**James J. Annesi, Ph.D.**

Dr. James Annesi was appointed Vice President of Health Initiatives for the *Central Coast YMCA* in Monterey, CA in late 2021. He is also currently Adjunct Research Faculty at *California State University Monterey Bay’s College of Health Sciences and Human Services*. His earlier research, faculty, and clinical positions were at the *University of Alabama at Birmingham’s School of Health Professions,* the *University of Georgia’s Owens Institute of Behavioral* *Research, Kennesaw State University’s* *Department of Health Promotion and Physical Education, Rutgers University’s Department of Exercise Science and Sport Studies,* the *Veterans Affairs NJ Health Care System, The Chattanooga Lifestyle Center, Enhanced Performance Technologies,* andthe *YMCA of Metro Atlanta*. He is an elected Fellow of the *American Academy of Health Behavior*, *The* *Obesity Society,* and the *American Psychological Association’s* divisions of Health Psychology, Behavior Analysis, and Exercise/Sport/Performance Psychology. In 2019, Jim received the American Psychological Association’s *Excellence in Clinical Health Psychology Award* from theirSociety for Health Psychology.

Dr. Annesi’s research program includes 225 peer-reviewed scientific publications (95% of which he was the principal investigator) related to health behavior-change theory and methods applied to exercise adherence, self-regulated eating, weight management, human performance, and the association of physical activity with mental health, body image, emotional eating, and other quality-of-life factors. He is among the 10 most-cited researchers in the United States in the areas of “health behavior change,” “behavioral psychology,” and “exercise psychology.” His findings on associations between moderate exercise, self-regulatory and mood improvements, and eating-behavior changes form the basis of a weight-management protocol tailored for large-scale applications. This novel, community-based system maintains high degrees of success in attaining and sustaining weight reductions and reducing health risks across diverse samples.

Jim also authored 4 books and over 100 articles and chapters translating his health behavior-change research for wide-ranging clinical applications. His original protocols, which cross age ranges, focus on self-regulatory skills development applied to increasing and maintaining physical activity/exercise, mental health, controlled eating, and weight reduction. The National Institutes of Health/National Cancer Institute identified that array of programs as the most by any single researcher or research group in the areas of physical activity, diet/nutrition, and obesity certified by their *Research-tested Intervention Programs* and *Evidence-based Cancer Control Programs.* They have been utilized within numerous community health promotion and preventive medicine settings in the U.S., Canada, United Kingdom, Italy, and Japan; with applications addressing various severities of obesity, diabetes, hypertension, depression, bariatric surgery, cancer recovery, Parkinson’s Disease, and physical therapy. Their associated research received support from the U.S. Department of Education, Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, and Canadian Interior Health Authority, along with many private healthcare foundations.Recent reviews identified Jim’s research program on exercise adherence intervention as the most extensive in the world.

Dr. Annesi served as a contributor/consultant to media outlets such as the *Associated Press, New York Times, Translational Behavioral Medicine, London Times*, *WebMD*, and *PBS*; and was senior editor for *The Permanente Journal*. He is currently a section editor of the journal, *Health Behavior Research*, and an intervention fidelity reviewer for the National Cancer Institute. In an earlier career, Jim was among the several youngest members of the *United States Professional Tennis Association* to obtain Master Professional status and conducted applied research on anxiety regulation methods to maximize sport performance at collegiate, Olympic, and professional levels.

Email: [jamesannesi@gmail.com](mailto:jamesannesi@gmail.com) [jannesi@ymcacentralcoast.org](mailto:jannesi@ymcacentralcoast.org)

Publication record: ORCID ID: <https://orcid.org/0000-0002-5230-6365>