

Professor James Byrne
Upper GI and Bariatric Surgeon
University Hospital Southampton NHS Foundation Trust

Professor Byrne is an upper GI and bariatric surgeon working in Southampton. In addition to his bariatric service and OG cancer practice, he works closely with the regional intestinal failure service in Southampton and supports the management of patients referred with complex nutritional problems following bariatric surgery.

Professor Byrne was a researcher in the recently published BYBAND SLEEVE NIHR randomised study comparing outcomes after Bypass, Sleeve and Gastric band surgery in over 1300 patients in the NHS, randomising over 10% of participants in this landmark study. He is a clinical researcher and Honorary Professor at the University of Southampton and was president of the British Obesity and Metabolic Specialist Society from 2023-5.

Dr Jennifer James
Physiotherapy Lecturer/ Researcher
Institute of Population Health, University of Liverpool

Dr Jennifer James is a physiotherapist with expertise in obesity management. She works as a lecturer and researcher at the University of Liverpool, and previously worked in the specialist weight management services in Liverpool prior to undertaking her NIHR funded PhD. Her research has focused on the development of a theory- and evidence-based complex intervention targeting physical activity and sedentary behaviour for people who had undergone bariatric surgery. Jennifer recently served as a specialist member on a NICE early value assessment for the development of digital technologies for delivering multidisciplinary weight-management services.

Ms Cheryl Fox
Community Connector
MPFT SWITCH - Tier 3 Weight Management Pilot, Cannock Chase & Stoke-on-Trent

Cheryl is a Health Coach and Community Connector specialising in long term condition management and mild-moderate frailty. Her role is unique in sitting within a Local Infrastructure Organisation for VCSE (Support Staffordshire) whilst operating within a community NHS trust (MPFT). Cheryl is leading on the feasibility testing of a Coach/Connector role within a specialist obesity care model pilot, which aims to address the varying and complex barriers to living a healthy lifestyle that individuals living with obesity face. Working in cohesive partnership between local VCSE and Health, Cheryl provides personalised holistic support; taking a whole-person approach to uncovering root causes behind current behaviours and mindsets, whilst empowering individuals to address wider determinant factors to support the longevity of positive lifestyle changes. Her work also supports the prevention of new illnesses by promoting lifestyle medicine approaches, alongside nurturing participation in shared decision-making and sustainable care plan implementation.

Ms Lucy Marquis
Transformation Clinical Lead for Integrated Care Community Nursing, LTC & Therapies
Advanced Clinical Practitioner & Registered Dietitian

Lucy is an Advanced Clinical Practitioner Dietitian and Transformation Clinical Lead for Integrated Care for Community Nursing, Long Term Conditions and Therapies at Midlands Partnership University Healthcare NHS Trust. This role focusses on advocating for people as partners in care and asset-based community development approaches. Lucy works across statutory services and the Voluntary, Community, and Social Enterprise sector to develop and deliver new models of care that improve people's outcomes and experiences of care by bringing services together around individuals and communities. Her collective leadership objectives are to address fragmentation and lack of coordination whilst strengthening the provision of whole person-centred, joined-up care. She is Vice Chair of the Specialist Obesity Group for the British Dietetic Association, a Diabetes UK Clinical Champion and sits on the steering group of the Stoke-on-Trent Food Partnership Network.

Ms Nikki Coughlan
Lead Health Coach BeyondBMI

Nikki Coughlan is the Lead Health Coach Manager at BeyondBMI, Ireland's first digitally-delivered multidisciplinary obesity clinic. She leads a growing team of health coaches and has played a central role in designing and scaling the coaching function to support individuals living with obesity through sustainable, evidence-based lifestyle and behaviour change. With a background in nutritional science and behaviour change, Nikki blends clinical collaboration, coaching psychology, digital tools and strategic program development to deliver empathetic, person-centred care, improving both health outcomes and treatment adherence. She holds SCOPE certification from the World Obesity Federation and is passionate about advancing the role of health coaching in chronic disease management.

Ms Lindsay Cary
Weight Management Programme Senior Manager
Staffordshire & Stoke-on-Trent's Weight-related Interventions Tailored in Care for Health

Lindsay Cary is an NHS Advanced Dietitian and ICS Senior Programme Manager for SWITCH (Staffordshire & Stoke-on-Trent's Weight-related Interventions, Tailored in Care for Health) - a nationally recognised, person-centred obesity care model grounded by a biopsychosocial approach. With a background in exercise and a transition into specialist dietetics, Lindsay champions holistic, stigma-free, whole-system strategies for obesity care.

