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| **CURRICULUM VITAE** - **Dr Charlie Foster OBE** |

**Personal Statement**

I am currently Reader for Physical Activity and Public Health at the Centre for Exercise, Nutrition and Health Sciences, School for Policy Studies at the University of Bristol. I lead a programme of research on physical activity. The aim of this programme is to improve the quality of the evidence base for basic epidemiology, measurement, correlates, interventions and policy. My values are those of striving for the highest quality science with outputs that improve both practice and policy. I am collaborative, pragmatic and positive by nature and as part of my new national and global leadership roles committed to developing the next generation of leaders, and raising the profile and impact of physical activity and health research. I have always been a passionate teacher and feel the promotion of physical activity is both an art and a science. I was awarded an OBE for my services to physical activity promotion in 2019 New Years Honours.

**A. Qualifications**

University of Warwick PhD 2006 Medical Sciences

Birmingham City University MSc 1997 Health Promotion

University of Exeter BEd Hons 1989 Education

**B. Positions and Employment (in chronological order)**

1. **Current Appointments**

2017 Reader for Physical Activity and Public Health at the Centre for Exercise, Nutrition and Health Sciences, School for Policy Studies, University of Bristol

1. **Honorary Academic Positions**

2017 Visiting Research Professor for Movement Science Group, Faculty of Health and Life Sciences, Oxford Brookes University

2017 Research Associate with the Centre on Population Approaches for Non-Communicable Disease Prevention of the Nuffield Department of Population Health, University of Oxford

2011 Adjunct Professor, Centre for Research and Action in Public Health, Faculty of Health, University of Canberra

2010 Honorary Research Fellow of the Wolfson Research Institute, School of Medicine and Health, University of Durham

2010 Associate Researcher, Priority Research Centre in Physical Activity and Nutrition,

The University of Newcastle, NSW, Australia

2010 Fellow of the Institute of Human Sciences, University of Oxford

2009 University Research Lecturer, Department of Public Health, University of Oxford

1. **Previous Appointments**

2017 - 2018 Senior Lecturer for Physical Activity and Public Health at the Centre for Exercise, Nutrition and Health Sciences, School for Policy Studies, University of Bristol

2014 - 2017 Associate Professor of Physical Activity and Population Health, University of Oxford

2013 - 2017 Deputy Director, WHO Collaborating Centre for Population Approaches to NCD Prevention

2013 - 2017 Deputy Director, BHF HPRG, Department of Public Health, University of Oxford

2008 - 2009 Programme Leader, BHF HPRG, University of Oxford

2003 - 2008 Senior Researcher, BHF HPRG, University of Oxford

1998 - 2003 Researcher, BHF HPRG, University of Oxford

1995 - 1998 Research Assistant, London School of Hygiene and Tropical Medicine

1. **Honours**

2019 Order of the British Empire (OBE) for services to the promotion of physical activity

2017 Elected Fellow by Distinction (FFPH), Faculty of Public Health

2016 President of International Society for Physical Activity and Health, an international professional society for those interested in advancing the science and practice of physical activity and health, with membership from 83 countries.

2015 Fellow of World Health Organisation HEPA Europe Network

2011 Adjunct Professor, Centre for Research and Action in Public Health, Faculty of Health, University of Canberra

2011 Early Career Researcher Award, British Association of Sports and Exercise Sciences.

2010 Honorary Research Fellow of the Wolfson Research Institute, School of Medicine and Health, University of Durham

2010 Associate Researcher, Priority Research Centre in Physical Activity and Nutrition,

The University of Newcastle, NSW, Australia

2010 Fellow of the Institute of Human Sciences, University of Oxford

2009 Microsoft Research Conference Travel Bursary

2009 International Society for Behavioural Nutrition and Physical Activity New Researcher award

2009 Fellow of the Unit for Bio-cultural Variation and Obesity, University of Oxford

**B. Grant Writing & Research Income**

I have a strong track record of writing successful research grants in the field of Adult physical activity (30 grants). Since 2005 my grant income as a Principle Investigator was ~ £2,271,000 and as a Co-Investigator ~ £8,601,000.

**a. Current Research Support**

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| **Title** | **Funder** | **Duration** | **Grant £** | **Role** |
| 1. Increasing physical activity levels using e-bikes to enhance cancer survival | CRUK | 2020-2025 | 98,420 | Principle Investigator |
| 1. Moving through Motherhood | GW4 Generator Fund | 2020-2021 | 19,932 | Co Investigator |
| 1. Diet and physical activity in pregnancy to prevent gestational diabetes - Individual Participant Data (IPD) meta-analysis on differential effects of interventions | NIHR Health Technology Assessment NIHR129715 | 2020-2021 | 297,084 | Co Investigator |
| 1. Updating UK CMO Guidelines for Physical Activity | DoH | 2017-2020 | 99,132 | Principle Investigator |
| 1. Impact & Process evaluation of the of two city wide 20 mph schemes | NIHR PHR | 2016-2020 | 1,020,974 | Co Investigator |
| 1. UK Biobank CVD Risk Factors | BHF PhD Studentship | 2016-2020 | 88,063 | Principle Investigator |

### **b. Grants Under Submission**

### **c. Completed Research Support (most recent first)**

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| 1. Evidence Review for Physical activity and Post-partum guidelines | DoH | 2018-2019 | 14,971 | Principle Investigator |
| 1. Exploring experiences of cycling in older adults | ESRC IAA Exploratory Award | 2019-2020 | 15,000 | Co Investigator |
| 1. Evidence review for UK Physical activity Guidelines for adults with disabilities | PHE | 2017-2018 | 35,000 | Co Investigator |
| 1. Muscle, Strength & Balance Evidence Synthesis | Public Health England & Centre for Aging Better | 2017-2018 | 35,000 | Principle Investigator |

