

## EarlyBird Publications and Presentations

### Commissioned Reviews/Leaders

- Wilkin TJ & Voss LD. Metabolic Syndrome: Maladaptation to a Modern World. *Journal of the Royal Society of Medicine* 2004;97:511-20
- Voss LD. Obesity: early intervention. (Guest editorial). *Gastrointestinal Nursing* 2004;(5):3.
- Jeffery AN, Voss LD. Parents unable to weigh up childhood obesity (Leader) *Practical Diabetes International*. Nov/Dec 2004; Vol. 21 (9):319-20.
- Metcalf BS, Mallam KM, Voss LD, Jeffery AN, Snaith R, Alba S, Wilkin TJ. The regulation of physical activity in young people. *Education & Health* 2004;22(4):61-64.
- Wilkin TJ & English P. Metabolic syndrome: detection and management. *BMJ Learning*. October 2005.
- Wilkin TJ. The great weight gain experiment: accelerators and autoantibodies in Diabetes. *Arch Dis Child* 2006;91:456-458.
- Jeffery AN, Voss LD. Weighing in at school? The value of routine school based measurements in the fight against obesity. (Leader) *Pract Diab Int*. Sept 2007;24(7) 335-6.
- Voss LD. New Government initiatives to tackle obesity – but will they work? (Leader) *Pract Diab Int*. April 2008;25(3)
- Wilkin TJ. Diabetes: 1 and 2, or one and the same? Progress with the Accelerator Hypothesis. *Paediatric Diabetes*. 2008;9:23-32.
- Metcalf BS. (Guest Editorial) Commentary on Krishnaveni GV et al. Accelerometers for Measuring Physical Activity Behaviour in Indian Children. *Indian Pediatr* 2009 (in press).
- Wilkin TJ. The Accelerator Hypothesis. A review of the evidence for insulin resistance as the basis for type 1 as well as type 2 diabetes. *Int J Obes (Lond)*. 2009 July; 33(7): 716-26. Epub 2009 Jun 9.

### Peer-reviewed Publications in Scientific Journals:

- Wilkin TJ. The Accelerator Hypothesis: weight gain as the missing link between type 1 and type 2 diabetes. *Diabetologia*. 2001;44:914-22.
- Wilkin TJ, Metcalf BS, Voss LD, Murphy MJ, Metcalf BS, Howdle SM, Jeffery AN, Kirkby J. The relative contributions of birth weight, 'catch-up' weight and current weight to insulin resistance in contemporary five-year-olds: (EarlyBird 2). *Diabetes* 2002; 51:3468-72.
- Metcalf BS, Voss LD, Jeffery AN, Kirkby J, Wilkin TJ. Accelerometers identify inactive, potentially obese children (EarlyBird 3). *Arch Dis Childhood* 2002; 87,166-7.
- Metcalf BS, Curnow JSH, Evans C, Voss LD, Wilkin TJ. Technical reliability of the CSA activity monitor (EarlyBird) *Med Sci Sports Exerc*. 2002;34:1533-37.
- Howdle S, Wilkin TJ. Type 2 diabetes in children: an epidemic in the making. *Nursing Standard* 2001;15:38-42.
- Jeffery AN, Wilkin TJ, Voss LD, Metcalf BS. Causes of insulin resistance in childhood. *Nursing Standard* 2002;16:33-37.
- Jeffery AN. Insulin resistance. *Nursing Standard* 2003;17,47-53.
- Mallam KM, Metcalf BS, Kirkby J, Voss LD, Wilkin TJ. Contribution of timetabled physical education to total physical activity in primary school children: cross sectional study: The EarlyBird Programme *BMJ* 2003;327:592-3.
- Kibirige M, Metcalf BS, Mallam K, Renuka R, Wilkin TJ. Testing the Accelerator Hypothesis (1): The relationship between body mass and age at diagnosis of type 1 diabetes *Diabetes Care* 2003;26:2865-70.
- Voss LD, Kirkby J, Metcalf BS, Jeffery AN, O'Riordan C, Murphy MJ, Wilkin TJ. Preventable Factors in Childhood that Lead to Insulin Resistance, Diabetes and the Metabolic Syndrome: The EarlyBird Diabetes Study (1). *J Pediatr Endocrinol and Metab* 2003;16:1211-24.

