



December 9, 2021



Dear ABMR colleagues,

I am very honored to be serving as the President of ABMR and am excited to provide you with updates and plans for the coming year, including details of the 2022 ABMR meetings.

First, however, I want to extend my sincere thanks to Past President Elissa Epel for her dedicated service to the Academy. Elissa served as President of ABMR for an exceptional two-year term and shepherded our small organization through the uncertainties of the pandemic. What a journey it has been! I will spare you the details, but Elissa carried us through rescheduled meetings, last minute changes, existential anxiety, virtual reality, and an outstanding hybrid meeting (and so much else!). Elissa, we are indebted to you!

The 2020/21 annual meeting took place at 1440/Multiversity near Santa Cruz, CA in October 2021. It was a resounding success for both in-person and virtual attendees. The setting was beautiful and lent itself well to an impressive meeting focused on aging and geroscience. The talks were inspirational and fostered the engagement of a diverse group of scholars. For me, the most remarkable component of the meeting was the Early-Stage Investigator Program. Elissa was awarded R13 funding to support the participation of a group of 12 early career scholars (67% underrepresented minorities) in a leadership and career development workshop offered by Drs. Sue Everson-Rose and Tica Hall (we were so grateful Tica could be with us). The program was a resounding success and fostered a cohesive cohort of early scholars who we have learned have continued to actively support one another. A common description of the program was that it was "transformative to my career." We plan to continue to invite this impressive group of junior colleagues to virtual meetings and ultimately to membership of ABMR when they are eligible. Please join me in thanking Elissa, Sue and Tica for initiating this new ABMR program and providing this remarkable opportunity to support the next generation of ABMR scholars.

It is also my honor to thank the outgoing Board of Directors and Executive Council members Mustafa al'Absi, Annette Stanton, Ed Suarez, and Viola Vaccarino for their service, especially to those who extended their term to assist during the COVID pandemic. I would also like to welcome our incoming President-Elect, Ian Kronish, and new members of the Executive Council, David Chae, Dan Mroczek, Kim Lavoie, and Eli Putterman and to thank Shari Waldstein for agreeing to serve as the Membership Chair with the support of Membership Committee-at-large representatives, Mustafa Al'Absi and Jeanne McCaffery. Finally, I am thankful for Joe Schwartz, Treasurer, who has kindly agreed to serve another term, Paige Green, ABMR Secretary, and Lori McBurney, our administrative assistant. These are the people who function behind scenes to keep us on track! It is a privilege to work alongside such accomplished leaders in our field. **Please**

consider stepping up and running for ABMR leadership positions. It is a wonderful opportunity to network, spend time with colleagues and contribute to the future of our organization.

My introduction to ABMR was in 1993 when I helped at the annual meeting organized by Dr. Steve Manuck – including running the bar which was an experience! I was in awe in the presence of esteemed leaders of our field and honored to participate in discussions that informed my developing program of research. Given this introduction, it was an immense honor to be elected to the Academy in 2011 and to have served on the Executive Council for the past 12 years and now as President. ABMR was established in 1978 to provide a forum devoted to the emerging interdisciplinary field of behavioral medicine. In 2019, this field is well established; however, the interdisciplinary nature of the field continues to necessitate a meeting that brings together members that are otherwise dispersed to share research findings and inform future research endeavors. The model of interdisciplinary science espoused by the founders of ABMR is now a central theme of research in health science. In this way, our forebears were ahead of their time! Our continued role in this fast-developing field rests on our cross-disciplinary research activities, which are critical for an understanding of health, health care and clinical practice. As the only organization to bring together experienced senior scholars from different backgrounds with shared interests in behavioral medicine, the goals of the Academy are as salient today as they were in 1978.

For the past 43 years, the annual meeting of ABMR was a much-valued benefit of membership. I believe this small cross-disciplinary meeting of distinguished scholars is something we should treasure and preserve. The meeting allows us to escape disciplinary research silos, share new findings, incubate new research directions, and foster productive collaborative relationships. I remain as impressed by the value of these meetings as I was in 1993. However, I am also excited to announce new directions and initiatives. Inspired by the success of the virtual meetings organized by Elissa Epel during the pandemic, ABMR is proud to announce the addition of a virtual winter meeting to focus on a cutting-edge theme each year. **Many thanks to EC members, Kim Lavoie and Eli Puterman, for coordinating the first of these meetings, which will take place on February 24th and focus on digital behavioral interventions.** This event will be free to current ABMR members and past Early-Stage Investigator awardees and open to guests and trainees for a nominal fee (See below for further detail).