**As Principle Investigator**

1. European Physical Activity Policy Analysis, 2017, **European Commission ERASMUS+ Programme**, (€624,175).
2. CMO Physical Activity and Pregnancy Study, 2017, **DH & UK CMOs Offices**, £10,000
3. Promoting Sport – A Toolkit for Nations, 2016, **World Health Organisation**, ($24,900).
4. Evaluation of Generation Games, 2013 -2016, **Age UK**, £66,000.
5. Further analysis of relative risk of active travel and all-cause mortality, 2013-2014, **World Health Organisation**, (£9,500).
6. Analysis of older adult accelerometry dataset, 2013-2014, **FMRIB** Oxford, £48,000.
7. Costing the impact of disease related costs of physical inactivity to the NHS. **Sport England**, 2012-2013, (£10,000).
8. Meta analysis of relative risk of active travel and all cause mortality, 2013-2014**, World Health Organisation,** $10,000.
9. Interventions to promote physical activity. **NIHR** Cochrane Review Incentive Scheme, 2012-2013, (£5000).
10. Microsoft Research PhD Scholarship, **Microsoft**, 2010-2013, (£70,000).
11. Building the evidence for sport. **Sport England**, 2011-2012, (£20,000).
12. An economic evaluation of physical inactivity in Scotland. Scottish Physical Activity Research Collaboration & Scottish Executive. **Scottish Executive**, 2011-2012, (£25,000).
13. Mapping obesity policy in the UK, **NIHR & DH**, 2008-2012 (£131,821).
14. Youth involvement for physical activity in supportive urban environments. **WHO-Europe**, 2010-2011 (£18,000).
15. Assessing the options for Local Authorities to use the regulatory environment to prevent obesity, **National Heart Forum**, 2009-2010, (£50,755).
16. What is the range and evidence of effectiveness of different recruitment strategies to encourage adults and children to participate in research and practice led walking promotion projects? Scottish Physical Activity Research Collaboration, **Scottish Executive**, 2009-2010, (£35,753).
17. An analysis of national approaches to promoting physical activity and sports in children and adolescents. WHO/European network for the promotion of health-enhancing physical activity, **WHO-Europe**, 2008-2009, (€37,842).
18. Assessing the education, training and development of key professional groups involved in creating and enhancing public places for healthy, active lives, **National Heart Forum**, 2007-2008, (£10,000).
19. Physical activity and children, **NICE**, 2007-2009, (£260,000).
20. Physical activity and the environment, **NICE**, 2006-2007, (£210,000).
21. Review of evidence of effectiveness for four physical activity interventions, **NICE**, 2004-2005, (£260,000).
22. Assessing the relationship between the quality of urban green space and physical activity, **CABE SPACE**, 2005-2006, (£78,774).
23. Understanding participation in sport and physical activity amongst children and adults, **Sport England**, 2004-2005, (£20,754).
24. Health Development Agency Collaborating Centre for Evidence and Guidance for Physical Activity. **HDA**, 2004-2005, (£106,000).
25. Assessing the impact of the law upon physical activity. **National Heart Forum**, 2003, (£22,052).
26. Environment and physical activity study. **BHF**, 2002-2003, (£13,000).
27. Understanding the process and impact of building national alliances for coronary heart disease prevention, **European Heart Network,** 2002-2003, (€31496).
28. Evaluation of four national health-enhancing physical activity promotion programmes, **WHO-Europe**, 1999-2000, (£10,000).

**As Co Investigator**

1. Supporting Policy & Action for Active Environments, 2017, **European Commission ERASMUS+ Programme**, €622,950.
2. EU Wellness Programme, **European Commission EIT Health**, 2015-2017, (€607,372).
3. Beat the Street Evaluation, **Intelligent Health**, 2016-2017, (£25,000).
4. BHF Extension Funding, **BHF**, 2016-2018, (£68,167).
5. Time Use Research – CAPTURE 24 study. **Economic and Social Research Council**, 2014-2017, £3,663,537.
6. Policy and peeR mentOr intervention proGrams on cardiovasculaR disEase at Small to medium sized workSites in 3 South Asian countries (PROGRESS). **DFID, MRC & Wellcome Trust**, 2014-2016, £135,200.
7. Analysis of UK cardiovascular disease, risk behaviours and statistics, 2014-2016, **BHF**, (£500,100).
8. “Walk30X5”: the development and feasibility evaluation of a generic physiotherapy walking programme for people with mild to moderate musculoskeletal conditions, 2014-2016, **Physiotherapy Research Foundation**, (£115,771).
9. To test a social ecological intervention to promote active commuting to work – evaluation of external validity, impacts, health-economics and environmental mediators in a large workplace area, 2014-2016, **Finnish Ministry of Education, Science and Culture**, Finland, (€176,574).
10. Generating usable evidence for physical activity and public health: Global capacity building and collaboration in pragmatic evaluation. **International Program Development Fund**. University of Sydney, Australia, 2015, (AU$20,000).
11. Front of pack food Labelling: Impact on Consumer Choice (FLICC). **National Prevention Research Initiative**, 2012-2014, (£852,657).
12. BHF HPRG Core Programme Research Funding, **BHF**, 2011-2016, (£1,006,167).
13. Sustainable prevention of obesity through integrated strategies - Work package 6, **FP7-Health European Commission**, 2011-2015, (£202, 636).
14. FP7 International Research Staff Exchange Scheme. PANAMA – Physical activity and nutrition: advancing measurement and impact assessment. **European Commission**, 2012-2015. (£152,764).
15. Systematic review of indoor air pollution interventions, **World Health Organisation**, 2014-2015, $15,000.
16. Analysis of national NCD policies for WHO Eastern Region, **World Health Organisation**, 2014-2015, $15,000.
17. Evaluation of the Sport and Health Programme, **Sport England**, 2013-2015, (£25,000).
18. Community wide interventions for physical activity, **NIHR Cochrane Review Incentive Scheme**, 2009-2010, (£5000).
19. Is the built environment associated with physical activity? A feasibility study for the Four Hundred Area Study (FAST), **Wellcome Trust**, 2009-2011, (£500,000).
20. Assessing the burden and determinants of obesity in children, **National Obesity Observatory**, 2008-2011 (£230,000).
21. BHF HPRG Core Programme Research Funding, B**HF**, 2006-2011, (£734,944).
22. The journey to school: Food access, purchases and consumption, **School Food Trust**, 2010-2011, (£18,328).
23. Developing and framework for evaluating research relevant to the National Vascular Screening **Programme Department of Health Policy Research Programme**, **DH**, 2010-2011, (£25,000).
24. Environment & physical activity research scope. **Natural Environment Research Council & Wellcome Trust**, 2007-2008, (£2000).
25. A systematic review of physical activity interventions for adults – Cochrane Review and Meta-analysis, **BHF**, 2001-2002, (£29,282).
26. Walking the way to health initiative: evaluating changes to physical activity levels, **Countryside Agency**, 2001-2004, (£106,680).
27. Physical Activity Questionnaire Validation Study, **BHF**, 1999-2001, (£38,745).

**C. Publications**

While at Oxford University, I was submitted to the Public Health, Health Services and Primary Care REF 2014 panel (4 papers). I have published over 170 papers since completing my PhD in 2006.

**Research Themes –** Systematic reviews and meta-analysis, epidemiology of physical activity and health outcomes, development of physical activity measurement, behaviour and surveillance, economic burden of physical activity, physical activity and environment, physical activity policy, physical activity trials and interventions, evaluation of natural experiments.

