

Health Psychology Division of the IAAP (Division 8).

Dear members of Division 8, and interested colleagues in health psychology,

we, this is Sonia Lippke, President, Urte Scholz, Past President, Yiqun Gan, Secretary, Noa Vilchinsky, Communications Officer, and Ralf Schwarzer, Advisory Board Member, would like to convey our sincere regards to all of you. You can find the detailed updates of the Executive Committee on the Division's website: <https://iaapsy.org/divisions/division8/executive-committee/>

We are located in four countries: China, Israel, Switzerland, and Germany. This reflects somewhat the diversity of IAAP as an international organization, and we hope that members from other countries will contribute to the success of this division. We all share an interest in biopsychosocial processes related to health, and we are aware that culture plays a major role for health as well. This is something we probably share with most divisional members. At the same time, this is strongly related to the current trend world-wide with its demographic change and globalization: Whether individuals feel overwhelmed or excited, and whether they develop sustainable health and well-being, mainly depends on individual, interpersonal, cultural, and political factors. Health psychologists can help to improve these processes, and this will be our main focus for the divisional collaboration in the upcoming years – in terms of international perspectives of applied psychology: We aim at bringing together diverse perspectives from behavioral health and lifestyle traditions, focusing on different continents, countries, and cultures to enable mutual learning and cooperation.

We will work on this in our functions of the divisional board. However, a Society's division is nothing without its active members. Thus, we would like to invite you as members to spread the word of what health psychology stands for and the societal benefits of a health-psychological approach. We sincerely value your feedback with your ideas and suggestions, to forward us news (such as novel research developments, relevant health policy changes in your countries, etc.) which we can then communicate to all our members. This communication will mainly be done by Sonia Lippke (Divisional President) and Noa Vilchinsky (Communications Officer). They will be supported by Yiqun Gan (Secretary for internal exchange) and Urte Scholz (Past President).

We are looking very much forward to serve as your executive board and hear back from you! Today's message is a kick-off for regular updates on divisional activities. Please contribute and let us know what you think or would like to disseminate.

Best wishes for the holiday season and the New Year 2019,

Sonia Lippke on behalf of the divisional board