>Program Director, Diabetes Behavioral Science: Division of Diabetes, Endocrinology, &amp; Metabolic Diseases, National Institute of Diabetes and Digestive and Kidney Diseases</p> <p><a href="mailto:maureen.center@nih.gov">maureen.center@nih.gov</a></p>		<p>Research interests include psychosocial and behavior factors associated with optimal diabetes self-care and health in youth with diabetes and their families; behavioral interventions to promote health and well-being among youth and adults with diabetes; behavioral strategies to promote self-management of chronic conditions.</p>
<p><b>Sydney O'Connor, Ph.D.</b></p> <p>Health Scientist Administrator, Office of Behavioral and Social Science Research, Office of the Director, NIH</p> <p><a href="mailto:sydney.oconnor@nih.gov">sydney.oconnor@nih.gov</a></p>		<p>Theories of health behavior, behavior maintenance, mHealth and ecological momentary assessment methodologies, 24hr behavioral patterns, environmental and social determinants of health, climate change and health</p>
<p><b>Michael Stirratt, Ph.D.</b></p> <p>Program Officer and Senior Behavioral Scientist, Division of AIDS Research, National Institute of Mental Health</p> <p><a href="mailto:stirrattm@mail.nih.gov">stirrattm@mail.nih.gov</a></p>		<p>My research interests center on behavioral, social, and structural interventions to improve the sustained use of antiretroviral medications for HIV treatment and prevention.</p>