

Affiliation

John Blundell (JB) holds the Chair in PsychoBiology and is a Research Professor in the Faculty of Medicine and Health at the University of Leeds.

Brief cv

JB is a highly cited investigator in the science of appetite regulation, energy balance and physical activity, and he has over 25 years experience of the management of interdisciplinary interventions involving simultaneous measurements in metabolism, physiology, energy balance, behaviour and psychology. JB's early training was in Neuroscience –at the Institute of Neurology, University of London, and much later he became founder Director of the Institute of Psychological Sciences at the University of Leeds. In 1990 he established the Human Appetite research group ((HARU). In 2011 JB was awarded the British Nutrition Prize. and he has recently been Visiting Professor at the University of Ghent, and Distinguished Visiting Scholar at the University of Rhode Island. He was a member of Expert Group of UK government Department of Health (DoH) on the Social Marketing of Childhood Obesity, and of the Expert Group of UK government Department of Science and Innovation (DSI) Foresight Team on Tackling Obesities.(2008). JB gave keynote lectures at the Energy Balance Summit (ACSM Boston 2016) and at the Obesity Summit (ECO Goteborg 2016). In the 1980s JB helped to develop the concept of the Satiety Cascade, but for the last 20 years he has investigated the interactions between energy expenditure and energy intake, positioning appetite control within an energy balance framework and linking it to body composition. This approach places appetite control in an evolutionary context; it has demonstrated that Resting Metabolic Rate (RMR) is a major determinant of the drive to eat and Energy Intake, and has led to a new formulation for understanding appetite control.