

**Mark Reed, PhD**

**AAHB President (2018-2019)**

**Questions for past presidents**

**When did you attend your first Academy annual meeting?** My first meeting was in Hilton Head, South Carolina in 2011. I have been to every meeting since.

**What attracted you to AAHB?** I was particularly attracted to the friendliness of the AAHB members and the opportunities to network with superb health behavior.

**What do you value about the Academy and why did you choose to be involved as President?** I value the simplicity of getting involved in the organization. It is easy to join a council, volunteer to help with a meeting, etc. I also value the commitment to mentoring and supporting new health behavior researchers and students. I chose to run for President to give back to AAHB and because of all that great members who volunteer their time on the board.

**What was your vision for AAHB when you assumed the role of President?** Grow and increase the diversity of our membership.

**What was your biggest accomplishment as President?** With the support of the board, we grew membership. The diversity of our membership has increased since the first few meetings I attended, but we still have work to do to continue to recruit and retain diverse members.

**Where do you see AAHB in the next 10 years?** I see modest growth in membership as well as growth in our journal, *Health Behavior Research*.

**Do you have any advice for students and early career researchers?** Stay true to your passions. Ask for help, offer help. Seek many different kinds of mentors and collaborators. Above all else, be kind.