

# Carmen Piernas, MSc PhD

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## Positions

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2022 – present	<b>Ramon y Cajal Researcher – BIONIT group</b> <i>Department of Biochemistry and Molecular Biology II, University of Granada Institute of Nutrition and Food Technology (INYTA)</i>
2020 – 2022	<b>University Research Lecturer – Health Behaviours Group,</b> <i>Nuffield Department of Primary Care Health Sciences, University of Oxford</i>
2015 – 2020	<b>Postdoctoral Senior Researcher – Health Behaviours Group,</b> <i>Nuffield Department of Primary Care Health Sciences, University of Oxford</i>
2013 – 2014	<b>Research Associate – University of North Carolina Chapel Hill,</b> <i>Food Research Program, Department of Nutrition</i>
2009 – 2013	<b>Research/teaching Assistant - University of North Carolina Chapel Hill,</b> <i>Food Research Program, Department of Nutrition</i>
2004 – 2008	<b>Nutritional therapist, Garaulet Nutritional Centre (Murcia, Spain)</b>

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## Education

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2009 – 2013	<b>Doctor of Philosophy in Nutrition, Minor in Epidemiology; University of North Carolina,</b> <i>Gillings School of Global Public Health, Department of Nutrition, Nutritional Epidemiology Division</i>
2007 – 2008	<b>Master in Biomedical Sciences; University of Murcia, Spain</b> <i>School of Medicine, Department of Physiology</i>
2000 – 2006	<b>BSc in Biological Sciences; University of Murcia, Spain</b> <i>School of Biology, Department of Physiology</i>

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## Research funding attracted as Principal investigator:

- 1. NIHR SPCR (04/2018-04/2019) £2,140.** *Title: Measuring changes in lipid markers in the PCSHOP trial*
- 2. NIHR CLAHRC-BRC (06/2018-03/2019) £50,000.** *Title: Developing a mobile application for tracking and improving the quality of food purchased 'SwapShop'*
- 3. NIHR CLAHRC-BRC (06/2018-03/2019) £20,000.** *Title: Understanding food swap behaviours in the PCSHOP study*
- 4. NIHR SPCR (09/2017- 08/2018) £31,270.** *Title: Body composition measurement and its prognostic value in aging and disease*
- 5. NIHR CLAHRC (06/2016-12/2018) £150,000.** *Title: Primary Care Shopping Intervention for Cardiovascular Disease Prevention (PCSHOP study)*
- 6. British Nutrition Foundation Pump Priming Award (11/2016-11/2018) £5,000.** *Title: Dietary patterns, body composition and cardiovascular risk in the UK Biobank study*

## Research funding attracted as co-Principal investigator:

- 1. Guys and St Thomas Charity (03/2021-03/2023) £67,000.** *Title: Consumer Goods Forum Collaboration for Healthier Lives, Evaluation of Phase II interventions in supermarkets*
- 2. Guys and St Thomas Charity (01/2019-03/2020) £37,350.** *Title: Consumer Goods Forum Collaboration for Healthier Lives, Evaluation of Phase I interventions in supermarkets*
- 3. Oxford BHF CRE (09/2018-04/2019) £4,200.** *Title: Estimating individual dietary fatty acids intakes in large cohort studies as potential novel modifiable risk factors for cardiovascular diseases*
- 4. NIHR CLAHRC (04/2016-03/2017) £51,868.** *Title: A Systematic Review of Meal Replacements for Body Weight Self Management*

## Patents and intellectual property

**Woods Supermarket: a research platform for testing interventions.** Oxford University Innovation and intellectual property office. <https://woodssupermarket.co.uk/>

## Academic committees and professional bodies

2015- Member of the European & UK Association For The Study Of Obesity  
2018- Member of the Nutrition Society  
2016 - 2018 Expert advisor. International Life Science Institute Europe Food Intake Methodology Task Force, Expert Group "Evaluation of New Methods for Dietary Intake Assessment".  
2017 - 2020 Expert advisor and external reviewer. French National Institute of Cancer (INCA), scientific review committee for evaluation of cancer research projects in social and human sciences, epidemiology and public health

