

Curriculum Vitae

MARK HAMER

1. Appointment Details

Department: Division Surgery Interventional Science

Present appointment: Professor Sport & Exercise Medicine

Date of appointment: Sept 2019

FTE: 100%

2. Education/Qualifications

<u>Dates</u>	<u>Detail of degree; diploma; other qualification</u>	<u>Institution</u>
1999-02	Ph.D. Sports Sciences	De Montfort University
1998-99	M.Sc. Sports Sciences	Brunel University
1993-96	B.Sc. Sport & Exercise Sciences	University of Birmingham

3. Professional History (in chronological order)

<u>Dates</u>	<u>Detail of position held</u>	<u>Institution</u>
2015-19	Chair Exercise as Medicine	Loughborough University
2011-15	Principal Research Associate	UCL
2007-11	Senior Research Associate	UCL
2004-07	Research Associate	UCL
2002-04	Marie Curie Post-doctoral fellow	Unilever Research

4. Other Appointments and Affiliations

2020- : Acting Head of Department, Dept Targeted Intervention, DSIS.

2020- : Chair, Board of Examiners, MSc Sports Medicine, Exercise & Health.

2018- : Vice Chair, ESRC (UKRI) Grant Assessment Panel D.

2018- : Senior Section Editor, Scan J Med Sci Sports (Wiley Publishers).

2017- : Chair, BARI-LIFESTYLE Trial Steering Committee (in connection with Rachel Batterham's NIHR Professorship), UCL Centre for Obesity.

2017-18: Scientific committee member for the 2018 International Congress on Physical Activity and Public Health, London.

2015-18: Scientific Advisory Board, MRC Epidemiology Unit & Centre for Diet and Activity Research (CEDAR), Cambridge. School environments and activity intensity distribution.

2015-20: Honorary Professor, Institute of Epidemiology and Health Care, UCL

2012-18: Extraordinary (visiting) Professor, Hypertension in Africa Research Team, North-West University, South Africa.

5. Prizes, Awards and other Honours:

<u>Dates</u>	<u>Detail of prize, award or honour</u>	<u>Awarding/electing body</u>
2009	BUPA Foundation Award (chronic disease epidemiology)	BUPA
2012	Herbert Weiner Early Career award	American Psychosomatic Society

6. Grants:

BHF. The next generation of evidence on cardiovascular disease prevention using device-based assessments of physical behaviour in harmonised pooled cohorts: The Prospective Physical Activity, Sitting and Sleep consortium (ProPASS). £860K (2021-25). PI

MRC NIHR DfID Wellcome Trust Global Health Trials. Yoga programme for T2DM prevention (YOGA-DP) among high risk people in India: intervention development & feasibility study. £127K (2018-20) Co-I.

ESRC (CLOSER innovation fund). Socioeconomic differentials in physical activity by age and cohort: enhancing the CLOSER cohort resource to inform research, policy and practice. £156K (2018-19) Co-I.

NIHR. A cluster randomised controlled trial to investigate the effectiveness and cost-effectiveness of a Structured Health Intervention For Truckers. £908K (2017-20). Co-I.

NIHR. Policy Research Unit on Obesity in Children and Across the Life-course. £4.8 mill (2017-21) Co-I.

NHMRC. Menarche to Pre-Menopause: Reproductive function, body weight until midlife, and the risk of cardiometabolic and respiratory conditions in premenopausal women (the Australian Longitudinal Study on Women's Health). \$AUD 1.1 mill (2017-21) AI.

ESRC. Centre for Longitudinal Studies (IoE) Cross-Cohort Research Programme. £1.5 mill (2017-21). Co-I.

BHF. Objective assessment of free-living physical activity and sedentary in the 1970 British Cohort Study. £598K (2015-18). PI

ESRC/MRC. Biomedical survey of the 1970 British Cohort Study. £3.9 mill (2015-18) PI (with A. Sullivan).

