

Where we've been and where we're going—A brief look

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As the new year is a time for self-reflection and planning, we have taken this opportunity to reflect on our journal's beginnings. We look back with appreciation and humility, and look forward with excitement as we envision together the future for Global Advances in Integrative Medicine and Health (Global Advances).

Global Advances in Integrative Medicine and Health (formerly Global Advances in Health and Medicine) has been the official journal of the Academic Consortium of Integrative Medicine and Health since 2017. That first year, the journal began with only 25 manuscripts submitted and celebrated the first 2 publications under its new affiliation! While still in its relative infancy, under the direction of our predecessors Suzanne Danhauer and Remy Coeytaux, the journal gained traction in the following 2 years. Then we entered the COVID-19 pandemic...

But despite the world crisis, submissions to the journal did not stop. In fact, our community stepped up and in 2020 and 2021, submissions grew to over 100 per year, with 50-60 manuscripts published annually. With the pandemic bringing critical health issues such as mental health to the forefront, the journal was able to spotlight the value and promise of integrative therapies and whole person health with many COVID-19 related papers.

Throughout the last 5 years, we have since seen a general upward trend in interest in our journal that has continued through 2022 and is reflected in other metrics of impact. For example, in 2021, full-text downloads of GAIMH manuscripts exceeded 230,000, a fourfold increase over 2018. We are encouraged by data available from early 2022 that reflects another 12% increase over 2021.

One success that the journal has been particularly proud of is the publication of our Special Collections that bring forward timely topics in the field. Since 2017, the journal has published several of these collections that have highlighted critically important areas at the intersection of integrative medicine such as chronic pain management, exercise and movement, the science of human flourishing, Ayurveda, intervention fidelity in mindfulness-based research, health professional well-being, and whole person health.

At this moment, as we celebrate these early accomplishments, we also look to the future and are eager for the

opportunities ahead. We know there is still much to be done to advance towards our vision of establishing Global Advances as a premier scientific journal in the field of integrative health and medicine. We look forward to this challenge.

In 2023, Special Collections will continue to be an important part of our journal's path forward, with the opening of three new Special Collections:

- Innovations in Mind-Body Research: Remote Delivery of Mindful Movement Interventions highlights the journal's interest in innovative research methodologies that will advance the field of integrative medicine.
- Nature and Health: Integrative Applications and New Frontiers invites a greater understanding and respect for our natural environment and how best to leverage the reciprocity of nature and health.
- Advancing the Science of Integrative Health Equity reaffirms the journal's growing commitment to diversity and health equity.

In addition to ensuring the publication of focused content that better aligns with our name change, we recognize core values in our everyday operations that can make an important difference. To that end, the journal is working towards:

- Reduced manuscript processing time from acceptance to publication (currently on average, 2 to 4 months).
- Maintaining one of the lowest science publishing fees in medicine (with an additional \$300 discount for members of the Academic Consortium).
- Establishing an impact factor for the journal.
- Streamlining our system for identification of peer reviewers.
- Improving the structure and operations of our editorial board to ensure a diverse, international representation.
- Enhancing our editorial review process to ensure that any language differences do not serve as barriers to acceptance for publication

As the journal's new Co-Editors-in-Chief, we are excited to help steer Global Advances towards growth in this next phase. We will rely on your feedback and perspectives, but most of all,



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on your willingness to share your high-quality manuscripts. We hope to establish Global Advances as the first thought when considering where to submit your research. From clinical to translational, pilot feasibility to mechanistic to dissemination and implementation, as well as epidemiology and health services research— we welcome submissions across the research spectrum within integrative medicine and health.

As the Academic Consortium's peer-reviewed open-access journal, we are committed to being an effective platform to disseminate rigorous evidence-based research and clinical innovations that advance our fundamental knowledge

and help shape the vision of the field of integrative medicine and whole person health. Please join us as we move forward together this year with a submission to Global Advances in Integrative Medicine and Health.

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