

# SOCIETY *of* BEHAVIORAL MEDICINE

*Better Health Through Behavior Change*

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## **Elva Arredondo inducted as Society of Behavioral Medicine member delegate**

**WASHINGTON, DC** – San Diego State University professor Elva M. Arredondo, PhD, began her term as member delegate on the Society of Behavioral Medicine Board of Directors on Saturday.

The Society of Behavioral Medicine (SBM) is a 2,200-member organization of scientific researchers, clinicians and educators. They study how behavior, biology and the environment interact, and they turn their findings into health interventions that improve the well-being of individuals, families and communities.

Arredondo was inducted as SBM member delegate during the society's 37th Annual Meeting & Scientific Sessions, held Wednesday through Saturday in Washington, DC. She officially began her three-year term during the society's business meeting Saturday morning.

Arredondo was elected member delegate through a vote by SBM members. She is a long-time SBM member who has served as a diversity track chair for SBM's Program Committee.

Arredondo is a Mexico native with more than 15 years of experience working on minority health issues. As member delegate, she will work to further increase the diversity of SBM's membership.

"I believe that recruiting and retaining students, faculty, scientists and practitioners from diverse backgrounds is vital for the development and sustainability of any organization," she said. "It is especially important for SBM as our research and practice address health disparities."

Arredondo will also look for new and more effective ways for SBM to let members know about society opportunities and activities, she said.

Arredondo is an associate professor in San Diego State University's Graduate School of Public Health. She is co-director of the San Diego State University/University of California, San Diego Joint Doctoral Program of Public Health in Health Behavior.

Her research aims to reduce the high incidence of chronic diseases among Latinos and to develop behavioral interventions that improve minority health. She has a particular interest in community-based interventions and programs. She has received research funding from the National Institutes of Health (NIH), Robert Wood Johnson Foundation, American Cancer Society (ACS), and National Science Foundation. She is currently the principal investigator of a multilevel randomized controlled intervention

trial that seeks to increase physical activity and reduce cancer risk in Latina women living in San Diego County.

Arredondo has published 90 peer reviewed manuscripts and book chapters. She has served as a committee member of Salud America! and as an ad hoc reviewer for NIH and ACS.

*The Society of Behavioral Medicine (SBM) is a 2,200-member organization of scientific researchers, clinicians and educators. They study interactions among behavior, biology and the environment, and translate findings into interventions that improve the health and well-being of individuals, families and communities. Visit [www.sbm.org](http://www.sbm.org).*

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