ESRC. Camden Active Spaces: Effect of active school playgrounds on children's physical activity. £192K (2014-16). PI

NIHR (School for Public Health Research). Active Buildings: modelling physical activity and movement in office buildings. £471K (2012-14). Co-I

National Prevention Research Initiative. Reducing sedentary behaviour in older adults: Development of a brief habit-based intervention. £430K (2011-14). Co-I

National Prevention Research Initiative. Physical activity behaviour and coronary heart disease risk in South Asian communities living in UK. £128K (2008-10). PI

7. Invited talks:

<u>Date</u>	<u>Details</u>
2021	COVID-19: Reimagining physical activity and sedentary behaviour for health. Brunel University Seminar Series
2020	Physical activity, immunity, and risk of infection. Marathon Medicine 2020
2020	Sedentary behaviour or insufficient exercise – what is most detrimental to our health. KCL Human & Applied Physiological Sciences Seminar Series, London.
2019	Assessment of free-living sedentary behaviour in BCS70. CLOSER Seminar series, IOE, London
2017	The Obesity Paradox. Plenary speaker at annual conference of the Dutch Society for Insurance Medicine and the Dutch Association of Medical Officers in Private Insurances. The Netherlands
2017	Learning from big data in sport and physical activity. National Centre Sport & Exercise Medicine Seminar Series: UCL
2017	Behavioural and psychosocial risk factors across the life-course: 1970 British Cohort Study. St. George's, University of London.
2015	Metabolically healthy overweight/obese individuals should be recommended for weight loss. Key lecture at The Obesity Society, Los Angeles, CA, USA.
2014	Health Survey for England annual report seminar. London, UK.
2014	Less sitting or more exercise: what's the optimal prescription? Plenary address for Cardiopulmonary Exercise Testing Forum at Evidence Based Peri-Operative Medicine, London
2014	Taking up physical activity in later life and healthy ageing. The Physical Activity and Nutrition Network Wales, Public Health Wales, Cardiff
2013	Physical activity, sedentary behaviour and healthy ageing. Royal Society of Medicine Exercise Medicine conference. London.

8. Academic supervision:

<u>Date</u>	<u>Details</u>
2021-	PDRA (Jo Blodgett) BHF funded
2020-	PhD (Verity Hailey) Soc-B CDT programme
2019-	PhD (Andrew Webster) UCL funded
2018-	PhD (Aiden Chantry) Loughborough studentship
2017-	PhD (Ellie Robson) Loughborough studentship
2014-16	Research assistant (Daniel Aggio) ESRC funded
2013-16	PhD (Ruth Hackett) BHF 3+1 programme
2013-15	PhD (Antonio Lazzarino). Clinical fellow funded through BHF
2013-15	PhD (Josh Bell) ESRC funded
2013-15	PDRA (Lee Smith) NIHR funded
2011-13	PhD (Lydia Poole) BHF funded
2010-12	PhD (Romano Endrighi) BHF funded

9. Enterprise and External Engagement Please provide evidence to meet the criteria.

My work has informed various clinical practice and public health policy:

a) The 2016 European Guidelines on Cardiovascular Disease Prevention in Clinical Practice <http://eurheartj.oxfordjournals.org/content/37/29/2315.long> cited my papers on job strain (citation #98), long working hours (#100), and obesity (#345).

b) The 2018 US Physical Activity Guidelines <https://health.gov/our-work/physical-activity/current-guidelines/scientific-report> have cited my work on numerous occasions, including Part F Chapter 2 (ref# 32, 58, 66, 72), Chapter 5 (ref#29), Chapter 6 (ref#14) , Chapter 10 (ref#124), Chapter 11 (ref# 158). In addition I was cited in recently updated UK guidelines [UK Chief Medical Officers' Physical Activity Guidelines \(publishing.service.gov.uk\)](http://publishing.service.gov.uk) (ref#60).

c) WHO Health economic assessment tool (HEAT) for walking and cycling https://www.euro.who.int/_data/assets/pdf_file/0010/352963/Heat.pdf where my original work was used in developing the tool (ref#46).

d) In necessarily shifting research attention towards the pandemic, my published research was amongst the first worldwide to show compelling links between overweight, obesity and COVID-19 (Hamer et al PNAS 2020), which was later cited in a key policy document from US Centre for Disease Control and Prevention (ref#80) <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/underlying-evidence-table.html> . My work on obesity was further cited by PHE in their key guidance document [Excess Weight and COVID-19 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk) (ref#28, 35), and World Obesity [COVID-19-and-Obesity-The-2021-Atlas.pdf \(worldobesityday.org\)](http://worldobesityday.org).