**a. Journal publications (most recent first)**

1. Ginis K, **Foster C**, Hallal P, Lai B, Ng K, Rimmer J, Shizazpour C, Smith B, Ploeg H, Vasquez-Guevara P, Heath G. Physical Activity Among People with Disabilities: A Global Perspective. Lancet – Lancet Olympic Physical activity Series 2020 (in press).
2. Minns Lowe C, Kelly P, Milton K, **Foster C**, Barker K. “WALK30X5”: a feasibility study of a physiotherapy walking programme for people with mild to moderate musculoskeletal conditions, Physiotherapy, 2020,107, 275-285.
3. Nobles J, Thomas C, Banks Gross Z, Hamilton M, Trinder-Widdess Z, Speed C, Gibson A,Davies R, Farr M, Jago, R, **Foster C**, Redwood S. “Let’s Talk about Physical Activity”: Understanding the Preferences of Under-Served Communities when Messaging Physical Activity Guidelines to the Public. International Journal of Environmental Research and Public Health 2020, 17, 2782.
4. Gershuny J, Harms T, Doherty A, Thomas E, Milton K, Kelly P, **Foster C**. (2020). Testing Self-Report Time-Use Diaries against Objective Instruments in Real Time. Sociological Methodology. <https://doi.org/10.1177/0081175019884591>
5. Bhatnagar P, **Foster C**, Shaw A. What shapes physical activity attitudes within an ethnic minority? An intergenerational comparison of British Indian women. Research Square; 2019. DOI: 10.21203/rs.2.13912/v1.
6. Lloyd E, Haase A, **Foster C**, Verplanken B. A systematic review of studies probing longitudinal associations between anxiety and anorexia nervosa. Psychiatry Research, 2019, 276,175-185
7. Mills H, Atkinson L, Olander E, Smit D, Hayes L, Currie S, Newham J, **Foster C**, De Vivo M. A bump start needed: Linking guidelines, policy and practice in promoting physical activity during and beyond pregnancy. BJSM, 2019 Published Online doi: 10.1136/bjsports-2019-101413
8. Lacombe J, Armstrong M, Wright L, **Foster C**. The impact of physical activity and an additional behavioural risk factor on cardiovascular disease, cancer and all-cause mortality: a systematic review. BMC Public Health, 2019, 19, 1, 900.
9. Montagni I, Dehman A, Zhuqing Jing’an Yu, Martinez M, Banner S, Rimbert S, Hayez S, **Foster C**, Fontvieille, A. Effectiveness of a Computer-Mediated Intervention to Raise Sleep Awareness at Workplace: the WarmUapp™ Pilot Study. Journal of Occupational and Environmental Medicine, 2019, 61, 6, e253-59
10. Brannan M, Foster C, Timpson C, Clarke N, Sunyer E, Amlani A, Murphy M. Active 10 – a New Approach to Increase Physical Activity in Inactive People in England. Progress in Cardiovascular Diseases, 2019, ;62(2):135-139
11. Harms T, Gershuny J, Doherty A, Thomas E, Milton K, **Foster C**. A validation study of the Eurostat harmonised European time use study (HETUS) diary using wearable technology. BMC Public Health 2019;19 (Suppl 2):455.
12. Aittasalo M, Tiilikainen J, Tokola K, Suni J, Sievänen H, Vähä-Ypyä H, Vasankari T, Seimelä T, Metsäpuro P, **Foster C**, Titze S. Socio-Ecological Natural Experiment with Randomized Controlled Trial to Promote Active Commuting to Work: Process Evaluation, Behavioral Impacts, and Changes in the Use and Quality of Walking and Cycling Paths. International Journal of Environmental Research and Public Health, 2019, 16, 9, 1661.
13. Barker J, Byrne K, Doherty A, **Foster C**, Rahimi K, Ramakrishnan R, Woodward M, Dwyer T. Physical activity of UK adults with chronic disease: cross-sectional analysis of accelerometer-measured physical activity in 96 706 UK Biobank participants, International Journal of Epidemiology, 2019, dyy294, https://doi.org/10.1093/ije/dyy294
14. Love R,  Adams J,  van Sluijs E,  **Foster C**, Humphreys D. ( 2018)  A cumulative meta‐analysis of the effects of individual physical activity interventions targeting healthy adults. Obesity Reviews,  19:  1164– 1172. <https://doi.org/10.1111/obr.12690>.
15. Standage M, Sherar L, Curran T, Wilkie H, Jago R, Davis A, **Foster C**. Results From England’s 2018 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health, 2018 15;:2: S347-49.
16. Murray A, **Foster C**, Stamatakis E. Let’s share, help deliver and sustain the WHO global action plan on physical activity. British Journal of Sports Medicine 2019;53:794-796.
17. Malakou E, Linardakis M, Armstrong M, Zannidi D, **Foster C**, Johnson L, Papadaki A. The Combined Effect of Promoting the Mediterranean Diet and Physical Activity on Metabolic Risk Factors in Adults: A Systematic Review and Meta-Analysis of Randomised Controlled Trials. Nutrients 2018;10:11:1577. doi.org/10.3390/nu10111577
18. Williamson W, Huckstep O, Frangou E, Mohamed A, Tan C, Alsharqi M, Bertagnolli M, Lapidaire W, Newton J, Hanssen H, McManus R, Dawes H, **Foster C**, Lewandowski A, Leeson P. Trial of Exercise to Prevent HypeRtension in young Adults (TEPHRA): Study Protocol. BMC Cardiovascular Disorders, (in press).
19. Wickramasinghe K, Wilkins E, **Foster C**, Fadhil I, Hammerich A, Slama S, El Berri H, Elimam M, Adib S, Al-Mudwahi M, Townsend N. The development of national multisectoral action plans for the prevention and control of noncommunicable diseases: Experiences of national level stakeholders in four countries. Global Health Action, (in press).
20. Smith B, Kirby N, Skinner B, Lucas R, **Foster C**. Infographic. Physical Activity for Disabled Adults. British Journal of Sports Medicine, 2018-100158.
21. Murray A, Archibald D, Murray I, Hawkes R, **Foster C**, Barker K, Kelly P, Grant L, Mutrie N. The 2018 International Consensus Statement on golf and health to guide action by people, policy makers and the golf industry. British Journal of Sports Medicine, 2018 (in press) Epub ahead of print: doi:10.1136/ bjsports-2018-099509
22. Williamson W, Lewandowski A, Forkert N, Graffanti L, Okell T, Betts J, Boradman H, Siepmann T, McKean D, Huckstep H, Francis J, Neubauer S, Phellan R, Jenkinson M, Doherty A, Dawes H, Frangou E, Malamateniou C, **Foster C**, Leeson P. Association of cardiovascular risk factors with MRI indices of cerebrovascular structure and function and white matter hyperintensities in young adults. Journal of American Medical Association, 2018 Aug 21;320(7):665-673. doi: 10.1001/jama.2018.11498.
23. Hillsdon M, **Foster C**. What are the health benefits of muscle and bone strengthening and balance activities across life stages and specific health outcomes? Journal of Frailty, Sarcopenia and Falls, 2018;3:66-73.
24. Cavill N, **Foster C**. Enablers and barriers to older people’s participation in strength and balance activities: A review of reviews. Journal of Frailty, Sarcopenia and Falls, 2018;3:105-113.
25. **Foster C**, Armstrong M. What types of physical activities are effective in developing muscle and bone strength and balance? Journal of Frailty, Sarcopenia and Falls, 2018;3:58-65.
26. Milton K, Varela A, Strain T, Cavill N, **Foster C**, Mutrie N. A review of global surveillance on muscle strengthening and balance elements of physical activity recommendations. Journal of Frailty, Sarcopenia and Falls, 2018;3:114-124.
27. **Foster C**, Kelly P, Reid H, Murtagh E, Humphreys D, Panter J, Milton K. What works to promote walking at the population level? A systematic review. British Journal of Sports Medicine, 2018; 52:807–812.
28. Oja P, Kelly P, Murtagh E, Murphy M, **Foster C**, Titze S. Effects of frequency, intensity, duration and volume of walking interventions on CVD risk factors: a systematic review and meta-regression analysis of randomised controlled trials among inactive healthy adults. British Journal of Sports Medicine, 2018 52:769–775.
29. Varela A, Salvo D, Pratt M, Milton K, Siefken K, Bauman A, Kohl H, Lee IM, Heath G, **Foster C**, Powell K, Hallal P. Worldwide use of the first set of physical activity Country Cards: The Global Observatory for Physical Activity – GoPA!. International Journal of Behavioral Nutrition and Physical Activity, 2018;15:29.
30. Pullar J, Allen L, Townsend N, Williams J, **Foster C**, Roberts N, Rayner M, Mikkelsen B, Branca F, Wickramasinghe K. The impact of poverty reduction and development interventions on non-communicable diseases and their behavioural risk factors in low and lower-middle income countries: A systematic review. PLoS ONE, 2018, 13(2): e0193378
31. Espindula R, Nada G, Rose M, **Foster C**, Araujo F, Grande A. Pilates for breast cancer: A systematic review and meta-analysis. Revista da Associacao Medica Brasileira Med, 2017, 63, 11.
32. Edwards K, Jones N, Newton J, **Foster C**, Judge A, Jackson K, Arden N, Pinedo-Villanueva R. The cost-effectiveness of exercise-based cardiac rehabilitation: a systematic review of the characteristics and methodological quality of published literature. Health Economics Review, 2017, 7, 37.
33. Aittasalo M, Tiilikainen J, Tokola K, Seimela T, Srajala SM, Metsapuro P, Hynynen A, Suni J, Sievanen H, Vaha-Ypya H, Viasmaa K, Vakkala O, **Foster C**, Titze S, Vasankari T. Socio-ecological intervention to promote active commuting to work: protocol and baseline findings of a cluster randomised controlled trial in Finland. International Journal of Environmental Research and Public Health, 2017, 14, 1257.
34. Smith R, Reid H, Matthews A, Calderwood C, Knight M, **Foster C**. Infographic: physical activity for pregnant women. British Journal of Sports Medicine, 2017, doi: 10.1136/bjsports-2017-098037
35. Smith R, Shakespeare J, Williams Z, Knight M, **Foster C**. Physical activity for pregnant women: an infographic for healthcare professionals. British Journal of General Practice, 2017, 67(663), 460.
36. Reid H, Smith R, Calderwood C, **Foster C**. Physical activity and pregnancy: time for guidance in the UK. British Journal of Sports Medicine, 2017;0:1–2.
37. Knight M, **Foster C**. Diet and exercise in pregnancy. British Medical Journal, 2017; 358.
38. **Foster C**, Shilton T, Westerman L, Varney J, Bull F. World Health Organisation to develop global action plan to promote physical activity: time for action. British Journal of Sports Medicine, Published Online First: 19 July 2017. doi: 10.1136/bjsports-2017-098070
39. Hoare E, Milton K, **Foster C**, Allender S. Depression, psychological distress and Internet use among community-based Australian adolescents: a cross-sectional study. BMC Public Health, 2017, 1, 365.
40. Reid H, Davies S, Calderwood C, Atherton F, McBride M, **Foster C**. Infographic. Physical activity for early years. British Journal of Sports Medicine, 2017, bjsports-2016-097216
41. Vadeboncoeur, C, **Foster C**, Townsend N**.** Challenge of research recruitment in a university setting in England. Health Promotion International, 2017, 5, 20.
42. Tully M, Hunter R, Kee F, **Foster C**, Cardwell C, Weightman A, Cupples M. Built environment interventions for increasing physical activity in adults and children. Cochrane Database of Systematic Reviews, 2016, (in press).
43. Colonetti T, Grande A, Milton K, **Foster C**, Alexandre M, Uggioni M, da Rosa M. Effects of whey protein supplement in the elderly submitted to resistance training: systematic review and meta-analysis. International Journal of Food Sciences and Nutrition 2017, 68, 3, 257-64.
44. Matthews A, Jones N, Thomas A, van den Berg P, **Foster C**. An education programme influencing health professionals to recommend exercise to their type 2 diabetes patients – understanding the processes: a case study from Oxfordshire, UK. BMC Health Services Research 2017, 17, 130.
45. Stamatakis M, Kelly P, Titze T, Pedisic Z, Bauman A, **Foster C**, Hamer M, Hillsdon M, Oja P. The associations between participation in certain sports and lower mortality are not explained by affluence and other socioeconomic factors. British Journal of Sports Medicine, 2017, 2, 8.