- Murphy MJ, Mallam KM, Voss LD, Metcalf BS, Jeffery AN, Kirkby J, Wilkin TJ. Girls at five are intrinsically more insulin resistant than boys: the programming hypotheses revisited. *Paediatrics* 2004;113:82-86.
- Mitchell SM, Hattersley AT, Knight B, Turner T, Metcalf BS, Voss LD, Davies D, McCarthy A, Wilkin TJ, Smith GD, Ben-Shlomo Y, Frayling TM. Lack of Support for a Role of the Insulin Gene Variable Number of Tandem Repeats Minisatellite (INS-VNTR) Locus in Fetal Growth or Type 2 Diabetes-Related Intermediate Traits in United Kingdom Populations. *J Clin Endocrinol Metab.* 2004;89:310-7.
- Wilkin TJ, Ludvigsson J, Greenbaum C, Palmer J, Becker D, Bruining J. Future intervention trials in Type 1 Diabetes. *Diabetes Care* 2004;27:996-7.
- Kirkby J, Metcalf BS, Jeffery AN, O'Riordan C, Perkins J, Voss LD, Wilkin TJ. Sex differences in resting energy expenditure and their relationship to insulin resistance in children (EarlyBird 13). *Am J Clin Nutr* 2004;80:430-5.
- Metcalf BS, Voss LD, Jeffery AN, Perkins J, Wilkin TJ. Physical activity cost of the school-run: impact on schoolchildren of being driven to school (EarlyBird 22). *Brit Med J* 2004;329:832-3.
- Jeffery AN, Voss LD, Metcalf BS, Kirkby J, Perkins J, Wilkin TJ. The impact of pregnancy weight and glucose on the metabolic health of mother and child – The EarlyBird Study 14. *Midwifery* 2004;Vol 20/3 pp 281-289.
- Betts PR, Mulligan J, Wilkin TJ. Increasing body weight predicts the earlier onset of insulin dependent diabetes in childhood. Testing the 'Accelerator Hypothesis' (2). *Diabetic Medicine* 2005;22:144-51.
- Jeffery AN, Voss LD, Metcalf BS, Alba S, Wilkin TJ. Parents' awareness of overweight in themselves and their children: cross-sectional study within a cohort (EarlyBird 21). *Brit Med J*, Jan 2005;330:23-4.
- Jeffery AN, Snaith R, Voss LD. Ethical dilemmas - feeding back results to members of a longitudinal cohort study. *J Med Ethics* 2005;31:153.
- Wilkin TJ, Voss LD, Metcalf BS, Mallam K, Jeffery AN, Alba S, Murphy MJ. Metabolic risk in early childhood; EarlyBird 25. *Int. J Obesity Relat Metab Disord* 2004;28 Suppl 3:S64-9.
- Weedon MN, Frayling TM, Shields B, Knight B, Turner T, Metcalf BS, Voss L, Wilkin TJ, McCarthy A, Ben-Shlomo Y, Davey Smith G, Ring S, Jones R, Golding J, Byberg L, Mann V, Axelsson T, Syvanen AC, Leon D, Hattersley AT. Genetic regulation of birth weight and fasting glucose by a common polymorphism in the islet cell promoter of the glucokinase gene. *Diabetes* 2005;54:576-81.
- Jeffery AN, Snaith R, Voss LD. Insulin resistance in childhood: The EarlyBird Diabetes Study (12). *Journal of Diabetes Nursing* 2005;9:127-132.
- Jeffery AN, Metcalf BS, Hosking J, Voss LD, Wilkin TJ. Obesity-linked insulin resistance in children – an emerging problem (EarlyBird 31). *European J Diabetes Nursing* 2006;3:1.
- Voss LD, Metcalf BS, Jeffery AN, Wilkin TJ. IOTF thresholds for overweight and obesity and their relation to metabolic risk in children. (EarlyBird 20). *International J of Obesity*, 2006;30:606-9.
- Wilkin TJ, Murphy MJ. The gender insulin hypothesis: why girls are born lighter than boys, and the implications for insulin resistance: *International J of Obesity* 2006;30:1056-61.
- Wilkin TJ, Mallam K, Metcalf BS, Jeffery AN, Voss LD. Variation in physical activity lies with the child, not his environment: evidence for an 'activitystat' in young children (EarlyBird 16) *International J of Obesity* 2006;30:1050 -55.
- Murphy MJ, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. Does lean rather than fat mass provide the link between birth weight, BMI & diabetes risk? *Paediatric Diabetes* 2007:211-14.
- Jeffery AN, Metcalf BS, Hosking J, Murphy MJ, Voss LD, Wilkin TJ. Little evidence for early programming of weight and insulin resistance in contemporary children. *Paediatrics* 2006;118:1118-23.
- Hosking J, Metcalf B, Jeffery AN, Voss LD, Wilkin TJ. Validation of foot-to-foot bioelectrical impedance analysis with dual-energy X-ray absorptiometry in the assessment of body