Publications

- Senaratne, N., Stubbs, B., Werneck, A., Stamatakis, E., & Hamer, M. (2021). Device-measured physical activity and sedentary behaviour in relation to mental wellbeing: An analysis of the 1970 British Cohort Study. *Preventive Medicine*. doi:[10.1016/j.ypmed.2021.106434](https://doi.org/10.1016/j.ypmed.2021.106434)
- Norris, T., Mansukoski, L., Gilthorpe, M. S., Hamer, M., Hardy, R., Howe, L. D., . . . Johnson, W. (2021). Distinct Body Mass Index Trajectories to Young-Adulthood Obesity and Their Different Cardiometabolic Consequences. *Arterioscler Thromb Vasc Biol*, *ATVBAHA120315782*. doi:[10.1161/ATVBAHA.120.315782](https://doi.org/10.1161/ATVBAHA.120.315782)
- Stamatakis, E., Owen, K., Shepherd, L., Drayton, B., Hamer, M., & Bauman, A. (2021). Is cohort representativeness passé? Matching the UK Biobank sample to source population characteristics and recalculating the associations between lifestyle risk factors and mortality. *Epidemiology*. doi:[10.1097/EDE.0000000000001316](https://doi.org/10.1097/EDE.0000000000001316)
- Inan-Eroglu, E., Huang, B. -H., Shepherd, L., Pearson, N., Koster, A., Palm, P., . . . Stamatakis, E. (2021). Comparison of a thigh worn accelerometer algorithm with diary estimates of time in bed and time asleep: the 1970 British Cohort Study. *Journal for the Measurement of Physical Behaviour*. doi:[10.1123/jmpb.2020-0033](https://doi.org/10.1123/jmpb.2020-0033)
- Malan, L., Hamer, M., von Känel, R., van Wyk, R. D., Sumner, A. E., Nilsson, P. M., . . . Malan, N. T. (2021). A Stress Syndrome Prototype Reflects Type 3 Diabetes and Ischemic Stroke Risk: The SABPA Study. *Biology*, *10*(2), 162. doi:[10.3390/biology10020162](https://doi.org/10.3390/biology10020162)
- Von Känel, R., Hamer, M., Wentzel, A., & Malan, L. (2021). Circulating neurotrophins and hemostatic risk factors of atherothrombotic cardiovascular disease at baseline and during sympathetic challenge: The SABPA study. *Scientific Reports*. doi:[10.1038/s41598-021-81946-6](https://doi.org/10.1038/s41598-021-81946-6)
- Batty, D., Hamer, M., & Gale, C. (2021). Life course psychological distress and total mortality by middle age: birth cohort study. *Epidemiology*. In press
- Stevens, M. L., Gupta, N., Inan Eroglu, E., Crowley, P. J., Eroglu, B., Bauman, A., . . . Stamatakis, E. (2020). Thigh-worn accelerometry for measuring movement and posture across the 24-hour cycle: A scoping review and expert statement. *BMJ Open Sport and Exercise Medicine*, *6*(1). doi:[10.1136/bmjsem-2020-000874](https://doi.org/10.1136/bmjsem-2020-000874)
- Hamer, M., Chastin, S., Viner, R., & Stamatakis, E. (2020). Childhood obesity and device-measured sedentary behaviour: an instrumental variable analysis of 3,864 mother-offspring pairs. *Obesity*. doi:[10.1002/oby.23025](https://doi.org/10.1002/oby.23025)
- Aune, D., Sen, A., Kobeissi, E., Hamer, M., Norat, T., & Riboli, E. (2020). Physical activity and the risk of abdominal aortic aneurysm: a systematic review and meta-analysis of prospective studies. *Scientific Reports*. doi:[10.1038/s41598-020-76306-9](https://doi.org/10.1038/s41598-020-76306-9)
- Batty, G. D., Hamer, M., & Gale, C. R. (2020). Life course psychological distress and cardiovascular disease risk factors in middle-age: birth cohort study. *Cardiovascular Research*. doi:[10.1093/cvr/cvaa335](https://doi.org/10.1093/cvr/cvaa335)
- Chen, L. -J., Hamer, M., Lai, Y. -J., Huang, B. -H., Ku, P. -W., & Stamatakis, E. (2020). Can physical activity eliminate the mortality risks of poor sleep patterns? A 15-year follow up of 341,248 MJ Cohort participants. *Journal of Sport and Health Science*.
- Chattopadhyay, K., Mishra, P., Manjunath, N. K., Harris, T., Hamer, M., Greenfield, S. M., . . . Prabhakaran, D. (2020). Development of a Yoga Program for Type-2 Diabetes Prevention (YOGA-DP) Among High-Risk People in India. *Frontiers In Public Health*, *8*, 13 pages. doi:[10.3389/fpubh.2020.548674](https://doi.org/10.3389/fpubh.2020.548674)
- Feng, Y., Powell, L., Vassallo, A. J., Hamer, M., & Stamatakis, E. (2020). Does adequate Physical Activity Attenuate the Associations of Alcohol and Alcohol-Related Cancer Mortality? A Pooled Study of 54,686 British Adults. *Int J Cancer*. doi:[10.1002/ijc.33052](https://doi.org/10.1002/ijc.33052)
- Huang, B. H., Hamer, M., Duncan, M. J., Cistulli, P. A., & Stamatakis, E. (2020). The bidirectional association between sleep and physical activity: a 6.9 years longitudinal analysis of 38,601 UK