1. Allen L, Williams J, Townsend N, Mikkelsen B, Roberts N, **Foster C**, Wickramasinghe K. Socioeconomic status and non-communicable disease behavioural risk factors in low-income and lower-middle-income countries: a systematic review. Lancet Global Health, 2017; 5:e277–89.
2. Murtagh EM, Murphy MH, **Foster C**, Milton K, Roberts NW, O'Gorman CSM. Interventions outside the workplace for reducing sedentary behaviour in adults under 60 (Protocol). Cochrane Database of Systematic Reviews 2017, Issue 2. Art. No.: CD012554. DOI: 10.1002/14651858.CD012554.
3. Gates L, Leyland K, Sheard S, Jackson K, Kelly P, Callahan L, Pate R, Roos E, Ainsworth B, Cooper C, **Foster C**, Newton J, Batt M, Arden N. Physical activity and osteoarthritis: a consensus study to harmonise self-reporting methods of physical activity across international cohorts. Rheumatology International, 2017. doi:10.1007/s00296-017-3672-y
4. Oja P, Kelly P, Titze T, Pedisic Z, Bauman A, **Foster C**, Hamer M, Hillsdon M, Stamatakis M. Associations of specific types of sports and exercise with all-cause and cardiovascular-disease mortality: A cohort study of 80,306 British adults. British Journal of Sports Medicine, 2016, doi:10.1136/bjsports-2016-096822.
5. Wilkie H, Standage M, Sherar L, Cumming S, Parnell C, Davis A, **Foster C**, Jago R. Results From England’s 2016 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health 2016, 3, 11 Suppl 2, S143-S149.
6. Hoare E, Milton K, **Foster C**, Allender S, The associations between sedentary behaviour and mental health among adolescents: a systematic review. International Journal of Behavioral Nutrition and Physical Activity, 2016, 13, 108.
7. Reid H, **Foster C**. Infographic. Physical activity benefits for children aged 5-18 years. British Journal of Sports Medicine, 2016, 9: doi: 10.1136.
8. Vadeboncoeur V, **Foster C**, Townsend N. Freshman 15 in England: a longitudinal evaluation of first year university student's weight change. BMC Obesity, 2016, 3, 45.
9. Reid H, **Foster C**. Infographic. Physical activity benefits for adults and older adults. British Journal of Sports Medicine, 2016, 31, 8: doi:10.1136.
10. Grande A, Grande A, Reid H, Thomas E, Nunan D, **Foster C**. Exercise prior to influenza vaccination for limiting influenza incidence and its related complications in adults. Cochrane Database of Systematic Reviews, 2016, 8: CD011857.
11. Strugnell C, Turner K, Malakellis M, Hayward J, **Foster C**, Miller L, Allender S. Composition of objectively measured physical activity and sedentary behaviour participation across the school-day, influence of gender and weight status: cross-sectional analyses among disadvantaged Victorian school children. BMJ Open, 2016, 6, 6(9): e011478.
12. Wahid A, Manek N, Nichols M, Kelly P, **Foster C**, Webster P, Kaur A, Friedemann Smith C, Wilkins E, Rayner M, Roberts N, Scarborough P. Quantifying the association between physical activity and cardiovascular disease and diabetes: a systematic review and meta-analysis. Journal of American Heart Association, 2016, 14, 5(9): e002495.
13. Grande A, Reid H, Thomas E, **Foster C**, Darton T. Tourniquet Test for Dengue Diagnosis: Systematic Review and Meta-analysis of Diagnostic Test Accuracy. PLOS Neglected Tropical Diseases, 2016, 10(8): e0004888.
14. Hamilton A, **Foster C**, Richards J. A systematic review of the mental health impacts of sport and physical activity programmes for adolescents in post-conflict settings. Journal of Sport for Development. 2016, 4(6), 44-59.
15. Colonetti T, Grande A, Milton K, **Foster C**, Alexandre M, Uggioni M, Inês da Rosa M. Effects of whey protein supplement in the elderly submitted to resistance training: systematic review and meta-analysis. International Journal of Food Sciences and Nutrition, 2016, 9, 21, 1-8.
16. Reid H, Milton K, Bownes G, **Foster C**. Making physical activity evidence accessible: are these infographics the answer? British Journal of Sports Medicine, 2016, 096500.
17. Hamilton A, **Foster C**, Richards J, Surenthirakumaran R. Psychosocial wellbeing and physical health among Tamil schoolchildren in northern Sri Lanka. Conflict and Health, 2016, 10 (1), 1.
18. Vadeboncoeur, C, Townsend N, **Foster C**, Sheehan M. Variation in university research ethics review: Reflections following an inter-university study in England. Research Ethics, 2016, June 6, 1-7.
19. Roberts D, Townsend N, **Foster C**. Use of new guidance to profile ‘equivalent minutes’ of aerobic physical activity for adults in England reveals gender, geographical, and socio-economic inequalities in meeting public health guidance: A cross-sectional study. Preventive Medicine Reports, 2016, 4, 50-60.
20. Williamson W, **Foster C**, Reid H, Kelly P, Lewandowski A, Boardman H, Roberts N, McCartney D, Huckstep O, Newton J, Dawes H, Gerry S, Leeson P. (2016) Will exercise advice be sufficient for treatment of young adults with pre-hypertension and hypertension? A systematic review and meta-analysis. Hypertension, 2016, 68, 2.
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**b. Other peer reviewed publications (in chronological order – most recent first)**