## Awards

### Personal awards, pump-priming and scholarships:

2020 European Association for the Study of Obesity New Investigator in Public Health Award  
2016 British Nutrition Foundation Drummond Pump Priming Award (UK) £5,000  
2013 Doctoral Dissertation Award, School of Public Health, UNC-Chapel Hill (USA) \$5,000  
2009 UNC Chapel Hill School of Public Health's Annual Fund Scholarship (USA) \$5,000  
2007 Master's Dissertation Scholarship, Regional Government of Murcia (Spain) €2,000

### Conference awards:

2016 Best Poster Pitch Award; Health, Behaviour and Environment Track; EOS (Sweden)  
2015 UK Association for the study of obesity travel grant, Glasgow (UK)  
2013 American Society for Nutrition, International Congress of Nutrition, Granada (Spain)  
2013 UNC Graduate School GPSF travel award, Experimental Biology, Boston (USA)  
2011 Pat Simons Travel Award. The Obesity Society Meeting, Orlando, FL (USA)

## Teaching, supervision and examination

### Teaching

2017- 2022 MSc Global Health-Epidemiology – Nutritional Epidemiology, Module lead & lecturer  
2017- 2022 MSc Evidence Based Health Care – Essential Medical Statistics, Course tutor  
2016 - 2017 Centre for Evidence Based Medicine – EBM courses, student presentation facilitation  
2015 - 2016 MSc Global Health - Epidemiology – Nutritional Epidemiology Module lecturer  
2014 - 2015 MSc Global Health- Epidemiology – Nutritional Epidemiology Module, practicals  
2010 - 2011 Nutritional Epidemiology Course, UNC School of Public Health, teaching assistant and lecturer

### Supervision (University of Oxford)

Lee C	01/09/2019- currently	DPhil Primary Health Care
Payne Riches S	01/09/2016-12/07/2020	DPhil Primary Health Care
Knowles R	01/09/2018-31/08/2018	MSc Global Health and Epidemiology
Farinloye A	01/10/2017-26/07/2018	MSc Evidence-Based Health Care
MacLean F	01/09/2015-31/08/2016	MSc Global Health and Epidemiology
Smiley K	01/10/2015-31/12/2016	MSc Evidence-Based Health Care
Lasater G	01/10/2010-01/07/2011	BSc Honour thesis

## PhD Examinations

Amies-Cull B	18/02/2020	Transfer of DPhil status – <i>University of Oxford (UK)</i>
Mizdrak A	12/05/2016	Confirmation of DPhil status – <i>University of Oxford (UK)</i>
Kaur A	04/10/2016	Confirmation of DPhil status – <i>University of Oxford (UK)</i>
Santos JA	25/11/2021	PhD Examination – <i>University of University of New South Wales (Australia)</i>

## College advisor (University of Oxford)

Kellogg College Research Member of the Common Room, advising 10+ MSc or DPhil students

## Peer review

2019-current Editorial Board, Public Health Nutrition, Cambridge University Press

2009-current Reviewer for >25 scientific journals in the area of Medicine, Nutrition, Public Health and Epidemiology: the BMJ, Lancet Public Health, American Journal of Clinical Nutrition, Obesity Reviews, Pediatrics, etc.

## Peer-reviewed journal articles

- 1) Heath, L., Jebb, S.A., Aveyard, P., **Piernas, C.** Obesity, metabolic risk and adherence to healthy lifestyle behaviours: prospective cohort study in the UK Biobank. BMC Medicine, 2022, 20(1), 65
- 2) Saul, H., Gursul, D., **Piernas, C.** People carrying excess weight have an increased risk of severe covid-19. The BMJ, 2022, 376, o141
- 3) Frie K, Stewart C, **Piernas C**, Cook B, Jebb SA. Effectiveness of an Online Programme to Tackle Individual's Meat Intake through SElf-regulation (OPTIMISE): A randomised controlled trial. European Journal of Nutrition. 2022 Mar 4:1-2.
- 4) Gao, M., Wang, Q., **Piernas, C (joint first authors).**, Astbury, N.M., Jebb, S.A., Holmes, M.V. and Aveyard, P., 2022. Associations between body composition, fat distribution and metabolic consequences of excess adiposity with severe COVID-19 outcomes: observational study and Mendelian randomisation analysis. International Journal of Obesity, 2022 pp.1-8. Q2
- 5) Lee, C., **Piernas, C.**, Stewart, C., ... Aveyard, P., Waite, F. Identifying effective characteristics of behavioral weight management interventions for people with serious mental illness: A systematic review with a qualitative comparative analysis. Obesity Reviews, 2022 D1
- 6) **Piernas, C.**, Cook, B., Stevens, R., ...Scarborough, P., Jebb, S.A. Estimating the effect of moving meat-free products to the meat aisle on sales of meat and meat-free products: A non-randomised controlled intervention study in a large UK supermarket chain. PLoS Medicine, 2021, 18(7), e1003715 D1
- 7) Riches, S.P., **Piernas, C.**, Aveyard, P., ...Albury, C., Jebb, S.A. A mobile health salt reduction intervention for people with hypertension: Results of a feasibility randomized controlled trial. JMIR mHealth and uHealth, 2021, 9(10), e26233 Q1
- 8) Stewart, C., **Piernas, C.**, Cook, B., Jebb, S.A. Trends in UK meat consumption: analysis of data from years 1-11 (2008-09 to 2018-19) of the National Diet and Nutrition Survey rolling programme. The Lancet Planetary health, 2021, 5(10), pp. e699–e708 D1

