

Professor Janice L. Thompson

Professor Janice L. Thompson, Professor of Public Health Nutrition and Exercise in the School of Sport and Exercise Sciences, describes in seconds her research into finding ways to reduce physical inactivity and support healthy eating behaviours.

Adobe Flash Player or QuickTime is required for video playback. [Get the latest Flash Player](#) [Get the latest version of QuickTime](#)

I'm Janice Thompson, and I'm Professor of Public Health Nutrition and Exercise in the School of Sport and Exercise Sciences.

The overall goal of my research is to find ways to reduce physical inactivity and support healthy eating behaviours to help decrease our risks for conditions such as obesity, type 2 diabetes, and cardiovascular disease. I work with high-risk groups in community-based settings to examine the factors that influence people's physical activity levels and food choices.

I gather information using both quantitative (or numeric) methods and qualitative methods (such as interviews and focus groups). I work with people across the lifespan, from children to older adults, and I'm particularly interested in how we can age more healthfully while living in culturally diverse communities.

I feel the impact of my research will be to discover ways to improve our social and physical environments to make it easier for us to make healthy lifestyle choices, and to design culturally acceptable programmes that promote healthy and active ageing.

[Professor Janice L. Thompson's profile \(http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?ReferenceId=46862&Name=professor-janice-l.-thompson\)](http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?ReferenceId=46862&Name=professor-janice-l.-thompson)

[Privacy](#) | [Legal](#) | [Cookies and cookie policy](#) | [Accessibility](#) | [Site map](#) | [Website feedback](#) | [Charitable information](#)

© University of Birmingham 2015

