

Dr Karen Milton

Biography of proposed Guidelines Development Group

Institutional affiliation(s) Current: Norwich Medical School, University of East Anglia Prior: University of Oxford

Academic degrees: BSc (hons) in sports science (2001), MSc in Applied Sport and Exercise Science (2003) and PhD in Public Health Policy (2014)

City and country of primary residence Norwich, England

Biography

His research interests mostly focus on the adult age-group, although he also has an interest in the older adult age group. He is particularly interested in the role of muscle strengthening and balance activities, and also the impact of physical activity on bone health – an important area overlooked in previous physical activity recommendations for adults and older adults. Muscle strengthening, and balance activities are often over-looked in public education campaigns and national and international surveillance, which tend to focus on the ‘aerobic’ physical activity recommendation. He has recently published scientific manuscripts reviewing the surveillance of these ‘forgotten’ guidelines globally, as well as across the four UK home nations. He has also undertaken some work looking at the translation of physical activity recommendations into public facing messages. He has involved in the 2010 update of the UK physical activity recommendations, where he led the national web-based consultation. He is currently involved in the 2019 update of the UK physical activity recommendations and sit on the committee responsible for dissemination and surveillance of the updated recommendations across all age groups.