- 9) Brayner, B., Kaur, G., Keske, M.A., ...**Piernas, C.**, Livingstone, K.M. Dietary Patterns Characterized by Fat Type in Association with Obesity and Type 2 Diabetes: A Longitudinal Study of UK Biobank Participants. *Journal of Nutrition*, 2021, 151(11), pp. 3570–3578 Q2
- 10) Lee, C., Waite, F., Smith, M.C., ...Aveyard, P., **Piernas, C.** Weight change, cardio-metabolic risk factors and cardiovascular incidence in people with serious mental illness: Protocol of a population-based cohort study in the UK from 1998 to 2020. *BMJ Open*, 2021, 11(11), e053427 Q2
- 11) Kebbe, M., Gao, M., Perez-Cornago, A., Jebb, S.A., **Piernas, C.** Adherence to international dietary recommendations in association with all-cause mortality and fatal and non-fatal cardiovascular disease risk: a prospective analysis of UK Biobank participants. *BMC Medicine*, 2021, 19(1), 134 D1
- 12) Kelly, R.K., Watling, C.Z., Tong, T.Y.N., **Piernas C.**,...Key, T.J., Perez-Cornago, A. Associations between Macronutrients from Different Dietary Sources and Serum Lipids in 24 639 UK Biobank Study Participants. *Arteriosclerosis, Thrombosis, and Vascular Biology*, 2021, pp. 2190–2200. D1
- 13) Ahmad, A., Zulaily, N., Shahril, M.R., ...**Piernas, C.**, Ahmed, A. Obesity determinants among Malaysian 12-year old school adolescents: findings from the HAT study. *BMC Pediatrics*, 2021, 21(1), 418 Q3
- 14) Gao M & **Piernas C** (joint first authors), N Astbury, et al, Jebb SA. Associations between body-mass index and COVID-19 severity in 6.9 million people in England: a prospective, community-based cohort study. *Lancet Diabetes Endocrinology* (2021). D1
- 15) Harmer G, Jebb SA, Ntani G, Vogel C, **Piernas C.** Capturing the Healthfulness of the In-Store Environments of United Kingdom Supermarket Stores Over 5 Months (January–May 2019). *Am J Prev Medicine* (2021). Q1
- 16) Perez-Cornago A, Pollard Z, Young H, van Uden M, Andrews C, **Piernas C**, Key T, Mulligan A, Lentjes M. Description of the updated nutrition calculation of the Oxford WebQ questionnaire and comparison with the previous version among 207,144 participants in UK Biobank. *European Journal of Nutrition* 2021. Q1
- 17) Watling, C Z., Kelly R, Tong T, **Piernas C**, et al Perez-Cornago A. "Associations of circulating insulin-like growth factor-I with intake of dietary proteins and other macronutrients." *Clinical Nutrition* (2021). D1
- 18) Gao M, Jebb SA, Aveyard P, Ambrosini GL, Perez-Cornago A, Carter J, Sun X, **Piernas C**. Associations between dietary patterns and the incidence of total and fatal cardiovascular disease and all-cause mortality in 116,806 individuals from the UK Biobank: a prospective cohort study. *BMC Med.* 2021 Apr 22;19(1):83 D1
- 19) Knowles R, Carter J, Jebb SA, Bennett D, Lewington S, **Piernas C**. Associations of Skeletal Muscle Mass and Fat Mass With Incident Cardiovascular Disease and All-Cause Mortality: A Prospective Cohort Study of UK Biobank Participants. *J Am Heart Assoc.* 2021 Apr 19:e019337 Q1
- 20) Lee, C.L., Aveyard, P.N., Jebb, S.A., **Piernas, C.** Using supermarket loyalty card data to provide personalised advice to help reduce saturated fat intake among patients with hypercholesterolemia: A qualitative study of participants' experiences. *Nutrients*, 2021, 13(4), 1146. Q1
- 21) Stewart, C., Frie, K., **Piernas, C.**, Jebb, S.A. Development and reliability of the oxford meat frequency questionnaire. *Nutrients*, 2021, 13(3), pp. 1–14, 922 Q1