composition in young children: the EarlyBird cohort. *British Journal of Nutrition* 2006;96:1163-1168.

- Weedon MN, Clark VJ, Qian Y, Ben-Shlomo Y, Timpson N, Ebrahim S, Lawlor DA, Pembrey ME, Ring S, Wilkin TJ, Voss LD, Jeffery AN, Metcalf B, Ferrucci L, Corsi AM, Murray A, Melzer D, Knight B, Shields B, Smith GD, Hattersley AT, Di Rienzo A, Frayling TM. A common haplotype of the glucokinase gene alters fasting glucose and birth weight: association in six studies and population-genetics analyses. *Am J Hum Genet.* 2006;79:991-1001.
- Chandak GR, Ward KJ, Yajnik CS, Pandit AN, Bavdekar A, Joglekar CV, Fall CH, Mohankrishna P, Wilkin TJ, Metcalf BS,
- Weedon MN, Frayling TM, Hattersley AT. Triglyceride associated polymorphisms of the APOA5 gene have very different allele frequencies in Pune, India compared to Europeans. *BMC Med Genet.* 2006 Oct 10;7:76
- Wilkin TJ. Changing perspectives in diabetes: their impact on its classification. *Diabetologia* 2007;50:1587-92.
- Hosking J, Metcalf BS, Jeffery AN, Gardner D, Voss LD, Wilkin TJ. Resting energy expenditure, adiponectin and changes in body composition of young children (EarlyBird 34). *Int J Pediatr Obes.* 2007;1-6
- Jeffery AN, Alba S, Murphy MJ, Voss LD, Metcalf BS, Hosking J, Gardner D, Sattar N, Wilkin TJ. The Behaviour of insulin resistance and its metabolic correlates in prepubertal children: a longitudinal study (EarlyBird 32). *Diabetes Care.* 2007;30:2962-4.
- Voss LD, Hosking J, Metcalf BS, Jeffery AN, Wilkin TJ. Children from low-income families enjoy less access to sports facilities but are no less physically active. *Child: Care, Health & Development* 2008;34:470-474.
- Gardner D S-L, Metcalf BS, Hosking J, Jeffery AN, Voss LD, Wilkin TJ. Trends, associations and predictions of insulin resistance in prepubertal children (EarlyBird 29). *Paediatric Diabetes* 2008;9: 214-220.
- Metcalf BS, Voss LD, Hosking J, Jeffery AN, Wilkin TJ. Physical activity at the government-recommended level and obesity-related health outcomes: a longitudinal study (EarlyBird 37). *Archives of Disease in Childhood.* 2008;93:772-777.
- Jeffery AN, Murphy MJ, Metcalf BS, Hosking J, Voss LD, Perez-Pastor E, Sattar N, Wilkin TJ. Adiponectin in Childhood: a review. *International Journal of Paediatric Obesity* 2008;3:130-40.
- Murphy M, Jeffery AN, Metcalf BS, Jeffery J, Hosking J, Voss LD, Sattar N, Williams R, Wilkin TJ. Distributions of adiponectin, leptin, and metabolic correlates of insulin resistance. A longitudinal study in British children: 1. Pre-puberty (EarlyBird 15) *Clin Chem* 2008;54:1298-1306.
- Krishnan B, Jeffery A, Metcalf B, Voss L, Wilkin T, Flanagan D. Gender differences in the relationship between heart rate control and adiposity in young children: a cross-sectional study (EarlyBird 33). *Paediatric Diabetes* Oct 30, 2008, epub ahead of print.
- Metcalf BS, Jeffery AN, Hosking J, Voss LD, Sattar N, Wilkin TJ. Objectively-measured physical activity and its association with adiponectin and other novel metabolic markers: a longitudinal study in children (EarlyBird 38) *Diabetes Care* 2009, Mar;32(3):468-73
- Gardner D S-L, Hosking J, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. The contribution of early weight gain to childhood overweight and metabolic health: a longitudinal study (EarlyBird 36). *Pediatrics* 2009 Jan;123(1):e67-73.
- Wilkin TJ, Metcalf BS. Glucose allostasis: emperor's new clothes? *Diabetologia* (Feb 19, 2009, epub ahead of print) May 2009; 52(5):779-80.
- Perez-Pastor E, Jeffery AN, Metcalf BS, Hosking J, Voss LD, Wilkin TJ. Assortative weight gain in mother-daughter and father-son pairs: a prospective study *International Journal of Obesity.* 2009; 33(7):727-35.

