

Katie Heinrich, PhD, FAAHB
AAHB President (2021-2022)

- 1. When did you attend your first Academy annual meeting?**
2011
- 2. What attracted you to AAHB?**
The diversity of health behaviors and theories being researched by AAHB members.
- 3. What do you value about the Academy, and why did you choose to be involved as President?**
I value the close professional relationships I've developed with other researchers, the cross-cutting research ideas shared by members, and the multiple opportunities to serve in meaningful ways. I had held a variety of roles in the Academy, since 2011 and I wanted to make a larger impact.
- 4. What was your vision for AAHB when you assumed the role of President?**
To capitalize on the Academy's strengths, including the Research Scholars Mentorship Program, diversity of health behavior research among members, and our welcoming and increasingly diverse membership. My goals were to increase the visibility and outreach of our organization through promoting the value of AAHB membership via marketing, personal connections and webinars.
- 5. What was your biggest accomplishment as President?**
Hosting the first in-person conference after the Covid-19 pandemic.
- 6. Where do you see AAHB in the next 10 years?**
While I hope we remain smaller in numbers, which provides a unique and beneficial experience at annual meetings, I also expect us to continue to grow in diversity in age and demographics. I expect our Health Behavior Research journal to be indexed.
- 7. Do you have any advice for students and early career researchers?**
Make time for yourself and your own well-being. You can give so much more when your cup is full.