

Professor Janice L. Thompson PhD, FACSM

Professor of Public Health Nutrition and Exercise

[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)

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About



[\(/university/colleges/les/research-gallery/janice-thompson.aspx\)](/university/colleges/les/research-gallery/janice-thompson.aspx) Professor Janice L. Thompson is a leading expert in the field of public health nutrition and exercise, and their role in preventing and treating risks for obesity, cardiovascular disease, and type 2 diabetes across the lifespan.

Qualifications

BSc in Physical Education (Exercise Physiology), California State University, Sacramento

MSc in Physical Education (Exercise Physiology), California State University, Sacramento

PhD in Exercise Science (Exercise Physiology and Nutrition), Arizona State University, Tempe

Fellow of the American College of Sports Medicine

Biography

Professor Thompson completed her PhD in Exercise Physiology and Nutrition from Arizona State University in 1991. After completing post-doctoral fellowship training at Stanford University in 1995, she worked at University of North Carolina, Charlotte and at the University of New Mexico Health Sciences Center. Prior to joining the University of Birmingham in 2012, she was Professor of Public Health Nutrition at the University of Bristol. She is a Fellow and Past Vice President of the American College of Sports Medicine (ACSM). She is also a member of the Scientific Committee of the European College of Sport Science (ECSS).

Teaching

Professor Thompson is the module co-ordinator for a third-year undergraduate module on Public Health Nutrition. She also contributes lectures to various BSc and MSc courses within the School and across the University. She is the author of 4 nutrition textbooks published in English, Spanish, Korean, and Arabic.

Postgraduate supervision

Janice has supervised 5 doctoral researchers and more than 50 MSc students to completion. She currently supervises 5 doctoral students and welcomes applications from potential doctoral researchers in her areas of interest.

Research

Public health nutrition and physical activity; mixed methods research; dietary assessment techniques; community-based evaluations and interventions; ageing and minority ethnic health.

Publications

Selected recent publications

- Simmonds BAJ, Fox KR, Davis M, Gray S, Hillsdon M, Ku PW, Sharp DJ, Stathi A, **Thompson JL**, Coulson JC, and Trayers T. Objectively assessed physical activity and function and subsequent health service use of UK adults aged 70 and over: A four to five year follow up study. *PLoS ONE* (in press).
- Jago R, Wood L, Sebire SJ, Edwards MJ, Davies B, Banfield K, Fox KR, **Thompson JL**, Cooper AR, and Montgomery AA. School travel mode, parenting practices and physical activity among Year 5 and 6 children. *BMC Public Health* (in press).
- Jago R, **Thompson JL**, Sebire SS, Wood L, Pool L, Zahra J, Lawlor DA. Cross-sectional associations between the screen-time of parents and young children: differences by parent and child gender and day of the week. *International Journal of Behavioral Nutrition and Physical Activity* (in press).
- Bogin BA, Harper D, Merrell J, Chowdhury J, Heinrich M, Garaj V, Molik B, and **Thompson JL**. Influence of adult knee height, age at first birth, migration, and current age on adult physical function of Bangladeshi mothers and daughters in the United Kingdom and Bangladesh. *Journal of Anthropology* Vol 2014, Article ID 808634. <http://dx.doi.org/10.1155/2014/808634> (<http://dx.doi.org/10.1155/2014/808634>).
- Rogers, C, Welbourn R, Byrne J, Donovan J, Reeves BC, Wordsworth S, Andrews R, **Thompson JL**, Roderick P, Mahon D, Noble H, Kelly J, Mazza G, Pike K, Paramasivan S, Blencowe N, Perkins M, Porter T, and Blazeby JM. The By-Band study: gastric bypass or adjustable gastric band surgery to treat morbid obesity: a multi-centre randomised controlled trial with an internal pilot phase. *Trials* 15:53, 2014. <http://www.trialsjournal.com/content/15/1/53> (<http://www.trialsjournal.com/content/15/1/53>).
- Withall J, Stathi A, Davis M, Coulson J, **Thompson JL**, and Fox KR. Objective indicators of physical activity and sedentary time and associations with psychological well-being in adults aged 70 and over. *International Journal of Environmental Research and Public Health* 11:643-656, 2014.
- White J, Jago R, and **Thompson JL**. Dietary risk factors for the development of insulin resistance in adolescent girls: a 3-year prospective study. *Public Health Nutrition* 17(2): 361-368, 2014.
- Sebire SJ, Jago R, Fox KR, Edwards MJ, and **Thompson JL**. Testing a self-determination theory model of children's physical activity motivation: a cross-sectional

study. *International Journal of Behavioral Nutrition and Physical Activity* 10:111, 2013. <http://www.ijbnpa.org/content/10/1/111>
(<http://www.ijbnpa.org/content/10/1/111>)

- Davis MG, Cooper AR, Stathi A, Trayers T, **Thompson JL**, and Fox KR. Objectively measured sedentary time and its association with physical function in older adults. *Journal of Aging and Physical Activity* (in press).
- England CY, Andrews R, Jago R, and **Thompson JL**. Changes in food consumption in adults with Type 2 diabetes in response to a non-prescriptive dietary intervention. *Journal of Human Nutrition and Dietetics*. (in press).

A full list of Professor Thompson's publication (including textbooks) can be [downloaded here as a PDF \(129Kb\) \(/Documents/college-les/sportex/staff-docs/ReferenceList-JLThompson.pdf\)](#).

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