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| BMRC In-Person Meeting at ABMR | June 28, 201912:00 PM – 2:00 PM ESTABMR National Conference**Tucson, AZ** |

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| Meeting called by: | Karina Davidson | Type of meeting: | In-person |
| Facilitator: | Karina Davidson | Note taker: | Stefani D’Angelo |

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| Attendees: | Karina Davidson, Elissa Epel, Karen Matthews, Tracey Revenson, John Ruiz, Suzanne Segerstrom, Greg Miller (phone) |

# Minutes

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| Non-Agenda item: | Agree to BMRC Bylaws |  |  |

#### Discussion:

* Accepted 12:23 pm on 6/28/19

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| Agenda item: | Determine 2020 Focus |  |  |  |

#### Discussion:

* Open science practices, replication, standardization (Suzanne)
	+ As a field should deposit open data for mega-analyses to see if we can reproduce or replicate effects
* How can we do better science and how can we use our science to affect policy (Tracey)
* Taking content-specific things, external process, and internal process, and should we aggregate them together? Or should BMRC focus on where our science is on a focal issue (John)
	+ trial and error approach how BMRC is going to operate
	+ Could do a deep dive on content area and talk about nuisances in an informed way, its implications with important applied perspectives
* Come up with 2 areas to focus on (Elissa)
	+ Mental health to her is the big lever: if can go in with a multi-modal intervention and helping people with their chronic stress and a health behavior, that might be more meaningful and promising
* How do we maintain health behavior changes? Would there be a benefit to commission paper or group of people to do several interventions, see if they can maintain, and determine what would be better to keep the change going. (Karen)
	+ Thought our focus was more on the intervention side of behavioral medicine field
* Diverse, worthwhile interventions (Greg)
	+ we have to change the way we do research in our field
	+ many medical debates about how to fund and support a healthy society, but no one in our world is part of those conversations
* Launch a “year in behavioral medicine research” and come up with areas we feel most comfortable (Karina)
	+ high level of what’s happening at each level
	+ i.e. here are the things that matter most (health disparities), only 17 articles, what’s wrong with us
	+ could publish annually
	+ Not sure if open science should be the first effort
* Discussed options for different papers
* If we as a group were to get one thing done this year?
	+ Consensus statements as a voice for the field to give to policy makers/government (Elissa)
	+ Get a panel of experts to talk about processes that lead to maintenance of health behavior change and the status of the field and what we need next. If you frame it as a consensus statement, that would work. This is where we are as a field and this is where we need to be. (Karen)
	+ Declare a decade of \_\_\_\_ (i.e Brain); one of the charges to galvanize the field as a body and pick something, then attack it from public health, individual, etc. lens (John)
	+ Tension of high risk behaviors of risk groups, and drivers of disease (i.e. stress or sugar) (Elissa)
	+ Meta-projects that gives us a template moving forward- what we do, what our process is, who it’s going to be published by. etc. (Suzanne)
		- topics and interests will change but it’ll give us a template
	+ Brand fast to get idea of integrated society out quickly; lay the groundwork (Tracey)
	+ Road map/call for credentialing behavioral interventionists. Training lay people and peer-to-peer (Karina)
		- To do this, we need to set up this credential

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| Conclusion: 2020 Deliverables |  |  |
| 1. A published methods piece on how future BMRC consensus statements will be obtained.
2. The commitment of an annual “Year in Behavioral Medicine” review publication.
3. An effort to determine the value in declaring a decade of focus on a particular priority for behavioral medicine.
4. Commentary by the BMRC on the standardization of open-science and data deposit policies for behavioral medicine.
5. Commentary on how the BMRC will weave a disparities lens in all future projects.
6. The contribution of Delphi poll and crowdsourcing data results to Michael Diefenbach’s presidential initiative for SBM.
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| Agenda item: | Determine 2020 Budget |  |  |

#### Discussion:

* Ask each of 4 societies to donate for travel this year
* will determine who will host next April
* John chairing APS (in the beginning of March)
* Fall retreat idea (in late Oct, early Nov)
	+ writing retreat- know what you’re writing, things in your hands, give feedback
	+ evidence-based librarian

#### Action Items:

* Determine host for BMRC funds
* Draft 2020 budget

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| Agenda item: | Discuss Saturday Evening ABMR Panel |  |  |

#### Discussion:

* go through high level points and talk about the process
* have people email what their ideas are for low hanging fruit