- 22) **Piernas, C.**, Perez-Cornago, A., et al Jebb, S.A. Describing a new food group classification system for UK biobank: analysis of food groups and sources of macro- and micronutrients in 208,200 participants. *European Journal of Nutrition*, 2021 Q1
- 23) García CR, **Piernas C**, Martínez-Rodríguez A, Hernández-Morante JJ. Effect of glucose and sucrose on cognition in healthy humans: a systematic review and meta-analysis of interventional studies. *Nutr Rev.* 2021 Jun 25:nuaa036. D1
- 24) **Piernas, C.**, Aveyard, P., Lee, C., Tsiountsioura, M., Noreik, M., Astbury, N.M., Oke, J., Madigan, C., Jebb, S.A. Evaluation of an intervention to provide brief support and personalized feedback on food shopping to reduce saturated fat intake (PC-SHOP): A randomized controlled trial. (2020) *PLoS Medicine*, 17 (11). D1
- 25) Marty, L., Cook, B., **Piernas, C.**, Jebb, S.A. and Robinson, E., 2020. Effects of Labelling and Increasing the Proportion of Lower-Energy Density Products on Online Food Shopping: A Randomised Control Trial in High-and Low-Socioeconomic Position Participants. *Nutrients*, 12(12), p.3618. Q1
- 26) **Piernas, C.**, Maclean, F., Aveyard, P., , et al Jebb, S.A. Greater Attendance at a Community Weight Loss Programme over the First 12 Weeks Predicts Weight Loss at 2 Years *Obesity Facts*, 2020, 13(4), pp. 349-360. Q2
- 27) Lee MM, Jebb SA, Oke J, **Piernas C**. Reference values for skeletal muscle mass and fat mass measured by bioelectrical impedance in 390 565 UK adults. *J Cachexia Sarcopenia Muscle*. 2020 Jan 13. doi: 10.1002/jcsm.12523. D1
- 28) Hernández-Morante JJ, **Piernas C**, Guillén-Martínez D, Pardo-Caballero A, Fernández-Abellán MJ, Morales-Moreno I. Health status and nutritional development of adopted Ethiopian children living in southern Spain: A prospective cohort study. *Nutrition*. 2020 Mar;71:110611. doi: 10.1016/j.nut.2019.110611. Q2
- 29) Payne Riches S, **Piernas C**, Aveyard P, Sheppard JP, Rayner M, Jebb SA. The Salt Swap intervention to reduce salt intake in people with high blood pressure: protocol for a feasibility randomised controlled trial. *Trials*. 2019 Oct 11;20(1):584. doi: 10.1186/s13063-019-3691-y. Q2
- 30) Carter JL, Lewington S, **Piernas C**, Bradbury K, Key TJ, Jebb SA, Arnold M, Bennett D, Clarke R. Reproducibility of dietary intakes of macronutrients, specific food groups, and dietary patterns in 211 050 adults in the UK Biobank study. *J Nutr Sci*. 2019 Oct 29;8:e34. doi: 10.1017/jns.2019.31. Q4
- 31) Koutoukidis DA, Jebb SA, Ordóñez-Mena JM, Noreik M, Tsiountsioura M, Kennedy S, Payne-Riches S, Aveyard P, **Piernas C**. Prominent positioning and food swaps are effective interventions to reduce the saturated fat content of the shopping basket in an experimental online supermarket: a randomized controlled trial. *Int J Behav Nutr Phys Act*. 2019 Jun 7;16(1):50. D1
- 32) **Piernas C**, Tsiountsioura M, Astbury NM, Madigan C, Aveyard P, Jebb SA. Primary Care SHOPping intervention for cardiovascular disease prevention (PC-SHOP): protocol for a randomised controlled trial to reduce saturated fat intake. *BMJ Open*. 2019 Apr 15;9(4):e027035. Q2
- 33) Astbury NM, **Piernas C**, Hartmann-Boyce J, Lapworth S, Aveyard P, Jebb SA. A systematic review and meta-analysis of the effectiveness of meal replacements for weight loss. *Obes Rev*. 2019 Apr;20(4):569-587 D1
- 34) Payne Riches SP, Aveyard P, **Piernas C**, Rayner M, Jebb SA. Optimising swaps to reduce the salt content of food purchases in a virtual online supermarket: A randomised controlled trial. *Appetite*. 2019. 133, pp 378-386. doi: 10.1016/j.appet.2018.11.028. Q1