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**D. Academic Teaching & Management**

I have considerable experience of leading, developing and delivering high quality teaching at both under and post graduate levels, as a course director, module lead or external lecturer, tutor, academic supervisor, personal tutor, dissertation supervisor. I hold a formal degree in Education and since my days in front of teenagers have used a range of pedagogical approaches for learning. I have experience of using virtual learning, communication and reporting platforms, e.g. WebLearn - Oxford, LEARN - Edinburgh.

**a. Teaching at Bristol University**

At Postgraduate Level

Since 2017 MSc Exercise & Nutrition, EHNS, Module Lead for Physical activity, Disease and Public Health, Lecture on Practical Research Methods, Dissertation supervisor, Personal & Supervising Tutor

At Undergraduate Level

Since 2017 BSc Global Policy Studies

**b. Teaching at University of Oxford**

At Postgraduate Level

2014-2017 MSc Global Health, NDPH, Module Leader for Implementation, Lecturer, Evaluation Workshop leader, Dissertation supervisor, Personal & Supervising Tutor

2006-2013 MSc Global Health, NDPH, - Behaviour Change, Evaluation of Public Health Programmes, Lecturer, Dissertation supervisor, Personal & Supervising Tutor

2005-2008 MSc Anatomy & Physiology of Human Performance - Epidemiology of physical activity, Physical activity and behaviour change - Lecturer & Dissertation supervisor

As an Academic Supervisor

2006-2017 12 students - MSc Global Sciences (Academic and Project)

2004-2017 10 Public Health Medicine Registrar Training – Research Placement

2009-2017 5 Specialist Exercise Medicine Training - Research Placemen

At Undergraduate Level

2010-2017 BA Human Sciences Module Lead, Examiner, Dissertation supervision & marking, and Finals Marker and Examination Board, Supervising Tutor

2007-2017 BA Human Sciences Lecturer - Epidemiology, Epidemiology of CVD, Physical activity and Health, Environment, Policy, Gender, Inequalities, NCDs - Lecturer & Tutor

2009-2017 Global Health Summer School, Course leader for Planning, implementing and evaluating public health NCD prevention programmes

1999-2009 1st & 5th year medical undergraduates, graduate entry medical undergraduates (lectures) Health Promotion, Theory and Practice of Behaviour Change Lecture

**c. Teaching at UK Universities**

2008-2009 Physical activity and the environment, Physical activity and behaviour change, MSc Sport and Health Sciences, Exeter University

2008 Physical activity and the environment, MSc Physical Activity and Public Health, Loughborough University

2005 Physical activity and policy, MSc in Nutrition, Physical Activity and Public Health, Bristol University

2002-2005 Short Course, Evaluation of health promotion programmes, London School of Hygiene and Tropical Medicine

**d. International Postgraduate & Professional Teaching**

2018 Invited to be faculty for Physical activity and Public Health, University of South Carolina, Teaching Faculty for Postgraduate Research and Practitioner Course, USA.

