

VIRTUAL **WORKSHOP**

Promoting the Science and Practice of Health Behavior Maintenance

Behavior Maintenance Approaches in Clinical and Community Settings

June 4, 2024 11:00 a.m.–3:30 p.m. EDT

National Institutes of Health
 Office of Behavioral and Social Sciences Research

Objectives: In continuing the Behavior Maintenance workshop series that explores the state of the science of behavior maintenance, Workshop #4 will focus on processes and strategies for implementing, monitoring, and supporting behavioral maintenance in clinical and diverse community settings.

The first panel session of this workshop will showcase the lived experiences of people with chronic conditions who are maintaining healthy behaviors and will include presentations by clinicians who will discuss the multilevel approaches and resources that have enabled their patients to be successful. These narratives will be followed by a discussion of commonalities and differences in effective behavior maintenance approaches across chronic conditions and contexts.

The second panel session will feature speakers who will present exemplars of successful health behavior maintenance programs that have been implemented in real-world clinical and community settings, with discussion about the opportunities and challenges for their advancement. The workshop will close with a high-level review of discussions from the workshops in the series.

Time (EDT)	Format	Topic/Goal	Speaker
11:00 a.m. – 11:10 a.m.	Introduction to the Workshop	<ul style="list-style-type: none"> • Overview of the Meeting Logistics and Housekeeping • Overview of Live Polling • Overview of the Meeting Goals and Agenda • Introduction of the Planning Committee and Key Contributors • Introduction of the Keynote Speaker 	SCG contract group Mike Stirratt, Ph.D., Co-chair of the NIH Adherence Network
11:10 a.m. – 11:20 a.m.	Keynote	Scientific Priorities of the Office of Behavioral and Social Sciences Research (OBSSR): Dissemination and Sustainment of Behavior Maintenance Efforts in Clinical and Community Settings	Jane Simoni, Ph.D., Director, NIH OBSSR
11:20 a.m. – 1:00 p.m.	Panel Session	The Challenges of Behavior Maintenance: Perspectives From Persons With Chronic Conditions and the Clinicians Who Support Them	Moderator: Anne Peters, M.D., University of Southern California
11:20 a.m. – 11:30 a.m.		Panel Introduction	Anne Peters, M.D.
11:30 a.m. – 12:30 p.m.		Different Lenses, Different Needs: Narratives From Lived Experience With Health Behaviors and Chronic Conditions	Panelists with lived experience

Time (EDT)	Format	Topic/Goal	Speaker
		Compassion and Constraints: Narratives From Clinicians Providing Care in Diverse Contexts and to Diverse Populations	with chronic conditions Clinician panelists
<i>12:30 p.m. – 1:00 p.m.</i>		Discussion: Commonalities and Differences in Successful Approaches to Health Behavior Maintenance	Anne Peters, M.D., and panelists
<i>1:00 p.m. – 1:15 p.m.</i>	BREAK		
<i>1:15 p.m. – 2:50 p.m.</i>	Panel Session	Exemplars of Successful Behavior Maintenance Approaches in Community and Clinical Settings	Moderators: Deborah Young-Hyman, Ph.D., OBSSR, Senior Advisor to the NIH Adherence Network; Maureen Monaghan Center, Ph.D., Co-chair of the NIH Adherence Network
<i>1:15 p.m. – 1:20 p.m.</i>		Introduction	Deborah Young-Hyman, Ph.D.
<i>1:20 p.m. – 1:40 p.m.</i>		Adoption and Adaptation of the Diabetes Prevention Program Within YMCA Sites: Community and Infrastructure Considerations	David Marrero, Ph.D., The University of Arizona
<i>1:40 p.m. – 2:00 p.m.</i>		Positive Links: Lessons Learned From Implementation and Scale-Up of an Evidence-Based Digital Support Program in HIV Clinic Settings	Karen Ingersoll, Ph.D., University of Virginia
<i>2:00 p.m. – 2:20 p.m.</i>		Church-Based, Multilevel Interventions Promoting and Sustaining Physical Activity in Latinas	Elva Arredondo, Ph.D., San Diego State University
<i>2:20 p.m. – 2:50 p.m.</i>	Q&A	Discussion: Successful Approaches for Implementing Behavioral Maintenance Support Across Settings, Communities, and Populations	Moderator: Maureen Monaghan Center, Ph.D. Panelists

Time (EDT)	Format	Topic/Goal	Speaker
2:50 p.m. – 3:00 p.m.	Presentation	Moving the Science of Behavior Maintenance: High-Level Findings From Our Workshop Series to Date (An Action Agenda: Promoting the Science and Practice of Health Behavior Maintenance)	Alex Rothman, Ph.D., University of Minnesota
3:00 p.m. – 3:15 p.m.	Summary and Next Steps	Reaching Consensus on Effective Behavior Maintenance Approaches in Clinical and Community Settings	Moderator: Mike Stirratt, Ph.D. Conference Planning Committee Members, Panelists, and Speakers
3:15 p.m. – 3:30 p.m.	Closing	Workshop Wrap-Up and Meeting Outputs Adjournment	Deborah Young-Hyman, Ph.D.