- 35) Eldridge AL, **Piernas C**, Illner AK, Gibney MJ, Gurinović MA, de Vries JHM, Cade JE. Evaluation of New Technology-Based Tools for Dietary Intake Assessment-An ILSI Europe Dietary Intake and Exposure Task Force Evaluation. *Nutrients*. 2018 Dec 28;11(1). pii: E55. doi: 10.3390/nu11010055. Review. Q1
- 36) Hartmann-Boyce J, Aveyard P, **Piernas C**, Koshiaris C, Velardo C, Salvi D, Jebb SA. Cognitive and behavioural strategies for weight management in overweight adults: Results from the Oxford Food and Activity Behaviours (OxFAB) cohort study. *PLoS One*. 2018 Aug 10;13(8):e0202072. Q1
- 37) Bastawrous M, **Piernas C**, Bastawrous A, Oke J, Lasserson D, Mathenge W, Burton M, Jebb SA, and Kuper H. Reference values for body composition and associations with blood pressure in Kenyan adults aged  $\geq 50$  years old. *Eur J Clin Nutr*. 2018. Q2
- 38) Hartmann-Boyce J, Bianchi F, **Piernas C**, Payne Riches S, Frie K, Nourse R, Jebb SA. Grocery store interventions to change food purchasing behaviours: a systematic review of randomized controlled trials. *Am J Clin Nutr*. 2018 April. D1
- 39) Teasdale N, Elhussein A, Butcher F, **Piernas C**, Cowburn G, Hartmann-Boyce J, Saksena R, Scarborough P. Systematic review and meta-analysis of remotely delivered interventions using self-monitoring or tailored feedback to change dietary behavior. *Am J Clin Nutr*. 2018 Feb 1;107(2):247-256. D1
- 40) **Piernas C**, Aveyard P, Jebb S. Recent trends in dieting: repeated cross-sectional analyses from the Health Survey for England. *International Journal of Obesity (Lond)*. 2016 Aug 16. Q1
- 41) **Piernas C**, Wang D, Popkin B et al. Obesity and Non-Communicable Disease (NCD) Risk Factors in Association with Dietary Factors among Chinese School-aged Children. *Asia Pacific J Clin Nutr* 2016;25(4):2015-0180. Q3
- 42) **Piernas C**, Wang D, Popkin B et al. The double burden of under- and overnutrition and nutrient adequacy among Chinese preschool and school-aged children in 2009-2011. *Eur J Clin Nutr* 2015 Jul 1. Q2
- 43) **Piernas C**, Miles D, Popkin B et al. Estimating usual intakes mainly affects the micronutrient distribution among infants, toddlers and preschoolers from the 2012 Mexican National Health and Nutrition Survey. *Public Health Nutr* 2015 Aug 18:1-10. Q1
- 44) **Piernas C**, Barquera S, Popkin B. Current patterns of water and beverage consumption among Mexican children and adolescents 1-18 y: Analysis of the Mexican National Health and Nutrition Survey 2012. *Public Health Nutr*. 2014 Oct;17(10):2166-75 Q1
- 45) Stern D, **Piernas C**, Popkin B et al. Caloric beverages were major sources of energy among children and adults in Mexico, 1999-2012. *J Nutr*. 2014 Jun;144(6):949-56. Q1
- 46) **Piernas C**, Ng SW, Popkin B et al. A Dynamic Panel Model of the Associations of Sweetened Beverage Purchases With Dietary Quality and Food-Purchasing Patterns. *Am J Epidemiol*. 2015 May 1; 181(9):661-71. D1
- 47) **Piernas C**, Mendez MA, Ng SW, Gordon-Larsen P, Popkin B. Low calorie- and caloric-sweetened beverages: Diet quality, food intake and purchase patterns of U.S. household consumers. *Am J Clin Nutr* 2014 ajcn.072132; First published online December 18, 2013. D1
- 48) **Piernas C**, Ng SW, Popkin B.M. Trends in Purchases and Intake of Foods and Beverages Containing Caloric and Low-Calorie Sweeteners over the last decade in the U.S. *Pediatr Obes*. 2013 Mar 25. D1