Dr Dimitris Papamargaritis

Associate Professor and Honorary Consultant in Diabetes and Endocrinology

University of Leicester and University Hospitals of Northamptonshire NHS Group

Dimitris Papamargaritis is Associate Professor and Honorary Consultant in Diabetes and Endocrinology at University of Leicester/ University Hospitals of Northamptonshire NHS Group with special interest in obesity and type 2 diabetes. He is the lead consultant for the young type 2 diabetes/ high BMI clinic in Kettering General Hospital. He is also a National Clinical Fellow of the European Association for the Study of Obesity, an operational member of the Association for the study of Obesity (lead for the Centres for Obesity Management) and a member of the academic committee of the Association of British Clinical Diabetologists. His research interests include understanding the mechanisms that the novel obesity pharmacotherapies work and how to best combine lifestyle, pharmacological and surgical treatments for obesity and type 2 diabetes management.

Dr Ehtasham Ahmad

Consultant Diabetes and Tier 3 SWMS

University Hospitals of Leicester

Dr Ehtasham Ahmad is a consultant in Diabetes and Tier 3 Specialist Weight Management Service at the University Hospitals of Leicester NHS Trust. He has completed his training in Diabetes and Endocrinology (CCT) from institutions like King's College London and has completed a PhD in type 2 diabetes from University of Leicester. He is actively involved in research projects at the Leicester Diabetes Centre.

Dr Isabel Howat

Consultant Physician, Diabetes & Endocrinology NHS Lanarkshire

Glasgow, Scotland, United Kingdom

Dr Howat is a consultant diabetologist and endocrinologist in central Scotland. She is clinical lead for the weight management service and has developed the pathway for prescription of pharmacotherapies for obesity locally. She is actively involved in research relating to both diabetes and obesity and she is also a member of several Scottish Government working groups relating to weight management.

Professor Alexander Miras

Professor of Endocrinology Ulster University

Alex Miras is Professor of Endocrinology at Ulster University. His clinical and research work focus solely on obesity and type 2 diabetes. He has contributed to the clinical management and research in Obesity over the last 15 years, through his work at a high throughput Obesity Centre. The

specialist interests of his research Group are the mechanisms of action of interventions for obesity, focusing on pharmacotherapy, medical devices and obesity surgery.

Dr Claudia Coelho
Consultant Diabetes and Endocrinology
Guy's and St Thomas' NHS Foundation Trust

Claudia Coelho is a Diabetes and Endocrinology consultant at Guy's and St Thomas' NHS Foundation Trust. She completed her specialist training in Braga, Portugal, and holds a Master's degree in Clinical Nutrition as well as a postgraduate qualification in Metabolism. Claudia has contributed to research in her field with several published works. She is a national clinical fellow of the European Association for the Study of Obesity and sponsorship lead for the UK Association for the Study of Obesity. She is the medical lead for the South East London Tier 3 Weight Management Programme and is a sub-investigator on multiple clinical trials focusing on obesity and diabetes. As an active clinician, Claudia has extensive experience managing patients with severe and complex obesity and her special interests include very low-calorie diets and obesity pharmacotherapy.

Dr Emma Shuttlewood
Clinical Psychologist
University Hospitals Coventry and Warwickshire

Emma Shuttlewood works in a specialist NHS Weight Management and Bariatric Surgery service at the University Hospitals Coventry and Warwickshire. She has significant experience setting up and developing the psychological aspect of weight management services as well as supporting research in the area. Emma is a co-chair of the British Psychological Society's Obesity Special Interest Group committee, was previously an IHP representative on BOMSS council and is passionate about improving the lives of people living with obesity.

Ms Karen O'Donnell
Obesity and Bariatric Clinical Nurse Specialist
Imperial College Healthcare NHS Trust

Karen is a senior Obesity and Bariatric Clinical Nurse Specialist working for Imperial College Healthcare NHS Trust in London. She has worked in the field of obesity management for over 20 years and provides patient care for people living with obesity. She collaborates with other healthcare professionals to provide holistic care serving as a patient advocate, ensuring their needs are met and their concerns are addressed. She has participated in a number of research projects including the SELECT study and REDEFINE 1 study. One of her career accomplishments is that she leads on the application for accreditation to become an international centre of excellence (ICE) for bariatric surgery, and Imperial College Healthcare was the first in the UK to be awarded this accreditation.