- Hosking J, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. Changes in resting energy expenditure and their relationship to insulin resistance and weight gain: A longitudinal study in pre-pubertal children (EarlyBird 17). *Clinical Nutrition* 2010, Feb 5 (Epub ahead of print).
- Voss LD, Hosking J, Metcalf BS, Jeffery AN, Frémeaux A, Wilkin TJ. Metabolic risk is unrelated to socio-economic status in contemporary UK children. *Pediatric Diabetes* 2010 March 24 (Epub ahead of print).
- Wilkin TJ. The Accelerator Hypothesis. A review of the evidence for insulin resistance as the basis for type I8 as well as type II diabetes. *Int J Obes (Lond)*. 2009 July; 33(7): 716-26.
- Metcalf BS, Hosking J, Jeffery AN, Voss LD, Henley W, Wilkin TJ. Fatness leads to inactivity, but inactivity does not lead to fatness: a longitudinal study in children (Earlybird 45). *Arch Dis Child*, June 23, 2010 (Epub ahead of print).
- Metcalf BS, Hosking J, Frémeaux AE, Jeffery AN, Voss LD, Wilkin TJ. BMI was right all along: taller children really are fatter (implications of making childhood BMI independent of height) (EarlyBird 48). *Int J Obes (Lond)*. 2011 Apr;35(4):541-7.
- Hosking J, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. Little impact of resting energy expenditure on childhood weight and body composition: a longitudinal study (EarlyBird 47). *Nutrition Research* 2011, Jan;31:9-13.
- Frémeaux AE, Mallam KM, Metcalf BS, Hosking J, Voss LD, Wilkin TJ. The impact of school-time activity on total physical activity: the activitystat hypothesis (EarlyBird 46). *Int J Obes (Lond)* 2011;35:1277-83.
- Frémeaux AE, Hosking J, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. Consistency of children's dietary choices: annual repeat measures from 5 to 13 years (EarlyBird 49). *Br J Nutr*. 2011 Sept;106(5):725-31.
- Ajala O, Frémeaux, AE, Hosking J, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. The relationship of height and body fat to gender-assortative weight gain in children. A longitudinal cohort study (EarlyBird 44). *Int J Pediatr Obes*. 2011 Aug;6(3-4):223-8.
- Hosking J, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. Direction of causality between body fat and insulin resistance in children - a longitudinal study (EarlyBird 51). *Int. J Pediatr Obes*. 2011 Oct;6(5-6):428-33.
- Wilkin TJ. Can we modulate physical activity in children? No. *Int J Obes (Lond)*. 2011 Oct;35(10):1270-6
- Wilkin TJ. The convergence of Type 1 and Type 2 Diabetes in Childhood: the Accelerator Hypothesis. *Pediatric Diabetes* epub ahead of print Nov 2011
- Ajala O, Hosking J, Metcalf BS, Jeffery AN, Voss LD, Wilkin TJ. The contribution of parental BMI to the metabolic health of their offspring. A longitudinal cohort study (EarlyBird 55). *Pediatric Obesity* (in press).

#### **Book**

- Voss LD, Wilkin TJ (eds), *Adult Obesity: a Paediatric Challenge*. June 2003, Taylor & Francis, London

#### **Chapters:**

- Wilkin TJ. The seeds are sown in childhood. In: *Adult Obesity: a Paediatric Challenge* (Voss and Wilkin eds), June 2003, Taylor & Francis, London. Pp 39-49.
- Jeffery AN. The seeds are sown in childhood – insulin resistance and the global epidemic of Type 2 Diabetes. In: *Focus on Diabetes Mellitus Research –2005*. (Ashley M Ford ed.) Nova Science Publishers Inc, New York.
- Wilkin TJ. The Accelerator Hypothesis: A Unifying Explanation for Type-1 and Type-2 Diabetes. *Nestle Nutr Workshop Ser Clin Perform Programme*. 2006;11:139-153.

