



Spokesperson Panel



Professor Tom Sanders

Nutrition and dietetics

Tom is professor emeritus of Nutrition and Dietetics at King's College London (KCL). He joined KCL in 1994, as Professor of Nutrition and Dietetics and went on to hold the positions of Head of Department of Nutrition & Dietetics and Head of the Nutritional Sciences Division. He has published over 250 scientific articles, supervised more than 16 PhDs and received over £10 million in research grants, and is a published author. His research has focused on human nutrition particularly in relation to cardiovascular disease, obesity and type 2 diabetes. He has been principle investigator of a number of large randomised controlled trails of dietary modification in human subjects. Tom is also a frequent media contributor on matters concerning nutrition.



Dr Emma Derbyshire PhD, RNutr

Hydration for children, nutrition during pregnancy and motherhood

Emma is a public health nutritionist and founder of Nutritional Insight. She has published over 70 peer-reviewed publications winning several *Emerald Literati* writing awards. She has over 10 years' experience working in academia as a Senior Lecturer in Nutritional Physiology at Manchester Metropolitan University. Her specialism is maternal nutrition, and has published a book entitled 'Nutrition in the Childbearing Years'. She has also is author of the Natural Hydration Council factsheets.



Professor Paul Gately PhD

Exercise

Paul is the Professor of Exercise and Obesity at Leeds Metropolitan University and also founder and driver of the MoreLife programme (a recognised service provider by the Department of Health's Framework Agreement for Children's Weight Management). He graduated from Leeds Metropolitan University with a degree in sports science and has a Masters in Human Nutrition from the University of Sheffield. Paul has delivered over 200 keynote presentations and scientific publications and co-authored seven book chapters on health and diet. Paul has also contributed to a number of TV programmes on childhood obesity in the UK and the US and regularly makes contributions in the media.



Linia Patel MSc Nutrition

Exercise

Linia is a Nutrition Consultant on various public health schemes both in the UK and Internationally (Child and Adult Obesity Programmes and Nutrition in Emergency Situations). In addition she is a member of the British Dietetic Association. She has also been involved in developing Public Nutrition curriculums for the Open College Network. Linia began her professional career providing sport-specific nutritional consultancy services to recreational/elite level athletes and sports teams as well as working as a Clinical Dietitian in Cape Town.