Biobank participants. *Preventive Medicine*. doi: [10.1016/j.ypmed.2020.106315](https://doi.org/10.1016/j.ypmed.2020.106315)

Malan, L., Hamer, M., von Känel, R., Kotliar, K., van Wyk, R. D., Lambert, G. W., . . . Malan, N. T. (2020). Delayed retinal vein recovery responses indicate both non-adaptation to stress as well as increased risk for stroke: the SABPA study. *Cardiovasc J Afr*, 31, 1-12. doi:[10.5830/CVJA-2020-031](https://doi.org/10.5830/CVJA-2020-031)

Norris, T., Cole, T. J., Bann, D., Hamer, M., Hardy, R., Leah, L., . . . Johnson, W. (2020). Duration of obesity exposure between ages 10-40 years and its relationship with cardiometabolic disease risk factors: a cohort study. *PLoS Medicine*. doi: [10.1371/journal.pmed.1003387](https://doi.org/10.1371/journal.pmed.1003387)

Stamatakis, E., Huang, B. -H., Maher, C., Thøgersen-Ntoumani, C., Stathi, A., Dempsey, P. C., . . . Gibala, M. J. (2020). Untapping the Health Enhancing Potential of Vigorous Intermittent Lifestyle Physical Activity (VILPA): Rationale, Scoping Review, and a 4-Pillar Research Framework. *Sports Medicine*. doi:[10.1007/s40279-020-01368-8](https://doi.org/10.1007/s40279-020-01368-8)

O'Donovan, G., Hamer, M., Sarmiento, O. L., & Hessel, P. (2020). Education in early life markedly reduces the probability of cognitive impairment in later life in Colombia. *Scientific Reports*, 10(1), 17685. doi:[10.1038/s41598-020-74822-2](https://doi.org/10.1038/s41598-020-74822-2)

Steptoe, A., Emch, S., & Hamer, M. (2020). Associations between financial strain and emotional wellbeing and physiological responses to acute mental stress. *Psychosom Med*. doi:[10.1097/PSY.0000000000000867](https://doi.org/10.1097/PSY.0000000000000867)

Huang, B. -H., Stamatakis, E., Chastin, S., Pearson, N., Koster, A., & Hamer, M. (2020). Cross-sectional associations of device-measured sedentary behaviour and physical activity with cardio-metabolic health in the 1970 British Cohort Study. *Diabetic Medicine*. doi:[10.1111/dme.14392](https://doi.org/10.1111/dme.14392)

Johnson, W., Norris, T., & Hamer, M. (2020). Secular changes in mid-adulthood body mass index, waist circumference, and low HDL cholesterol between 1990, 2003, and 2018 in Great Britain. *European Journal of Clinical Nutrition*. doi:[10.1038/s41430-020-00758-5](https://doi.org/10.1038/s41430-020-00758-5)

Chattopadhyay, K., Mishra, P., Singh, K., Harris, T., Hamer, M., Greenfield, S. M., . . . YOGA-DP Study Team. (2020). Yoga programme for type-2 diabetes prevention (YOGA-DP) among high risk people in India: a multicentre feasibility randomised controlled trial protocol. *BMJ Open*, 10(9), e036277. doi:[10.1136/bmjopen-2019-036277](https://doi.org/10.1136/bmjopen-2019-036277)

Hamer, M., Gale, C., Kivimaki, M., & Batty, D. (2020). Overweight, Obesity, and Risk of Hospitalization for COVID-19: A Community-Based Cohort Study of Adults in the UK. *Proceedings of the National Academy of Sciences of USA*. doi:[10.1073/pnas.2011086117](https://doi.org/10.1073/pnas.2011086117)

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Johnson, W., Norris, T., De Freitas, R., Pearson, N., Hamer, M., & Costa, S. (2020). Is the positive relationship of infant weight gain with adolescent adiposity attenuated by moderate-to-vigorous physical activity in childhood? Evidence from the Millennium Cohort Study. *International Journal of Obesity*. doi:[10.1038/s41366-020-00656-7](https://doi.org/10.1038/s41366-020-00656-7)