- Wilkin TJ. Tempo and Type 1 Diabetes: the Accelerator Hypothesis in Dabelea D and Klingensmith G (Eds) *The Epidemiology of Diabetes in Youth*. (2008).

#### **Other Publications/letters to scientific journals:**

- Hall D. Child Growth Foundation Seminar on The Epidemic of Obesity in Childhood – RCP London July 29-30, 2000. Consensus document with contributions from seminar members Logan S, Macfarlane A, Elliman D, Betts P, Cole TJ, Wilkin TJ and Voss LD. [http://www.health-for-all-children.co.uk/pdf/epidemic\\_obesity/epidemic\\_of\\_obesity.pdf](http://www.health-for-all-children.co.uk/pdf/epidemic_obesity/epidemic_of_obesity.pdf).
- Murphy MJ, Voss LD, Metcalf BS, Jeffery AN, Mallam KM, Kirkby J, Wilkin TJ. Re: Paternal insulin and fetal growth (letter) *Diabetologia* 2002;45: 595.
- Jeffery AN, Perkins J. Longitudinal studies with children (Research Notes) *Nursing Standard* 2002;16:32.
- Wilkin TJ. Re: The incidence of type 1 diabetes has not increased, but shifted to a younger age at diagnosis in the 0-34 age group in Sweden 1983-1998. (letter) *Diabetologia* 2002;45:783-791.
- Wilkin TJ. Diabetes Mellitus: Type 1 or type 2? The accelerator hypothesis. (letter) *J Paediatrics* 2002; 141: 449-50.
- Wilkin TJ. Re: The Accelerator Hypothesis (letter) *Diabetologia* 2002;45:289.
- Jeffery AN, Perkins J, Metcalf BS. Activity Monitoring in Children (Research Notes) *Nursing Standard* 2003;17:21.
- Jeffery A, Wilkin T. NICE guidelines for routine antenatal care October 2003 (letter). *MIDIRS Midwifery Digest* 14;2:2004.
- Wilkin T, Voss L. Physical activity in young children (letter). *Lancet* 2004;363:1162-3.
- Voss LD, Jeffery AN, Snaith R, Perkins J, Wilkin TJ. Bleeding ethics (letter). *Arch Dis Child* 2004;89: 590-591.
- Wilkin T. The metabolic syndrome, babies and bathwater (letter). *Diabetologia* 49;02/06
- Wilkin TJ, Metcalf B, Murphy M, Voss LD. Physical activity and BMI in adolescence (letter). *Lancet* 2005 Dec 10;366:2003.
- Wilkin T. Comment on: Is the 'Accelerator Hypothesis' worthy of our attention? *Diabetic Medicine* 2005 Oct;22(10):1458-9.
- Wilkin TJ. Testing the Accelerator Hypothesis: Body Size, {beta}-Cell Function, and Age at Onset of Type 1 (Autoimmune) Diabetes: Response to Dabelea et al. *Diabetes Care* June 2006, 29(6):1462-1463.
- Murphy MJ, Wilkin TJ. Response to Dr James. *Int J Obes (Lond)*. 2007 Apr 24; Epub ahead of print.
- Wilkin TJ. The accelerator hypothesis cannot be tested using the type 2 diabetes gene TCF7L2. *Diabetologia*. 2007 Aug;50(8):1780. Epub 2007 Jun 23.
- Wilkin T. Comment on: Gale EAM (2007) To boldly go -- or to go too boldly? The accelerator hypothesis revisited. *Diabetologia* 50:1571-1575 -- a reply to the editor. *Diabetologia*. 2007 Dec;50(12):2604-6. Epub 2007 Oct 5.
- Wilkin T. Reply to Wardle J et al. School-based physical activity and changes in adiposity. *Int J Obes (Lond)*. 2008 Jan 8; [Epub ahead of print].
- Wilkin T. Insulin resistance and progression to type 1 diabetes in the European Nicotinamide Diabetes Intervention Trial (ENDIT): response to Bingley et al. *Diabetes Care*. 2008 Apr;31
- Wilkin T. Major increase in Type 1 diabetes: no support for the accelerator hypothesis. *Diabet Med*. 2008 Mar;25(3):376-7; author reply 377; discussion.

