

Biography

[William Tigbe; MD MPH PhD DFPH FHEA](#)

Dr William Tigbe is an Occupational Physician and visiting lecturer in Public Health in the University of Warwick. He qualified in Medicine in the Medical University of Warsaw and after a short practice in clinical medicine in Ghana, he undertook a Masters degree in Clinical Nutrition in the University of Glasgow and then a PhD in Health Sciences looking into Sedentary Behaviour and Cardiovascular risk in Glasgow Caledonian University. He also holds Masters of Public Health from the University of Glasgow and works as a clinical lecturer in Public Health in the University of Warwick since 2011. Dr Tigbe has remained both active in research, teaching and clinical practice. His research is on sedentary behaviour, sleep and cardiovascular epidemiology. He is a diplomate member of the UK Faculty of Public Health and a fellow of the Higher Education Academy. He currently practices in Occupational Medicine in the Sandwell and West Birmingham hospitals.