I am also excited to announce the details of the 2022 ABMR meeting, which be held at the beautiful Woodstock Inn, Woodstock, Vermont from June 26-30th. The theme of the meeting is “Healthy Aging Across the Lifespan: The Impact of Socioeconomic Status.” Details of meeting including keynote speakers are presented below. I intend to continue the Early-Stage Investigator program that Elissa and Tica started and am happy to announce that Norman Anderson and Tracey Revenson will be joining Sue Everson-Rose and Tica Hall to lead this program. **Currently, we are seeking ten diverse, early-stage investigators to participate in the program and attend the conference.** Please take a minute to forward the attached flyer to possible candidates. I have submitted an R13 application and hope to receive funding to continue to provide support for this this unique and valuable program. Further details about the Woodstock meeting are provided below.

Finally, the Executive Council is working hard to provide the leadership to sustain and define our organization moving forward. A lot has changed in recent years. If you have not attended the meeting recently, please consider joining us in Woodstock next June!

For now, I hope you all have very Happy Holidays,

Best regards,

Anna Marsland
ABMR President
(marsland@pitt.edu)

Save the date! ABMR/IBTN Virtual Winter Symposium in Digital Behavior Interventions: February 24, 2022

Join us for a joint Academy of Behavioral Medicine Research/International Behavioural Trials Network Winter Symposium on “Innovations in digital behavior change interventions” with a panel of outstanding speakers: Dr. David Conroy (Penn State), Dr. Pat Areán (U Washington), and Dr. M.C. Schraefel (U Southampton, UK). This will be a three-hour virtual symposium that will include a 90-minute discussion period with all attendees to facilitate exchange and networking. The symposium is scheduled for 11am – 2pm EST (8am-11am PST and 4pm-7pm CET) which will enable the participation of an international audience. The symposium will be Chaired by Dr. Eli Puterman (U British Columbia) and Dr. Kim Lavoie (University of Quebec at Montreal) – registration opens soon! Hope to see you there!

Save the Date! The 2022 ABMR meeting. June 26-30,2022.

The theme of the 2022 meeting is “Healthy Aging Across the Lifespan: The Impact of Socioeconomic Status.” Disparities in health have been widely documented and are accepted to reflect social, economic, and/or environmental disadvantage (Healthy People 2020). These preventable disparities disproportionately affect groups of people who systematically experience greater obstacles to health based on their socioeconomic status. The planned conference will examine environmental, sociocultural, behavioral, and biological factors that contribute to lifelong disparities in health and emerging public health challenges.

Confirmed keynote speakers focus on the lifelong health impact of socioenvironmental factors (Jenny Tung, PhD (Duke) and Andrew Steptoe, PhD (University College London, UK)), the health impacts of socioeconomic mobility (Greg Miller, PhD/Edith Chen, PhD (Northwestern)) and the efficacy of social policy interventions for optimizing population health (Bobbi Wolfe, PhD (U Wisconsin), Peter Muennig, MD (Columbia), and Kim Noble, MD, PhD (Columbia)). Drawing on the deep expertise of ABMR members, symposium and discussion topics will focus on socioeconomic determinants of health, including poverty in early life, environmental exposures, intersectionality and racial health inequity, biological and neurocognitive aging, health behaviors, and implications for intervention and public policy.

The venue: The meeting will take place June 26-30, 2022 at the Woodstock Inn and Resort, Woodstock, Vermont (<https://www.woodstockinn.com/>). The Inn is situated in the center of a beautiful New England village, with lots to offer. It is my hope that family will be able to come along and enjoy the covered bridges, the Ottauquechee River, Quechee Gorge, the Marsh-Billings-Rockefeller National Park, and picturesque countryside. A wonderful collection of country stores, boutiques, bookstores, and art galleries line the charming village streets.

There are 142 rooms at the Inn. We have reserved a block of 75 rooms. However, in order to ensure a spot, **please make your reservation early by calling (844) 215 7111 and stating that you are with ABMR.**

Transportation: The Inn is 19 miles from the airport in Lebanon, New Hampshire and 89 miles from the airport in Burlington, Vermont. The closest international airport is Logan in Boston, which is a 2.5-hour drive. Bus service is available from Logan Airport. The venue is accessible for persons with disabilities and family friendly, with organized activities for children.

Registration Fee: Please pay the \$500 registration fee on the ABMR website, <http://www.academyofbmr.org/> by PayPal or by mailing Lori McBurney a check, made out to ABMR, to 810 Scott Avenue, Glenshaw PA 15116. This registration fee covers many meals for the conference participant. There will be additional charges for guests.

I hope you can join us this year! We have our fingers crossed that we will be able to hold a wonderful in-person meeting and enjoy spending time together.

Don't hesitate to email me with any questions at marsland@pitt.edu