#### **Invited Lectures/Expert Workshops/Advisory:**

- European Association for the Study of Diabetes, Glasgow 2001

- British Society for Paediatric Endocrinology and Diabetes, Plymouth 2002
- Steno Diabetes Centre, Copenhagen, 2003
- Diabetes UK Annual Profession Meeting, Glasgow 2003
- European Congress on Obesity Satellite Symposium, Helsinki 2003
- Spanish Endocrine Society, Warsaw 2003
- International Diabetes Federation, Paris 2003
- Stafford Postgraduate Centre, 2003
- National Obesity Forum, London, 2003
- Royal Society of Medicine, London, 2003
- Dorset Physical Activity Alliance Conference, 2003
- Women's Health Research Conference, Peninsula Medical School, 2004
- The Challenge of Obesity in Childhood and Adolescence. Somerset College, 2004
- Obesity: from basic to clinical science, Reus, Spain 2004
- European Childhood Obesity Group, Zaragossa, 2004
- 11th National Symposium Paediatric & Adolescent Diabetes (x2), Nottingham University 2004
- European Association for the Study of Diabetes, Munich 2004
- The Rising Tide of Diabetes in Children. Novartis Foundation. London 2004
- Medical Research Council Epidemiology Unit, Cambridge 2004
- 5th Nutrition & Health Conference, London 2004
- 1st National Conference on Obesity and Health, Manchester 2005
- Dorset Physical Activity Alliance Conference 2005
- Diabetes UK Annual Profession Meeting, Glasgow 2005
- American Diabetes Association, San Diego 2005
- 1st International Conference on Pre-diabetes & Metabolic syndrome, Berlin 2005
- 40th German Diabetes Association, Berlin 2005
- Diabetes UK South West Primary Care Conference, Bristol 2005
- International Society for Paediatric Endocrinology & Diabetes, Krakow 2005
- National Institutes of Health, Bethesda, Maryland 2005
- The Rank Prize Funds Symposium Grasmere 2005 (x2) (First prize winner)
- National Obesity Forum, London 2005
- Hangzhou, China 2005
- Centre for Diseases Control, Atlanta 2005
- Association of Surgeons of Great Britain & Ireland, Edinburgh 2006
- 2nd National Conference on Obesity and Health, UMIST, Manchester 2006
- Spanish Endocrine Society, Seville 2006
- University of Basel 2006
- 11th Congress of the European Congress on Sports Science, Lausanne 2006
- International Congress on Obesity, Sydney 2006
- Federation of European Diabetes Nurses Annual Conference, Copenhagen 2006
- Swedish Diabetes Association, Linköping 2006
- Polish Diabetes Association, Poznan 2006
- Spanish Society of Paediatric Endocrinology, Seville 2007
- Highland Diabetes Symposium, Nairn 2007
- Royal Society for Medicine, London 2007
- Association for the Study of Obesity, Warwick.2007
- International Society for Paediatric and Adolescent Diabetes, Berlin 2007
- University of Southampton 2007
- Serono International Foundation Symposium, Athens 2008
- Centre for Emotional Development. Brighton 2008
- University of Washington Diabetes Endocrinology Research Centre, Seattle 2008
- British Association for Sports & Exercise Science Annual Conference, Brunel 2008
- International Society for Paediatric & Adolescent Diabetes, Durban, 2008

- St Paul's School Medical Society, London 2008
- Anglo-French Medical Society, October 2008
- McGill University, Montreal, November 2008
  - Issue Expert: McGill Health Challenge Think Tank on Childhood Obesity
  - Brain-to Society Research Workshop on Obesity
  
