

From a waist tape to metabolic phenotyping - a quarter century journey of nutrition research and education on Holloway Road

Professor David McCarthy

Abstract:

As retiring professor of Nutrition & Health and Head of the Public Health Nutrition Research Group, in this lecture David will offer a personal reflection on the evolution of human nutrition as an academic discipline at UNL/London Met, the achievements in nutrition research and consider its future role in addressing major diet-related health problems. There is no greater public health issue facing the world in the 21st century than the obesity epidemic and its consequences, especially type 2 diabetes. Over the past twenty-five years his research has focussed upon the development of novel and improved methodologies for body composition and obesity assessment, metabolic risk and weight management strategies. As a backdrop to his talk, David will trace the rising prevalence of overweight and obesity in the UK beginning in 1995 – the year of his appointment at UNL. He will return to significant timepoints to highlight key events, recall research achievements and illustrate how the discipline of nutrition at London Met was evolving at a rapid pace. This lecture will inform early career researchers and junior lecturers in modern universities on the need for a clear vision of what you want to achieve in your academic journey and the strategies needed to get there. Self-motivation, self-belief, hard work, adaptability, teamwork

and supportive internal and external networks are the key ingredients in the recipe for a successful and fulfilling research career. The lecture will illustrate how the academic journey can, on occasions be meet with pitfalls and obstacles along the way but with perseverance and determination it can ultimately result in a hugely rewarding career and experience. Finally, this lecture will recognise the gratitude to all of the colleagues, collaborators, funders and students who have made this journey so rewarding.