2016 Advanced evaluation methods, ISPAH Congress, Bangkok, Thailand.

2016 Physical activity and Public Health, University of South Carolina, Teaching Faculty for Postgraduate Research and Practitioner Course, USA.

2016 Pragmatic Evaluation in Physical Activity & Public Health, University of Cape Town, South Africa.

2016 Pragmatic Evaluation in Physical Activity & Public Health, ASPATAR Institute, Qatar.

2015 Pragmatic Evaluation in Physical Activity & Public Health, University of Edinburgh, Scotland.

2009-2012 Physical activity and Public Health, Centre for Disease Control (Atlanta) & University of South Carolina, Teaching Faculty for Postgraduate Research and Practitioner Course, USA.

2012 Short Course on Public Health, University of Ghent European, Ghent, Belgium.

**E. Higher Education Teaching Course Management**

I have validated and have held/hold external examiner appointments at relevant and rival UK MSc courses.

**a. Academic External Degree Examiner**

From 2014 External Examiner, MSc Physical Activity and Health, Institute for Sport, Physical Education and Health Sciences, University of Edinburgh

2011-2015 External Examiner, MSc in Research Methods in Health Sciences, Warwick Medical School, University of Warwick

**b. Academic Course Validation**

2016 MSc Intercalated degree, Physical Activity and Health, Medical School & Institute for Sport, University of Edinburgh (in process)

2009 MSc Sport, Health & Exercise Science, Faculty of Health, Sport and Science, University of Glamorgan

2009 MSc in Public Health and Physical activity, Faculty of Life and Health Sciences, University of Ulster

**F. Academic Supervision & Examinations at Doctoral Level**

I have supervised eight doctoral level students to completion. All have moved onto leadership positions within academia or policy, or further study. I have examined 26 PhDs from institutions in the UK, Europe and Australasia.

**a. PhD Completions**

**PhD Completions**

2019 Dr Caitlin Lloyd (ESRC PhD Scholarship) - *Understanding the nature of association between anxiety disorders and anorexia nervosa: a triangulation approach* – Postdoctoral Research Fellow, Columbia University Medical Centre, New York, USA.

2019 Dr Wilby Williamson (Welcome Trust PhD Studentship) – *Heart-Brain Axis and Cardiovascular risk factors in young adults* – Clinical Lecturer & Sports Medicine Consultant, Trinity College, Dublin.

2017 Dr Kyle Turner (Charlie Perkins scholar) – Environmental school-based determinants of obesity in Victorian school children – Melbourne University.

2016 Dr Claudia Vadeboncoeur (Medical Sciences Scholar) - *Weight changes in 1st year university students in England: An analysis of social and physical environment* – Working at McKinsey & Company, London.

2016 Dr Alexander Hamilton (Generations for Peace scholar) - *Assessing the impact of a sport for development and peace intervention on the mental and physical health of adolescents in Mullaitivu, Sri Lanka* – Now working in Sport New Zealand as an evaluation and policy advisor.

2014 Dr Prachi Bhatnager - *A socio-ecological approach to looking at the role of ethnicity in influencing physical activity in the UK: a mixed methods study* – Now working as a post doctoral researcher in BHF CPNP, University of Oxford

2013 Dr Paul Kelly (Microsoft Scholar) - *Assessing the utility of automated digital image capture in travel and active travel measurement* – Now working as a Lecturer in Physical Activity, MSc Physical Activity and Health, University of Edinburgh

2013 Dr Laurel Gabler (Rhodes & Fulbright Scholar)

*Health in the hills: An analysis of the health-seeking behaviours of people in rural Makwanpur, Nepal* – Completing her final year medicine at Harvard University

2013 Dr Karina McHardy (Clarendon Scholar) - *Obesity Monitoring in Schools* – Now working at the Department of Health, New Zealand and as a postdoctoral research fellow at University of Auckland

2012 Dr Justin Richards (Clarendon Scholar) - *Physical and mental health impact of a sport-for-development intervention in a post-conflict setting: randomised controlled trial of adolescent boys in Gulu, Uganda.* Currently a Commonwealth Scholar and postdoctoral research fellow at University of Sydney

**b. Current PhD Supervisor**

3 PhD Students – University of Bristol

2 DPhil students – University of Oxford (all to complete in 2020)

**c. Academic Examinations (all UK unless stated)**

* 1. 2021 PhD Internal Examiner, Department of Exercise, Nutrition, and Health Sciences, University of Bristol (appointed)
  2. 2020 PhD Examination Chair, Department of Education, University of Bristol
  3. 2020 PhD External Examiner, School of Exercise Sciences, University of Exeter
  4. 2020 PhD External Examiner, School of Applied Sciences, Edinburgh Napier University
  5. 2020 PhD Examination Chair, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  6. 2019 PhD External Examiner, School of Health Sciences, University of Coventry
  7. 2019 PhD Examination Chair, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  8. 2019 PhD External Examiner, School of Sport and Exercise Sciences, Liverpool John Moores University
  9. 2019 PhD Internal Examiner, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  10. 2019 PhD Examination Chair, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  11. 2018 PhD Examination Chair, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  12. 2018 PhD Internal Examiner, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  13. 2018 PhD External Examiner, School of Exercise Sciences, University of Exeter
  14. 2017 PhD External Examiner, College of Health and Life Sciences, Brunel University
  15. 2017 PhD External Examiner, Priority Research Centre in Physical Activity and Nutrition, The University of Newcastle, NSW, **Australia**
  16. 2017 PhD External Examiner, Department of Health, University of Bath
  17. 2016 PhD External Examiner, Department of Public Health, Aarhus University, **Denmark**
  18. 2015 PhD External Examiner, School of Exercise Sciences, University of Exeter
  19. 2014 PhD External Examiner, University of Bergen, **Norway**
  20. 2014 PhD External Examiner, School of Exercise Sciences, University of Exeter
  21. 2014 PhD External Examiner, School of Health, Sport and Bioscience, University of East London
  22. 2014 MSc Examiner, School of Science, Institute of Technology Sligo, **Ireland**
  23. 2014 DPhil Internal Examiner, Transfer of Status Examinations, Department of Primary Care, University of Oxford
  24. 2013 PhD External Examiner, School of Exercise Sciences, University of Exeter
  25. 2013 PhD External Examiner, School of Sport, Exercise and Health Sciences, University of Loughborough
  26. 2013 PhD External Examiner, Faculty of Medicine and Health Sciences, Ghent University, **Belgium**
  27. 2013 PhD External Examiner, Centre for Transport & Society, University of the West of England
  28. 2013 PhD External Examiner, Human Potential Centre, Auckland University of Technology, **New Zealand**
  29. 2013 PhD External Examiner, School of Exercise Sciences, University of Exeter
  30. 2013 PhD External Examiner, Warwick Medical School, University of Warwick
  31. 2012 MPhil External Examiner, University of Queensland, **Australia**
  32. 2012 MPhil External Examiner, Department of Sports Science, University of Salford
  33. 2012 DPhiI Internal Examiner, Department of Public Health, University of Oxford
  34. 2011 DPhil Internal Examiner, Transfer of Status Examinations, Department of Public Health, University of Oxford
  35. 2011 PhD External Examiner, College of Humanities & Social Sciences, University of Edinburgh
  36. 2011 PhD External Examiner, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  37. 2010 DPhil Internal Examiner, Transfer of Status Examinations, Department of Public Health, University of Oxford
  38. 2010 PhD External Examiner, Department of Exercise, Nutrition, and Health Sciences, University of Bristol
  39. 2006 PhD External Examiner, School of Public Health, University of Sydney, **Australia**
  40. 2005 DPhil Internal Examiner, Confirmation of Status, Department of Education, University of Oxford

