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

Dr. James Annesi was recently appointed Vice President of Health Initiatives for the *Central Coast YMCA*, Monterey, CA. He is also Professor at *The University of Alabama at Birmingham:* *School of Health Professions*, and Adjunct Research Faculty at *California State University, Monterey Bay: College of Health Sciences and Human Services*. His earlier research, faculty, and clinical positions were at *Rutgers: The State University of New Jersey, The University of Georgia, The* *Veterans Affairs NJ Health Care System, Kennesaw State University, Elizabeth General Medical 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* (in the 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 *APA Division 38: Society for Health Psychology*.

Dr. Annesi’s research program includes over 210 peer-reviewed scientific publications (95% of which he is first or sole author) related to health behavior-change theory and methods applied to exercise adherence, self-regulated eating, weight management, human performance, and the effects of physical activity on mental health, body image, emotional eating, and other quality-of-life factors. He is among the six most-cited U.S. researchers in the categories of “behavioral psychology,” “health behavior change,” and “exercise psychology.” His findings on associations between moderate physical activity, self-regulatory and mood improvements, and eating-behavior changes form the basis of a weight-management treatment paradigm tailored for large-scale applications. This novel intervention has demonstrated high degrees of success with the persistent problem of *sustaining* reductions in weight and health risks in individuals with obesity.

Jim also authored four books and over a hundred articles and chapters focused on methods for health-promotion practitioners. They translate his 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 behavioral treatments as representing the most programs by any single researcher or research group in the areas of physical activity, diet/nutrition, and obesity certified by their *Research-tested Intervention Program* and *Evidence-based Cancer Control Program.* 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 diabetes, hypertension, depression, cancer recovery, Parkinson’s Disease, and bariatric surgery. 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 foundations.Recent reviews identified Jim’s research program on exercise adherence intervention as currently being the most extensive in the world.

Dr. Annesi serves as a contributor/consultant to media outlets such as the *Associated Press, New York Times, Translational Behavioral Medicine, London Times*, *WebMD*, and *PBS*; and is a senior editor for *The Permanente Journal* and on the editorial board of *Health Behavior Research*. 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.