- 49) **Piernas C**, Tate D.F, Popkin B.M. Does diet beverage intake affect dietary consumption patterns? Results from the CHOICE RCT study. *Am J Clin Nutr.* 2013 Mar;97(3):604-11. D1
- 50) **Piernas C**, Popkin BM. Increased portion sizes from energy-dense foods affect total energy intake at eating occasions in US children and adolescents: patterns and trends by age group and sociodemographic characteristics, 1977-2006. *Am J Clin Nutr.* 2011 Nov;94(5):1324-32. D1
- 51) Lasater G, **Piernas C**, Popkin BM. Beverage patterns and trends among school-aged children in the US, 1989-2008. *Nutr J.* 2011 Oct 2;10:103. Q2
- 52) **Piernas C**, Popkin BM. Food Portion Patterns and Trends among US Children and the Relationship to Total Eating Occasion Size, 1977-2006. *J Nutr.* 2011 Jun;141(6):1159-64. Q1
- 53) **Piernas C**, Popkin BM. Trends in snacking among U.S. children. *Health Aff (Millwood).* 2010 Mar-Apr;29(3):398-404. D1
- 54) **Piernas C**, Popkin BM. Snacking increased among U.S. adults between 1977 and 2006. *J Nutr.* 2010 Feb;140(2):325-32. Q1
- 55) **Piernas Sánchez CM**, Morales Falo EM, Zamora Navarro S, Garaulet Aza M. Study and classification of the abdominal adiposity throughout the application of the two-dimensional predictive equation Garaulet et al., in the clinical practice. *Nutr Hosp*,2010 MarApr;25(2):270-4. Q4
- 56) **Piernas C**, Hernández-Morante JJ, Canteras M, Zamora S, Garaulet M. New computed tomography-derived indices to predict cardiovascular and insulin-resistance risks in overweight/obese patients. *Eur J Clin Nutr.* 2009 Jul;63(7):887-97. Q2

## Other Publications

### Book chapters

1. **Carmen Piernas**, Nerea Martín Calvo, Itziar Zape, Miguel Ruiz-Canela López. Chapter 39: Health Education. *Conceptos en Salud Pública y Estrategias Preventivas (Public Health Concepts and Preventive Strategies)*, 2018, Elsevier, ISBN 9788491131205
2. Vogel C and **Piernas C**. Chapter 5: The Retail Food Environment. *The wider Food Environment: Place, evidence and practice*, CRC Press, 2022 (in press)

### Invited presentation and lectures

- 1) **Piernas C**. "Associations between BMI and Covid-19 severity in the UK". The Association for the Study of Obesity UKCO Hot Topics 2021, Obesity and COVID: implications for the future in obesity treatment and prevention, September 2021
- 2) **Piernas C**. "Dietary patterns and CVD and mortality – use of UK Biobank". The Nutrition Society Meeting 2021: Plant-rich dietary patterns and health, October 2021
- 3) **Piernas C**. Obesity and COVID-19 Severity. Symposium Immunocompetence, Nutrition and COVID 19. American Society for Nutrition NUTRITION 2021 LIVE ONLINE June 7, 2021
- 4) **Piernas C**. "Behavioural interventions to improve the quality of the grocery shopping", Guest Speaker for the Introduction to Study Design and Research Methods Evidence Based Health Care, June 2019
- 5) **Piernas C**. " Behavioural interventions to improve the quality of grocery shopping: working with retailers and clinicians", 4th Annual CDRC Data Partner Forum, Mary 2019, Leeds UK.
- 6) **Piernas C**. "How can industry and retail more effectively leverage pricing to drive healthier choices?" 2018 Calorie Reduction Summit, The Royal Society, London.
- 7) **Piernas C**. "Diet, Obesity and Health", colloquium presented at the Madariaga Series (April 2016), Magdalen College, University of Oxford



