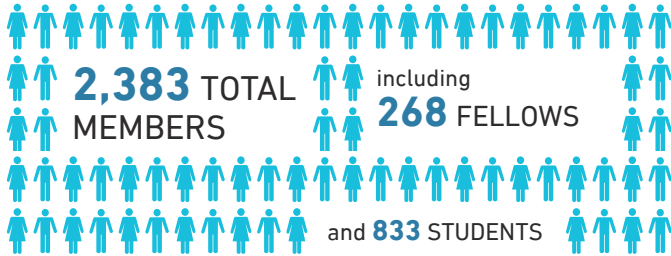




### Membership



Members specialize in 40+ areas. The 5 most common are:

- Health promotion
- Cancer
- Physical activity
- Obesity/eating disorders
- Racial/cultural factors in health

[www.sbm.org/membership](http://www.sbm.org/membership)

### Special Interest Groups (SIGs)



#### 26 SIGs:

- Exchanged 1,200+ emails including many that shared new publications and data sets, and requested advice about research methods and grant-writing
- Produced 9 Webinars
- Granted 99 awards to their members

80% of SBM members participate in SIGs

[www.sbm.org/about/special-interest-groups](http://www.sbm.org/about/special-interest-groups)

### Diversity, Equity, and Inclusion



DEI remained a top-level priority, embedded throughout SBM. This year we:

- Welcomed 24 participants to the third annual Monica Baskin Diversity Institute for Emerging Leaders
- Waived Annual Meeting registration for 79 first-time attendees from underrepresented groups, and connected them to leaders at a specialty luncheon
- Contributed to the updated Journal Reporting Standards for Race, Ethnicity, and Culture

And much more! Read about all our efforts at [www.sbm.org/members/policies/diversity](http://www.sbm.org/members/policies/diversity)

### Healthy Living



24 public-facing articles published to improve health through behavioral change, including:

- Disorders of the Gut-Brain Interaction: You Don't Have to Suffer Alone
- Motivation for Nutrition: How to Stick to a Healthy Diet
- Social Media and Pregnancy: How the Digital Age Drives Weight Stigma
- What Women Need to Know about Breast Cancer Screening with MRI
- What are GLP-1 Medications? 9 Common Questions

Content gets 14,000+ pageviews per month!

[www.sbm.org/healthy-living](http://www.sbm.org/healthy-living)

In 2024 we reached over 6.1 million users

### Social Media Engagement



Also find us on Instagram and Bluesky!

### Proven Science—Better Health Giving Campaign

\$115,700 total contributions made to support the next generation of behavioral medicine researchers, be heard by policy makers, communicate members' science to the public, and support postdoctoral member research.

- 170 registrants and \$20,000 raised to advance SBM's science communication efforts during the 3rd Annual Stride for Science Run/Walk in Philadelphia
- 2 postdocs each awarded an \$8,000 Bridging the Gap Research Award
- 2 SBM Past Presidents remembered and honored through the C. Barr Taylor Eating Disorders & Obesity Student Research Excellence Award and the Norman B. Anderson Keynote Address
- 24 young professionals received discounted training for the Monica Baskin Diversity Institute for Emerging Leaders
- 20 sustaining monthly donors
- 10% membership giving rate
- Distinguished Student Excellence in Research Awards increased from \$500 to \$1,000, helping to ease the financial burden of travel expenses for young professionals in need



### 2021-25 Strategic Plan

#### 3 Core Outcomes

- Awareness and Impact of Behavioral Medicine
- Public Education and Behavioral Change
- Indispensable Professional Resource
- Diversity, Equity, and Inclusion efforts included in each outcome.



AWARENESS AND IMPACT of Behavioral Medicine



## 2024-25 Board of Directors

Ellen Beckjord, PhD, MPH, FSBM  
*President*

Christine Hunter, PhD, ABPP  
*President-Elect*

Bernard Fuemmeler, PhD, MPH, FSBM  
*Immediate Past President*

Megan McVay, PhD  
*Secretary/Treasurer*

Courtney Bonner, PhD  
*Member Delegate*

Joanna Buscemi, PhD  
*Member Delegate*

Charles Jonassaint, PhD, MHS  
*Member Delegate*

Roger Figueroa, PhD  
*Advocacy Council Chair*

Michael Diefenbach, PhD, FSBM  
*Development Council Chair*

Angela Pfammatter, PhD, FSBM  
*Membership Council Chair*

Sharon Manne, PhD, FSBM  
*Professional Advancement Council Chair*

Jun Ma, MD, PhD, FAHA, FSBM  
*Publications Council Chair*

Scherezade K. Mama, DrPH  
*Scientific Education Council Chair*



## Annual Meeting

- Philadelphia, PA
- 1,849 attendees
- 120 sessions in 32 topic areas
- 988 posters and 10 recorded research spotlights
- 79 student members earned free registration
- 135 underrepresented first-time attendees received the free registration made possible by SBM and Penn State College of Health & Human Development, Penn State Cancer Institute, and Penn State Social Science Research Institute

## Mentoring

- 77 students had Annual Meeting posters critiqued by SBM Fellows
- SBM's Consultation Program features 58 expert members available for questions on a variety of academic and industry career development topics
- 24 SIGs offer co-chair, junior chair, or student chair positions to mentor future leaders
- 24 early-career professionals participated in the Diversity Institute to build their careers off of the principles of diversity, equity, and inclusion
- 29 mid-career participant Fellows gained career-building skills through the Leadership Institute
- 21 early-career scientists completed SBM's inaugural Peer Reviewer Academy, building their review skills and professional networks



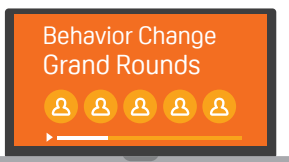
## Achievement Awards

18 awards granted, including 8 recognizing student members  
41 new SBM Fellows named

## Policy Advocacy

- 9 position statements released, including "Pass the Expanding Access To (EAT) Local Foods Act to promote Farm Viability and Nutrition Security" and "Pass Legislation To Expand Access To Nonopioid Pain Treatments Among Older Adults"
- 14 endorsements and sign ons including endorsing a resolution highlighting extreme weather risks to children
- 3 ambassadors attended the Rally for Medical Research Hill Day on SBM's behalf

[www.sbm.org/advocacy](http://www.sbm.org/advocacy)



## Grand Rounds

- 9 webinars
- 216 attendees
- 164 recorded webinars available on-demand
- Join us on Wednesdays!

[www.sbm.org/webinars](http://www.sbm.org/webinars)

## Local Meetups

Thank you to the 127 individuals who hosted and attended one of the 2024 local Behavioral Medicine Meetups! These meetups are a great networking opportunity! They offer a happy hour, stories from SBM members, and a short skill-building session on topics such as career paths, science communication, and creating inclusive environments.

**This year's meetups were:**

- Irvine
- Boston
- Columbus and
- New York

[www.sbm.org/meetups](http://www.sbm.org/meetups)

## Journals



### TRANSLATIONAL BEHAVIORAL MEDICINE

- 3.6 two-year impact factor
- Published virtual issue on mental health and substance use disorders

[www.academic.oup.com/tbm](http://www.academic.oup.com/tbm)



### ANNALS OF BEHAVIORAL MEDICINE

- 3.6 two-year impact factor
- Special thanks to outgoing Editor-in-Chief Tracey A. Revenson, PhD, FSBM

[www.academic.oup.com/abm](http://www.academic.oup.com/abm)