



Sandra J Winter, PhD, MHA
Candidate for Secretary/Treasurer

Personal Statement

I am honored to have served as SBMs Secretary/Treasurer for the past three years and welcome the opportunity to contribute my experience, knowledge and skills to benefit SBM in this position for another three years.

In November 2020 I participated in a two-day strategic planning retreat during which SBM leadership worked with a professional consultant to develop a Strategic Framework for 2021-2025. The Framework lays out a coherent set of strategies to achieve the identified outcomes of increasing the awareness and impact of behavioral medicine; extending public education about behavioral medicine to drive positive change and making SBM an indispensable resource about behavioral medicine. Woven throughout the Strategic Framework is a commitment to diversity, equity and inclusion. Underpinning the Framework is recognition that SBM will need appropriate structural capacity. As the Secretary/ Treasurer and an experienced leader within SBM I will provide input and guidance regarding how SBM can most effectively allocate its financial resources to achieve its goals. I will continue to be guided by previously identified board decision-making values that include duties of care, obedience and loyalty; the encouragement and consideration of diverse perspectives; ethical decision-making and the responsibility to be good stewards of all SBM resources.

Bio Sketch

Sandra J Winter, PhD, MHA, has been an involved and committed member of SBM for over a decade. She brings her financial expertise and education to bear in her roles as the current SBM Treasurer/Secretary, the Chair of the Finance Committee, and as a member of the Development Committee. She is a current member of the Scientific and Professional Liaison Council and a past co-chair of the Aging Special Interest Group. For the SBM annual meetings, Dr Winter is the current co-chair of the Aging Topic Area and the past co-chair of the Health Policy and Advocacy Topic Area. Dr Winter participated in the 2016 SBM Mid-Career

Leadership Institute and her commentary about her experience was published in a special issue of Translation and Behavioral Medicine in October 2020.

During her tenure as SBM Secretary/Treasurer and in collaboration with SBM staff and Finance Committee members Dr Winter has developed a number of policies regarding the Society's investments and financial reserves, gift acceptance and volunteer travel reimbursement. She has enthusiastically carried out her duties monitoring the on-going finances of the organization and reviewing and providing input regarding budgets (annual, meeting and grant), official organizational documents (financial audit and tax return preparation) and investment activities.

Doctor Winter has 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. She obtained her Master of Health Administration (2006) and PhD in Public Administration [health policy track] (2009) 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. At Stanford she served as the Director of the international WELL for Life research program and the Our Voice Global Network. She is currently the Executive Director of a non-profit organization, Senior Coastsiders, where she translates aging and behavioral research to practice serving her community. SBM is also a non-profit organization so Dr Winter's experience in this regard is an added advantage.