**E. Research Leadership**

I see my role as a scientist, leader and advocate for my field. I strive to be a good citizen by engaging in conferences, academic journals, reviewing for both journals and research funding bodies, participating in Trial Steering Committees, serving on expert committees for my university, UK and international policy makers, and on conference committees. I work with all forms of media and am committed to mentoring.

**a. Conferences (since 2007)**

I have made an active contribution to disseminating my research to both academic, policy and practice audiences. Since 2007 I have:

* Made 70 Keynote & Invited Conference or external Academic Presentations in the UK, USA, Australia and Europe. Recent examples are:
* What next for UK Physical Activity Guidelines? – **SPARC Conference**, Edinburgh, Scotland, 2019.
* UK Physical Activity Guidelines – **SPARC Conference**, Edinburgh, Scotland, 2018.
* Physical Activity Guidelines – **ISPAH Congress**, London, 2018.
* Valuing Physical Activity – **NHS Scotland**, Edinburgh, Scotland, 2018
* Population Approaches to promoting physical activity – **National Medical Congress of Mexico**, Guadalajara, Mexico, 2018
* Do national physical activity recommendations matter? **Arthritis Research UK**, Loughborough University, England, 2015.
* Recruitment - the real challenge of changing behaviour? **UK Society for Behavioural Medicine**, Newcastle, England, 2015.
* Can photos and maps help us to understand and change physical activity? **WHO Europe** HEPA Network, Istanbul, Turkey, 2015.
* The science of policy implementation. **Active Living Research**, San Diego, California, USA, 2015.
* New Technologies and physical activity- panacea or pitfall? **Royal Society of Medicine**, London, England, 2014.
* Made over 40 presentations at International Society of Behavior Nutrition and Physical Activity, International Society of Physical activity and Health, Active Living Research, American College of Sports Medicine, WHO HEPA Europe.

**b.** **Editorial and Advisory Board for Academic Journals**

1. Journal of Physical Activity and Health – Editorial Board (2016-)
2. Cochrane Collaboration Heart Group - Editor (2013-)
3. International Journal of Behaviour, Nutrition and Physical Activity - Associate Editor (2013-2016)
4. Journal of Sport for Development – Editorial Board (2012-)
5. Journal of Sports Science - Editorial Board - Physical Activity and Health (2008-)

**c. Academic Reviewing for Journals**

1. American Journal of Preventive Medicine
2. Annals of Behavioral Medicine
3. BMC Public Health
4. British Journal of Sports Medicine
5. British Medical Journal
6. BMJ Open
7. Cochrane Collaboration
8. Contemporary Clinical Trials
9. Health & Place
10. Health Education & Behavior
11. Health Education Research
12. Health Promotion International
13. International Journal of Behavioral Nutrition and Physical Activity
14. International Journal of Epidemiology
15. International Journal of Health Geographics
16. International Journal of Obesity
17. Journal of Epidemiology and Community Health
18. Journal of Health Promotion
19. Journal of Human Nutrition and Dietetics
20. Journal of Public Health
21. Journal of Public Health Nutrition
22. Journal of Science and Medicine in Sport
23. Journal of Sports Science
24. Journal of the Built Environment
25. Lancet
26. Medicine & Science in Sports & Exercise
27. Obesity Reviews
28. Preventive Medicine

**d. Academic Reviewing for Research Funding Bodies**

1. British Council
2. British Heart Foundation
3. BUPA Health
4. Cancer Research UK
5. Cochrane Collaboration
6. Department of Health
7. Department of Transport
8. Economic and Social Research Council
9. Health Technology Appraisal
10. Hillary Commission, New Zealand
11. Medical Research Council (Programme, Project and Fellowship applications)
12. National Medical Research Council, Singapore
13. National Prevention Research Initiative
14. National Institute for Health Research Programme Grants for Applied Research
15. National Institute for Health Research Fellowships
16. National Institute for Health Research/Policy Research Programme
17. Nuffield Foundation
18. Robert Wood Johnson Foundation, USA
19. Scottish Chief Scientist Office
20. Scottish Physical Activity Research Collaboration
21. Sport England
22. The Netherlands Organization of Health, Research and Development, Netherlands
23. The Wellcome Trust Fellowships
24. World Cancer Research Fund International

**e. University of Oxford Committees & Groups**

1. Founder and co-chair of the Early Career Research Network, Nuffield Department of Population Health, University of Oxford, (Chair 2015-)
2. Founder and chair of the Oxford Physical Activity Research Group, a cross department research network for Oxford based academics interested in physical activity and exercise research, (Chair 2011-)
3. University of Oxford, Human Sciences Teaching Committee, (Member, 2010-)
4. St Cross College Sports Committee, University of Oxford (Member, 2011-2013)
5. University of Oxford & Oxford Health Services Research Committee (Member, 2008-2010)

**f. Trial Steering Committee & Research Study Advisory Groups**

1. Moving Medicine, Royal College of Sports Medicine & Public Health England, Validation & Advisory Committee, (Chair 2019-)
2. Strategic Research Council, Finland, Healthy Lifestyles to Boost Sustainable Growth” (STYLE) project Advisory Committee (2019-)
3. NIHR/University of Exeter, TSC, Exercise Referral Scheme RCT, (Member, 2015-)
4. University of Brunel EMPHASIS Study Steering Committee (Member, 2013-)
5. NIHR/University of Bristol, TSC, Young adolescent girls RCT, (Member, 2014-2015)
6. University of Reading and Oxford Brookes, Electric Bike Study Advisory Group (Member 2014-2016)
7. University of Exeter, EARS Trial Steering Committee, (Member, 2010-2013)
8. University of Exeter’s Peninsula Medical School Health Technology Assessment (HTA) review of effectiveness of exercise referral schemes (Member, 2008-2012)
9. Centre for Evidence Based Conservation – Bangor University - Advisory Committee Member for Systematic Review, the evidence base for the use of urban greening to reduce temperature, ozone and UV exposure in urban areas (Member, 2008-2009)
10. Wellcome Trust Frontiers meeting: The Built Environment (Member, 2010)
11. Wellcome Trust Frontiers meeting: The health co-benefits of climate change mitigation (Member, 2008)
12. Scottish Physical Activity Research Collaboration Advisory and Management Committee (Founding Member 2006- )