Huang, B. -H., Inan-Eroglu, E., Hamer, M., & Stamatakis, E. (2020). Joint associations of device-measured physical activity and sleep duration with cardiometabolic health in the 1970 British Cohort Study. *JOURNAL OF SCIENCE AND MEDICINE IN SPORT*, 23(12), 1191-1196. doi:[10.1016/j.jsams.2020.07.012](https://doi.org/10.1016/j.jsams.2020.07.012)

Lassale, C., Gaye, B., Hamer, M., Gale, C. R., & David Batty, G. (2020). Ethnic Disparities in Hospitalisation for COVID-19 in England: The Role of Socioeconomic Factors, Mental Health, and Inflammatory and Pro-inflammatory Factors in a Community-based Cohort Study. *Brain, Behavior, and Immunity*. doi:[10.1016/j.bbi.2020.05.074](https://doi.org/10.1016/j.bbi.2020.05.074)

Batty, G. D., & Hamer, M. (2020). Vascular risk factors, Framingham risk score, and COVID-19: community-based cohort study. *Cardiovascular Research*. doi:[10.1093/cvr/cvaa178](https://doi.org/10.1093/cvr/cvaa178)

- Cao, C., Yang, L., Cade, T., Racette, S., Park, Y., Cao, Y., . . . Smith, L. (2020). Cardiorespiratory Fitness Is Associated with Early Death Among Healthy Young and Middle-aged Baby Boomers and Generation Xers. *American Journal of Medicine*. doi:[10.1016/j.amjmed.2019.12.041](https://doi.org/10.1016/j.amjmed.2019.12.041)
- Cooper, R., Stamatakis, E., & Hamer, M. (2020). Associations of sitting and physical activity with grip strength and balance in mid-life: 1970 British Cohort Study. *Scandinavian Journal of Medicine and Science in Sports*. doi: 10.1111/sms.13793
- Inan-Eroglu, E., Powell, L., Hamer, M., O'donovan, G., Duncan, M. J., & Stamatakis, E. (2020). Is there a link between different types of alcoholic drinks and obesity? An analysis of 280,183 UK biobank participants. *International Journal of Environmental Research and Public Health*, 17(14), 1-18. doi:[10.3390/ijerph17145178](https://doi.org/10.3390/ijerph17145178)
- Aune, D., Schlesinger, S., Hamer, M., Norat, T., & Riboli, E. (2020). Physical activity and the risk of sudden cardiac death: a systematic review and meta-analysis of prospective studies.. *BMC Cardiovasc Disord*, 20(1), 318. doi:[10.1186/s12872-020-01531-z](https://doi.org/10.1186/s12872-020-01531-z)
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- Hamer, M., Kivimäki, M., Gale, C. R., & David Batty, G. (2020). Lifestyle risk factors, inflammatory mechanisms, and COVID-19 hospitalization: A community-based cohort study of 387,109 adults in UK. *Brain, Behavior, and Immunity*. doi:[10.1016/j.bbi.2020.05.059](https://doi.org/10.1016/j.bbi.2020.05.059)
- Lazzarino, A. I., Steptoe, A., Hamer, M., & Michie, S. (2020). Covid-19: Important potential side effects of wearing face masks that we should bear in mind.. *BMJ*, 369, m2003. doi:[10.1136/bmj.m2003](https://doi.org/10.1136/bmj.m2003)
- Batty, G. D., Deary, I. J., Hamer, M., Frank, P., & Bann, D. (2020). Association of Childhood Psychomotor Coordination With Survival Up to 6 Decades Later. *JAMA Network Open*, 3(4), e204031. doi:[10.1001/jamanetworkopen.2020.4031](https://doi.org/10.1001/jamanetworkopen.2020.4031)
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- Hamer, M., O'Donovan, G., Batty, G. D., & Stamatakis, E. (2020). Estimated cardiorespiratory fitness in childhood and cardiometabolic health in adulthood: 1970 British Cohort Study.. *Scand J Med Sci Sports*. doi:[10.1111/sms.13637](https://doi.org/10.1111/sms.13637)
- Martinez-Gomez, D., Hamer, M., Ortega, F. B., Cabanas-Sanchez, V., Sadarangani, K. P., Lavie, C. J., & Rodríguez-Artalejo, F. (2020). Association of Changes in Physical Activity and Incidence and

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Hamer, M., Kivimäki, M., & Batty, G. D. (2020). Blood Pressure Trajectories in Youth and Hypertension Risk in Adulthood: the 1970 British Cohort Study. *American Journal of Epidemiology*. doi:[10.1093/aje/kwz241](https://doi.org/10.1093/aje/kwz241)

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