

John Wilding leads Clinical Research into Obesity, Diabetes and Endocrinology at the University of Liverpool. He graduated from Southampton University in 1985, where he continued his clinical training until moving to the Royal Postgraduate Medical School at Hammersmith Hospital, London where he undertook specialist training in Diabetes and Endocrinology, and three years laboratory-based research into the neurobiology of obesity and diabetes. He has been a clinical academic at the University of Liverpool since 1996, and was appointed as Professor of Medicine in 2005. He leads specialist services for severe obesity at University Hospital Aintree – designated a Centre for Obesity Management by the UK and European Associations for the Study of Obesity.

John's research team focusses on developing new treatments and strategies to reduce the burden of obesity-related disease. John has published over three hundred papers, chapters and review articles related to his clinical and laboratory research interests, which include clinical trials in obesity and diabetes, adipocyte biology, functional neuroimaging of appetite in obesity & endocrine disease, and studies of metabolism in obesity and diabetes.

He is an Associate Editor of Diabetic Medicine, and chairs the National Clinical Research Network Metabolic and Endocrine Speciality Group. He is a past Chair of the UK Association for the Study of Obesity, a member of the RCP Advisory Group on Weight and Health and President Elect of the World Obesity Federation. When not at work he likes to swim, bike and run and regularly competes in triathlons up to ironman distance.