



Robert Newton, PhD

Biographical Sketch

Robert L. Newton Jr. is an Associate Professor and Director of the Physical Activity and Ethnic Minority Health Laboratory at the Pennington Biomedical Research Center in Baton Rouge, LA. He received his undergraduate training at Hampton University and went on to earn a doctorate degree in Clinical Psychology at the University of Florida in 2002. His main research focus involves physical activity promotion in African American adults and children as it relates to health disparities. He has served as the PI of a culturally tailored physical activity promotion program for African American adults, a federally funded exercise training trial for African American men who are at risk for developing diabetes, and is currently conducting a federally-funded physical activity promotion intervention for older African Americans. These interventions are conducted in community settings including as schools, community centers, neighborhoods, and YMCAs. In addition, he has conducted several interventions utilizing mobile technology, including developing a mobile phone app to assist African American men in increasing physical activity and a mobile app targeting parents that is designed to increase physical activity in their 6-10 year old children. Dr. Newton has received state, industry, foundation, and federal funding to support his research efforts. Dr. Newton has also served Pennington Biomedical by being a part of two Executive Director Search Committees and participating in several community talks.

Personal statement

SBM has been my professional organization home for over 20 years. During this time I received several awards from SBM including a Citation Award by the abstract review committee in 2003, a Professional Award for Outstanding Research from the Child and Family Health SIG in 2016, and was a member of the 2nd Annual Mid-Career Leadership Institute in 2017. I recently decided to take on leadership roles in the organization by serving the Health Equity SIG as Co-Chair in 2017 & 2018 and Chair in 2019. Opportunities also arose to serve on the Nominations Committee and the Local Events Committee in 2018, and I am currently serving on the Development Committee. These service roles and leadership experiences have provided a broad understand of member needs that will assist me in being an effective Member Delegate.

A Member Delegate represents member interests on the SBM Board. To me, this means that SBM continues to build leaders in the field of behavioral medicine and that we are at the forefront of behavioral medicine research. To do so, SBM will need to continue to provide

opportunities for leadership, professional development, and access to the latest scientific developments in behavioral medicine. I will advocate to strengthen and build upon current opportunities, including annual meeting workshops, webinars, and the Mid-Career Leadership Institute among others. It is also imperative that we develop a diverse group of leaders. Therefore, I was pleased to learn about, and be a part of, the inaugural Diversity Institute for Emerging Leaders that will take place at the SBM Annual Meeting in 2020. As a Member Delegate it is also important to represent the field of behavioral medicine, which is moving towards the application of our scientific findings to meet people where they are. This can be seen in the rise of pragmatic trials and dissemination and implementation research. As SBM has provided training on mobile health technologies that are prevalent in our field, it will be important to provide similar opportunities for members to have opportunities to learn the science of D&I research. As a Member Delegate, I will serve as a conduit between members and the Board. I will listen to the concerns and needs of SBM members and will be readily accessible to members. It would be an honor to serve as an SBM Member Delegate.

References

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