



Sandra J Winter, PhD, MHA

Biographical Sketch

Sandra J Winter, PhD, MHA, is a Senior Research Scholar at the Stanford Prevention Research Center, Stanford University School of Medicine in California.

Dr. Winter is the Director of the WELL for Life research program that aims to build the scientific evidence-base regarding well-being to improve health and well-being globally. This research is being conducted in the US, China, Taiwan and Singapore, with the goal of recruiting 10,000 participants per site. The research involves the collection of observational and biomarker data as well as intervention studies that will be conducted at each site. Dr. Winter is also the Director of the Our Voice Global Network. This network comprises a group of scientists and community partners from around the world who are conducting community engaged research aimed at increasing health equity among people of all socioeconomic backgrounds and cultures.

Dr. Winter obtained her Master of Health Administration and PhD in Public Administration (health policy track) from the University of Kentucky. Her graduate research focused on the healthcare provided to prison inmates. She completed post-doctoral training at the Stanford Prevention Research Center under the mentorship of Dr. Abby C. King, conducting research focused on the built and social environments, and the use of technology to promote physical activity in older adults.

Dr. Winter has been a member of SBM since 2010, during which time she has been actively involved as the Co-chair of the Aging Special Interest Group, Co-chair of the Health Policy and Advocacy Topic Area and a member of the Scientific and Professional Liaison Council. Dr. Winter has been a contributor to the *Outlook* Newsletter, been a reviewer of SBM conference abstracts and is a current SBM Leadership Institute participant.

Personal Statement

I am very honored to have been nominated for the position of Secretary/Treasurer of SBM. My vision for SBM is congruent with both the themes of the SBM Annual meetings over the past few years, as well as the strategic directions established by the SBM Board. It includes extending the reach and the impact of the Society through the use of evidence-based standards and engaging with new partners and perspectives, developing member capabilities, and the strategic use of technology. As the Secretary/Treasurer, and a member of the Executive Voting Committee I will be able to provide input and guidance with respects to how SBM allocates its financial resources to further these goals.

Regarding the field of behavioral medicine, often the term “health” is often actually used in the context of illness, disease and symptoms – the opposite of health. The research in which I am currently involved seeks an alternative, more holistic approach, with the goal of promoting well-being under any of life’s circumstances. This work suggests the potential for a paradigm shift in the way we tackle the challenges of changing behaviors to improve health and well-being.

Being a member of SBM facilitates the development of genuine professional relationships as it provides the opportunity to connect with like-minded colleagues at the annual meetings and in professional service to the society. The SBM members with whom I have engaged have been passionate, knowledgeable and committed to making a difference through their work.

Under the leadership of Michael Diefenbach, who has been the Secretary/Treasurer of SBM for the past six years, SBM is on a firm financial foundation. My goal as Secretary/Treasurer is to build upon this foundation by providing financial oversight and guidance, based on prudent management and conservative and socially responsible decision-making. I am well equipped for this position as I have 17 years of experience as the Financial Director of a group of small businesses in South Africa, and an educational background in corporate governance and public administration. If elected, it will be an honor to utilize my experience, knowledge and personal skills to serve SBM as Secretary/Treasurer.