- 1st International Conference on Advances in Diabetes and Insulin Therapy, Mumbai 2009
- Leeds course on Clinical Nutrition, Leeds 2009
- National Obesity Forum, Birmingham 2009
- Launch of Healthy Futures for All Strategy, Eden Project, Cornwall 2009
- European Childhood Obesity Group, Dublin Sept 2009.
- AVRDC, World Vegetable Research Centre, Shanhua, Taiwan, Nov 2009
- Pediatrics in Primary Care - one day conference, London, March 2010.
- GovNet's 3rd annual Tackling Obesity conference, London March 2010.
- German Diabetes Association, Stuttgart, May 2010.
- FOCUS Assoc for Clin. Biochemistry. National Meeting, Glasgow, May 2009
- The World Health Organisation, Geneva, May 2010.
- 9th meeting of the EC High Level Group on Nutrition and Physical Activity, Madrid, June 2010.
- Federation of European Nurses in Diabetes Annual Conference, Stockholm, Sept 2010.
- BASES Annual Conference, Glasgow Sept 2010.
- Healthy Weight, Healthy Lives. Annual Horizon Scanning Event, DH, London Feb 2009.
- Wellcome Trust, London March 2009
- Obesity in Atlantic Canada, Nova Scotia, April 2010
- Society for the Study of Human Biology & the Biosocial Society Symposium, Durham Sept 2010
- European Youth Heart Study, Bath, Sept 2010.
- National Obesity Forum, London Oct 2010
- Childhood Obesity: Round Table Discussion for SocietyGuardian, Nov 2010
- SW Regional Health Summit on Diabetes, Torquay, Dec 2010
- Bloomsbury Nutrition Seminar Series. Institute of Child Health, Dec 2010
  
- 11th Plymouth Symposium, May 2011
  
- Diabetes UK, SW Regional Conference, Exeter, Oct 2011

**Peer Reviewed Oral Presentations at the following National/International Conferences:**

- British Society for Paediatric Endocrinology and Diabetes (BSPED), Birmingham, 2000.
- Diabetes UK Annual Professional Meeting, Glasgow, 2001.
- Joint meeting LWPES/ESPE/APEG/JSPE Paediatric Endocrine Societies, Montreal, 2001.
- Association of Clinical Biochemists Annual Meeting, 2001.
- Diabetes UK Annual Professional Meeting, Birmingham, 2002
- Royal College of Paediatrics and Child Health (RCPCH), 2002.
- American Diabetes Association (ADA), San Francisco, 2002.
- Wales & SW Institute of Physics & Engineering in Medicine (SWIPEM), Cardiff, 2002.
- European Association for the Study of Diabetes (EASD), Budapest, 2002.
- International Society for Paediatric Endocrinology and Diabetes (ISPAD), Graz, 2002.
- British Society for Paediatric Endocrinology & Diabetes (BSPED), Plymouth, 2002
- Royal College of Paediatrics and Child Health (RCPCH), York, 2003.
- European Congress on Obesity (ECO), Helsinki, 2003.
- International Diabetes Federation (IDF), Paris, 2003.

- British Society for Paediatric Endocrinology and Diabetes (BSPED), Edinburgh, 2003.
- Diabetes UK Annual Professional Meeting, Birmingham, 2004.
- European Congress on Obesity (ECO), Prague, 2004.
- American Diabetes Association (ADA), Orlando, 2004.
- European Association for the Study of Diabetes (EASD), Munich, 2004.
- Royal College of Nursing (RCN) International Research Conference, Belfast, 2005.
- Diabetes UK Annual Professional Meeting, Glasgow, 2005.
- European Congress on Obesity (ECO), Athens, 2005.
- European Association for the Study of Diabetes (EASD), Athens, 2005.
- Diabetes UK Annual Professional Meeting, Birmingham, 2006
- European Youth Heart Study Symposium, Odense, Denmark, 2006.
- Anglo Danish Dutch Diabetes Group, The Netherlands, 2006 First prize winner.
- International Congress on Obesity (ICO), Sydney 2006.
- International Diabetes Federation (IDF), Cape Town, 2006.
- Diabetes UK Annual Professional Meeting, Glasgow, 2007.
- European Congress on Obesity (ECO), Budapest, 2007.
- International Congress on Prediabetes & Metabolic Syndrome, Barcelona, 2007.
- American Diabetes Association (ADA), Chicago, 2007.
- European Congress on Obesity (ECO), Geneva, 2008.
- International Society for Paediatric and Adolescent Diabetes (ISPAD), Durban, 2008.
- Diabetes UK Annual Professional Meeting, Glasgow, 2009
- International Society for Paediatric Endocrinology and Diabetes (ISPAD) Ljubljana, 2009
- European Association for the Study of Diabetes (EASD), Vienna 2009
- International Congress on Obesity, Stockholm 2010
- American Diabetes Association, Orlando 2010
- Prediabetes & the Metabolic Syndrome , Madrid April 2011

