

# The Science of Sustaining Health Behavior Change: The Health Maintenance Consortium

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**Objective:** To enhance understanding of the long-term maintenance of behavior change, as well as effective strategies for achieving sustainable health promotion and disease prevention through the Health Maintenance Consortium (HMC). **Methods:** This introductory research synthesis prepared by the resource center gives context to this theme issue by providing an overview of the HMC and the articles in this journal. **Results:** It explores the contributions to our conceptualization of behavior change processes and intervention strategies, the tra-

jectory of effectiveness of behavioral and social interventions, and factors influencing the long-term maintenance of behavioral and social interventions. **Conclusions:** Future directions for furthering the science of maintaining behavior change and reducing the gaps between research and practice are recommended.

**Key words:** behavior change, maintenance, research consortia, physical activity, smoking, dietary behaviors, substance abuse, translational research, intervention research

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