

## Dr Andy Blannin BSc PhD

Lecturer

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### About

Dr Andy Blannin is a lecturer in exercise metabolism and has enjoyed working in the school of Sport and Exercise Sciences since 1996. In that time he has published over 50 research articles and examined 23 PhDs.

### Qualifications

- BSc (Cardiff)
- PhD (Coventry)

### Biography

His first degree was in Physiology after which he obtained a PhD in Exercise Immunology. Andy moved to Birmingham in 1996 as a research fellow funded by the English Sports Council and was appointed as a lecturer in 1999. The focus of his early work was on the effects of acute and chronic exercise on immunological integrity. More recently Andy has investigated postprandial lipaemia, appetite endocrinology and aspects of the Metabolic Syndrome such as ways to reverse insulin resistance in sedentary and obese individuals.

### Teaching

Andy currently organises the 2nd year module Exercise Metabolism. He also contributes to the Biochemistry and Cell Physiology and Laboratory Practicals modules in the 1st year, and the Sports Nutrition module in the 3rd year.

### Postgraduate supervision

Andy is currently supervising Dan Crabtree's PhD on the short term effects of exercise on appetite regulation.

Prospective PhD students should visit: [www.findaphd.com/search/ProjectDetails.aspx?PJID=26059&LID=151](http://www.findaphd.com/search/ProjectDetails.aspx?PJID=26059&LID=151) (<http://www.findaphd.com/search/ProjectDetails.aspx?PJID=26059&LID=151>)

### Research

Andy's research interests lie in the study of the physiological and biochemical responses to exercise and training. The focus of his recent work has been on postprandial lipaemia, appetite endocrinology and aspects of the Metabolic Syndrome. He is currently studying the mechanisms underlying the beneficial effect of walking on the blood fat concentration after eating, and the effect of exercise on the hormonal regulation of hunger.

### Current collaborations

He is currently collaborating with [Dr George Balanos \(http://www.sportex.bham.ac.uk/about/staff/georgebalanos.shtml\)](http://www.sportex.bham.ac.uk/about/staff/georgebalanos.shtml) to investigate the effect of prior exercise on the subsequent meal-induced regional blood flow, and Dr Edward Chambers to investigate the effect of exercise on the brain's response to images of food.

### Other activities

Andy is an associate editor for the European Journal of Sports Science. He is also a member of the Physiological Society, BASES and the European College of Sport Science.

In his spare time Andy enjoys running, coaching football, playing rugby and brewing

### Publications

1. **[Is the beneficial effect of prior exercise on postprandial lipaemia partly due to redistribution of blood flow?](http://www.ncbi.nlm.nih.gov/pubmed/21231913)**  
(<http://www.ncbi.nlm.nih.gov/pubmed/21231913>)  
Hurren NM, Balanos G, Blannin A.  
Clin Sci (Lond). 2011 Jun; 120(12): 537-548.
2. **[Is the effect of prior exercise on postprandial lipaemia the same for a moderate-fat meal as it is for a high-fat meal?](http://www.ncbi.nlm.nih.gov/pubmed/21073762)**  
(<http://www.ncbi.nlm.nih.gov/pubmed/21073762>)  
Hurren NM, Eves FF, Blannin AK.  
Br J Nutr. 2011 Feb;105(4):506-16.

3. **The effect of steady state exercise on circulating human IgE and IgG in young healthy volunteers with known allergy.** (<http://www.ncbi.nlm.nih.gov/pubmed/18977173>)  
Aldred S, Love JA, Tonks LA, Stephens E, Jones DS, Blannin AK.  
J Sci Med Sport. 2010 Jan;13(1):16-9.
4. **Effect of beverage glucose and sodium content on fluid delivery.** (<http://www.ncbi.nlm.nih.gov/pubmed/19232115>)  
Jeukendrup AE, Currell K, Clarke J, Cole J, Blannin AK.  
Nutr Metab (Lond). 2009 Feb 20;6:9.
5. **Changes in glucose tolerance and insulin sensitivity following 2 weeks of daily cinnamon ingestion in healthy humans.** (<http://www.ncbi.nlm.nih.gov/pubmed/19159947>)  
Solomon TP, Blannin AK.  
Eur J Appl Physiol. 2009 Apr;105(6):969-76.
6. **Plasma deuterium oxide accumulation following ingestion of different carbohydrate beverages.** (<http://www.ncbi.nlm.nih.gov/pubmed/19088763>)  
Currell K, Urch J, Cerri E, Jentjens RL, Blannin AK, Jeukendrup AE.  
Appl Physiol Nutr Metab. 2008 Dec;33(6):1067-72.
7. **The effect of feeding frequency on insulin and ghrelin responses in human subjects.** (<http://www.ncbi.nlm.nih.gov/pubmed/18394217>)  
Solomon TP, Chambers ES, Jeukendrup AE, Toogood AA, Blannin AK.  
Br J Nutr. 2008 Oct;100(4):810-9.

