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JIM ANNESI, Ph.D.

Vice President of Research and Evaluation

Dr. Jim Annesi joined the YMCA of Metro Atlanta in early 2000, and is presently Vice President of Research and Evaluation. He oversees the Y's affiliation with *Kennesaw State University* as PT Professor of Health Promotion there. He was previously on the faculties of *Rutgers: The State University of New Jersey* and *The College of New Jersey*, and held clinical and research positions at the *Veterans Affairs Health Care System*, *Elizabeth General Medical Center*, and *Enhanced Performance Technologies*. He is an elected Fellow of the *American Academy of Health Behavior*, *The Obesity Society*, and the *American Psychological Association* (in both exercise and health psychology).

Jim's research program includes over 160 peer-reviewed publications related to health behavior-change theory and methods applied to exercise adherence, weight management, and the effects of physical activity on mental health, self-image, emotional eating, and other quality-of-life factors. His recent findings on linkages between moderate exercise, psychosocial changes, and sustained weight loss form the bases of a recently validated protocol for large-scale weight management -- with an emphasis placed on *maintaining* improvements.

Jim also authored over a hundred articles and chapters for health promotion practitioners, and 4 books that translate scientific research for applied use. His evidence-based programs that cross age ranges include *THE COACH APPROACH*, *Youth Fit 4 Life*, *Start For Life*, *The Health and Fitness Experience*, and *Weight Loss For Life*. They have been used within a variety of preventive medicine, community health promotion, university, and academic medicine settings in the U.S., United Kingdom, Canada, Italy, and Japan. Their research and translation into large-scale practice has been supported by the U.S. Department of Health and Human Service, U.S. Department of Education, Centers for Disease Control and Prevention, and Canadian Interior Health Authority, along with numerous private foundations. He presently has more programs in the areas of physical activity, nutrition, and obesity certified by the National Institutes of Health/National Cancer Institute's *Research-tested Intervention Programs* than any other researcher or research group.

Jim served as a contributor/consultant to media outlets such as *The Associated Press*, *New York Times*, *Translational Behavioral Medicine*, *London Times*, *WebMD*, and *PBS*.