**Peer Reviewed Poster Presentations at the following National/International Conferences:**

- British Society for Paediatric Endocrinology & Diabetes (BSPED), Birmingham 2000 (incl. Best Poster prize).
- Diabetes UK Annual Professional Meeting, Glasgow 2001.
- American Diabetes Association (ADA), Philadelphia 2001 (incl. President's Poster Selection).
- Joint LWPES/ESPE/APEG/JSPE Paediatric Endocrine Societies, Montreal 2001.
- Association of Clinical Biochemists (ACB) Annual Meeting 2001.
- European Association for the Study of Diabetes (EASD), Glasgow 2001.
- Diabetes UK Annual Professional Meeting, Birmingham 2002.
- American Diabetes Association (ADA), San Francisco 2002 (incl. one selected for poster discussion).
- Association of Clinical Biochemists National Meeting, Glasgow 2002
- European Association for the Study of Diabetes (EASD), Budapest 2002.
- British Society for Paediatric Endocrinology & Diabetes (BSPED), Plymouth 2002.
- Diabetes in Scotland: The Way Forward, Glasgow 2002. (Best poster prize in category)
- Diabetes UK Annual Professional Meeting, Glasgow 2003.
- American Diabetes Association (ADA), New Orleans 2003
- International Diabetes Federation (IDF), Paris 2003. (incl. one selected for poster discussion)
- International Society for Paediatric & Adolescent Diabetes (ISPAD), Saint-Malo 2003
- British Society for Paediatric Endocrinology & Diabetes (BSPED), Edinburgh 2003.
- Diabetes UK Annual Professional Meeting, Birmingham 2004.
- European Congress on Obesity, Prague 2004

- American Diabetes Association (ADA), Orlando 2004.
- European Association for the Study of Diabetes (EASD), Munich 2004
- International Society for Paediatric & Adolescent Diabetes (ISPAD), Singapore 2004.
- International Nursing (RCN) Research Conference, Belfast 2005.
- Association of Clinical Biochemists, 2005
- European Youth Heart Scientific Symposium, London 2005.
- Diabetes UK Annual Professional Meeting, Glasgow 2005 (incl. one shortlisted for Lilly poster award)
- European Congress on Obesity (ECO), Athens 2005.
- American Diabetes Association (ADA), San Diego 2005.
- International Society for Paediatric & Adolescent Diabetes (ISPAD) Krakow 2005 (selected for poster discussion)
- European Association for the Study of Diabetes (EASD), Athens 2005.
- Diabetes UK Annual Professional Meeting, Birmingham 2006 (incl. one shortlisted for Lilly poster award).
- American Diabetes Association (ADA), Washington 2006.
- International Congress on Obesity (ICO), Sydney 2006.
- International Society for Paediatric & Adolescent Diabetes, Cambridge 2006
- European Association for the Study of Diabetes (EASD), Copenhagen 2006.
- International Diabetes Federation (IDF), Cape Town 2006.
- European Congress on Obesity (ECO), Budapest 2007.
- Diabetes UK Annual Professional Meeting, Glasgow 2007 (incl. one shortlisted for Lilly poster award)
- International Congress on Prediabetes & Metabolic Syndrome, Barcelona 2007.
- American Diabetes Association (ADA), Chicago 2007.
- European Association for the Study of Diabetes (EASD), Amsterdam 2007.
- International Society for Paediatric & Adolescent Diabetes (ISPAD), Berlin 2007.
- European Congress on Obesity (ECO) Geneva 2008 (incl. one short-listed for Best Poster Award).
- American Diabetes Association (ADA), San Francisco 2008.
- International Society for Paediatric & Adolescent Diabetes (ISPAD), Durban 2008
- European Association for the Study of Diabetes (EASD), Rome 2008.
- International Congress on Pre-diabetes & Metabolic Syndrome, Nice 2009
- European Congress on Obesity (ECO), Amsterdam 2009 (incl. one selected for press conference).
- ISPAD Ljubljana 2009
- EASD, Vienna 2009
- Diabetes UK, Liverpool 2010
- International Congress on Obesity, Stockholm 2010
- European Association for the Study of Obesity, Stockholm 2010
- Prediabetes & the Metabolic Syndrome, Madrid April 2011
- European Association for the Study of Diabetes, Lisbon, Sept 2011