

Dr Paddy C. Dempsey

Biography of proposed Guidelines Development Group

Institutional affiliation(s) Primary: MRC Epidemiology Unit, University of Cambridge School of Clinical Medicine, Institute of Metabolic Science, Cambridge Biomedical Campus, Cambridge CB2 0QQ, United Kingdom

Institutional affiliation Secondary: Baker Heart & Diabetes Institute, Level 4, 99 Commercial Road, Melbourne, VIC 3004, Australia

Academic degrees BPhEd, MSc, PhD

City and country of primary residence Cambridge, United Kingdom

Biography

Dr Dempsey is a multidisciplinary medical research scientist, with groundings in human physiology, exercise science and medicine/public health. He is a National Health & Medical Research Council (NHMRC) of Australia Research Fellow currently based within the Physical Activity Programme (MRC Epidemiology Unit) at Cambridge University, UK. However, he continues to collaborate closely with several laboratories (Physical Activity, Behavioural Epidemiology and Metabolic/Vascular Physiology) at the Baker Heart & Diabetes Institute in Melbourne, Australia. He holds Undergraduate/Master's degrees in Human Physiology and Exercise Science (University of Otago, New Zealand) and a PhD in Medicine/Public Health (Monash University/Baker Heart & Diabetes Institute, Australia). His interests are currently focused on the role of physical activity, sedentary behaviour (i.e. the 'activity spectrum'), and diet (including their interacting effects) in the prevention and management of chronic diseases – particularly type 2 diabetes and cardiovascular disease. His research has influenced international physical activity/exercise clinical guidelines for those with and at risk of diabetes and pre-hypertension. His research and service related to exercise/physical activity guidelines development has generally focussed on adults (i.e. 18-64 years) and older adults (65+), clinical populations, and those who are at increased risk of cardiometabolic diseases.