- 8) **Piernas C.** "Diet, Obesity and Health: New Approaches for the XXI Century", Presented at Ponce Health Science University (March 2016), Puerto Rico
- 9) **Piernas C.** "Snacking research: scientific approach and recent findings" Presented at the 2015 Dietary Intake Community of Practice Workshop; Nestle Research Centre, Lausanne (Switzerland).
- 10) Popkin BM, Duffey K, **Piernas C.** "Snacking in Youth: Norm or Need?" Presented at the 2011 Obesity Society Meeting. Symposium "Snacking in Youth: Nutritional Boon or Boondoggle". Orlando, Florida (USA).
- 11) **Piernas C.** "United States of Snackers: Nutritional Implications of Between-Meal Eats from the 1970s-2006". Presented at the 2010 "Get Crackin' on Healthy Snacking" seminar, Pistachio Harvest Tour, California (USA).

### Oral presentations in scientific conferences

- 1) **Piernas C**, Aveyard P, Jebb S. *Brief support and personalised feedback on food shopping to encourage saturated fat reduction: results from the PC-SHOP randomised controlled trial.* UK Society for Behavioural Medicine 2020.
- 2) Knowles R, et al, **Piernas C.** *The association of body composition with fatal and non-fatal cardiovascular outcomes from hospital records in the UK Biobank.* European Congress of Obesity 2019.
- 3) Koutoukidis D, et al, **Piernas C.** *The effectiveness of altering the default order of foods and offering swaps on the saturated fat content of food purchases in an experimental online supermarket: a randomised controlled trial.* UK Society for Behavioural Medicine 2018.
- 4) **Piernas C**, Lee MM; Oke J, Jebb SA. *Reference values for skeletal muscle mass and fat mass by bioelectrical impedance analysis derived from the UK Biobank population.* UKCO 2018, Newcastle (UK)
- 5) **Piernas C**, J. et al Jebb S. *Grocery store interventions to change food purchasing behaviours: a systematic review of randomised controlled trials.* 2018 UK Nutrition Society, Leeds (UK)
- 6) Astbury N, **Piernas C**, et al, Jebb SA. *The use of meal replacements for weight loss: a systematic review and meta-analysis.* 2017 European Congress of Obesity, Porto (Portugal)
- 7) **Piernas C**, Aveyard P, Jebb S. *Intentional weight loss attempts among adults in England: Prevalence and trends over time, 1997-2013.* European Obesity Summit, June 2016. Sweden.
- 8) **Piernas C**, Aveyard P, Jebb S. *Who is trying to lose weight in England? Changes in dieting behaviours 1997-2013.* UK Congress of Obesity, Glasgow, September 2015.
- 9) Wang D, **Piernas C**, Du S, Zhang B, Popkin B. *Association between Cardiometabolic Risk Factors and Dietary Nutrient Intakes among Chinese School-aged Children.* The Lancet-China Academy of Medical Sciences Health Summit, Beijing. October 2015.
- 10) Wang D, Eldridge AL, **Piernas-Sanchez CM**, Du S, Bardsley P, Popkin B. *Double Burden of Under- and Over-nutrition and Nutrient Adequacy among Chinese Preschool and School-aged Children.* Asia Pacific Conference on Clinical Nutrition, Kuala Lumpur Malaysia. January 2015.
- 11) **Piernas C**, Popkin B.M. *Low calorie- and caloric-sweetened products: Dietary quality and dietary patterns of US household consumers from 2000-2010.* International Congress of Nutrition, Granada. September 2013.
- 12) **Piernas C**, Ng SW, and Popkin B. *Dynamics in Purchases and Consumption of Beverages by Sweetener type in U.S. Households, 2000-2010.* The Obesity Society Meeting. San Antonio, TX. September 2012.
- 13) **Piernas C**, Ng SW, and Popkin B. *Comparing actual caloric value of food purchases with NHANES: what is missing?.* Experimental Biology, The American Society for Nutrition. San Diego, CA. April 2012.
- 14) **Piernas C**, Tate D, and Popkin B. *Does Diet Beverage Intake Affect Consumption Patterns? Results from the CHOICE RCT Study.* The Obesity Society Meeting. Orlando, FL. October 2011.