

Biosketch: Kathryn M. Ross, PhD, MPH, FSBM

Dr. Kathryn Ross is an Associate Professor and the Associate Chair for Research in the Department of Clinical & Health Psychology and College of Public Health & Health Professions at the University of Florida. Her research broadly focuses on the development and evaluation of interventions to help people initiate and maintain changes in health behaviors, with particular emphasis on improving dietary intake and physical activity behaviors to prevent and treat chronic diseases (including type 2 diabetes, cardiovascular diseases, and many cancers). Most of her current research focuses on (1) the long-term maintenance of health behavior change and (2) the use of newer technologies and mHealth/digital health approaches to improve the reach and effectiveness of evidence-based behavioral interventions. Dr. Ross has a successful track record of funding her research; she has been continuously funded by NIH since 2013, serving as Principal Investigator on 3 NIH-funded grants, Co-Investigator on 4 other NIH-funded grants, and Co-Sponsor on 2 successfully-completed NIH-funded fellowship awards.

Dr. Ross has been a member of the Society of Behavioral Medicine since 2007. During this time, she served as Co-Chair (2018-2020), Chair (2020-2021), and Past Chair (2021-2022) of the Obesity and Eating Disorders Special Interest Group (SIG) and as a member of the SIG Renewals Committee (2021-2023). She has contributed to multiple SBM Position Statements and articles for SBM's Outlook Newsletter and Healthy Living section, and in 2023 she received SBM's "Leading the Narrative" award for science communication. Also in 2023, Dr. Ross completed the SBM Mid-Career Leadership Institute, which provided her with training in leadership skills while highlighting the alignment between her values and leadership roles within SBM. Most recently, in 2024, Dr. Ross was elected as a Fellow of SBM in recognition of her service and contributions to the organization and the broader field of behavioral medicine. Moving forward, Dr. Ross is looking for leadership opportunities which allow her to contribute to the growth of SBM, the organization that she has long considered her professional home.