**g. International and UK Research Grant Award Committees**

1. Cancer Research UK - Catalyst Award Expert Review Panel of the Population Research Committee (Member, 2016-).
2. Germany Ministry of Health – National Health Promotion Research Project Grants (Member, 2013)
3. NIHR/Department of Health - Commissioning Panel for the Department of Health Policy Research Programme (Member, 2013)

**h. Appointments to UK Expert Committees**

1. UK Chief Medical Officers Expert Committee for Physical Activity – Appointed as Chair (2015)
2. MacMillan Cancer Advisory Board (Member, 2015-)
3. Expert Physical Activity Advisory panel for Welsh Government (2014)
4. Public Health England – Invited Expert for Physical activity strategy development groups – Data & BME, (2014)
5. Invited Academic Witness for All-Party Commission on Physical Activity to present evidence to committee on epidemiology of physical activity at House of Commons (2014)
6. Sport England Physical Activity Advisory Group (2012-)
7. UK CMOs Physical Activity Guidelines Editorial Group & Chair of adult guidelines meeting (2010-2012)
8. UK Government’s Responsibility Deal Committee – Appointed to Physical Activity Group (Member, 2010-2013)
9. MacMillan Cancer Advisory Board (Member, 2010-15)
10. Department of Health Coalition for Better Health Physical Activity committee (Member, 2010)
11. Big Lottery Fitter for Walking Advisory Board (Member, 2008-2013)
12. Department of Health Healthy Towns Steering Group Committee (Member 2008- )
13. Natural England Expert Science Review Committee - Centre for evidence based conservation review on value of contact with nature for health promotion (Member 2007-2008)
14. Department of Health National Alliance for Physical activity committee (2002-2006)

**i. NICE Committee Memberships**

1. NICE Centre for Guidelines Expert Advisors Panel – (Appointed Member 2016-)
2. NICE Public Health Advisory Committee – Workplace Interventions (Appointed Core Member)
3. NICE Public Health Advisory Committee - Preventing dementia, disability and frailty (Appointed Core Member)
4. NICE PH17 Committee- Promoting physical activity, active play and sport for pre-school and school-age children and young people in family, pre-school, school and community settings – update (Member 2014)
5. NICE Public Health Programme – Sedentary Behaviour Scoping Committee – (Member 2014)
6. NICE PH8 - Physical activity and environment update (Member 2014)
7. NICE PH25 Prevention of cardiovascular disease (Update) Committee (Member 2013)
8. NICE Public Health Advisory Committee – Core Committee Member (Member 2013-2016)
9. NICE Programme Development Committee for Prevention of Cardiovascular Disease (Member & Expert Testimony Witness, 2008-2010)
10. NICE PH17 - Promoting physical activity, active play and sport for pre-school and school-age children and young people in family, pre-school, school and community settings committee – (Member 2008-2010)
11. NICE PH8 - Physical activity and environment committee (2006-2008)
12. National Institute for Health and Clinical Excellence - Irritable Bowel Syndrome Clinical Guidelines Development Group (Committee Member and Technical Expert, 2006 - 2008)

**j. External National Professional Committee Memberships**

1. Central YMCA’s Health Advisory Board (Member, 2010)
2. Walk England (Academic Advisor, 2009- )
3. British Heart Foundation Heart Matters Research & Development Committee (Member, 2009-14)
4. National Heart Forum (Associate Member, since 2005)
5. International Society for Behavioural Nutrition and Physical Activity (Member, 2007- )
6. British Association of Sport and Exercise Sciences (Member, 1998- )
7. American College of Sports Medicine (Member, 1994- )

**k. Appointments to WHO International Expert Committees**

1. World Health Organization – Appointed Strategic Expert Technical Advisory Network for the development of the Global Action Plan for Physical Activity (2017-)
2. World Health Organization – Appointed Technical Physical Activity Expert to Technical Consultation Meeting on the European Physical Activity for Health Strategy (2015)
3. World Health Organization – Appointed Expert Epidemiology Advisor to EU National Contact Committee (2014-)
4. World Health Organization – Expert Consultant for three committees – Non Communicable Disease research, Physical activity, Health and Transport (2010-)

**l. International Conference Committees**

1. International Congress for Physical activity and Health 2018 – Conference President & Chair of Scientific Committee (President 2016-)
2. WHO HEPA Europe Conference 2017 Scientific Committee – (Member 2016-)
3. BHF National UK Physical Activity Conference 2017 – Conference Chair and Scientific Committee (Member 2016-)
4. International Congress for Physical activity and Health 2016 – Symposium Convener & Abstract Reviewer (Member 2016-)
5. International Conference on Transport & Health 2016 – Abstract Reviewer (Member 2015-)
6. International Society for Behavioural Nutrition and Physical Activity 2016 Conference - Abstract Reviewer (Member 2014-)
7. WHO HEPA Europe 2015 Conference – Planning & Scientific Committee (Member, 2011-)
8. International Society for Behavioural Nutrition and Physical Activity 2015 Conference - Abstract Reviewer (Member 2014-)
9. WHO HEPA Europe 2014 Conference – Planning & Scientific Committee (Member, 2011-)
10. International Society for Behavioural Nutrition and Physical Activity 2014 Conference - Abstract Reviewer (Member 2013-)
11. International Society for Behavioural Nutrition and Physical Activity (Membership Committee 2013-)
12. SenseCam 2013 Conference – (Member of Organising Committee and Scientific committee)
13. BHF National Physical activity conference – Conference Chair and Organising Committee (Member 2013-)
14. BHF National Physical activity conference – Conference Chair (2012-2014) and Organising Committee (Member 2012-)
15. International Convention on Science, Education and Medicine in Sport (ICSEMIS) – pre Olympic Conference – Scientific review committee – Physical activity and Health (Member, 2011-)
16. International Society for Behavioural Nutrition and Physical Activity 2013 Conference – Scientific Committee (Member, 2011-)
17. SenseCam 2012 Conference – (Member of Organising committee and Chair of Scientific committee)

**m. Media**

I have worked on a variety of media outlets including a TV Documentary on the 2015 European Week of Sport, funded by the European Commission, BBC News, BBC Online, BBC Radio 4, The Times, Daily Telegraph and a wide range of exercise and sports related magazines and journals. I use social media to share research and society activities.

**n. Mentoring**

I currently receive career mentoring from two academics, Professor Ray Fitzpatrick, my former Head of the Public Health Department at Oxford University. My second mentor is Professor Billie Corti. She is a Redmond Barry Distinguished Professor and National Health and Medical Research Council (NHMRC) Senior Principal Research Fellow at the University of Melbourne.