

CV date	01/10/2024
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Part A. PERSONAL INFORMATION

First and Family name	Carmen Maria Piernas Sanchez		
ID number	23267448G		
Gender	Female	Birth date 23/04/1982	
Career breaks	Maternity leaves 2014 and 2017		
Researcher codes	WoS Researcher ID (*)	AAT-8276-2020	
	SCOPUS Author ID(*)	25626445300	
	ORCID **	0000-0002-7536-922X	

A.1. Current position

University/Institution	University of Granada		
Department	Department of Biochemistry and Molecular Biology II, Faculty of Pharmacy		
Address & Country	Campus La Cartuja, Granada (Spain)		
Phone number	+34 615210894	E-mail	carmenpiernas@ugr.es
Current position	Senior Researcher-Ramon y Cajal Fellow	From	01/01/2022
Key words	Nutrition, dietary interventions, obesity, cardiovascular disease, behavioural sciences, epidemiology, preventive medicine		

A.2. Previous positions

Period	Position/Institution/Country/Interruption cause
2015-2022	Postdoctoral Senior Researcher & University Research Lecturer – Health Behaviours Group, Nuffield Department of Primary Care Health Sciences, University of Oxford
2009-2013	Research/teaching Assistant & doctoral student – Food Research Program, Department of Nutrition, School of Public Health, University of North Carolina Chapel Hill (USA)

A.3. Education

Degree	University	Year
PhD in Nutrition (main specialty) and Epidemiology (2 nd specialty)	University of North Carolina at Chapel Hill, School of Global Public Health, USA	2013
Master in Biomedical Sciences	University of Murcia, Faculty of Medicine, Spain	2008
Bachelor in Biology	University of Murcia, Faculty of Biology, Spain	2006

Part B. CV SUMMARY

Scientific metrics: Dr Piernas has published a total of 88 peer-reviewed SCI publications and 3 book chapters. Of all published research, 58 papers are Q1 and 27 are D1. Of all published research, 48 papers were as first/corresponding/last author. Her H index is 27 (WOS); ~2,866 cites (WOS); average of 344 cites/year over the last 5 years.

Education and current position: Dr Piernas is a Nutrition scientist, currently working as a Ramon y Cajal fellow at the University of Granada and honorary researcher (University Research Lecturer) at the University of Oxford since 2015. She graduated in 2013 with a PhD in Nutrition from the University of North Carolina at Chapel Hill (USA) where she was awarded the School of Public Health's Annual Fund Scholarship and the Doctoral Dissertation Award.

Research and leadership: She is currently working on dietary interventions for the prevention of cardiometabolic diseases in the Spanish population, with an integrative approach between Molecular Biology and Epidemiology and a vision of progress in Precision Nutrition. Her field of research focuses on the integration of nutritional and lifestyle factors with omics data to improve the understanding and prevention of noncommunicable diseases. Her main focus is on the interaction between diet and lifestyle, metabolomics and cardiometabolic diseases by identifying metabolite signatures associated with health and how diet and lifestyle can modulate associations and metabolic pathways.



Between 2015-2022, she worked at the University of Oxford to develop a new research program aiming to improve the nutritional quality of the food purchased in order to reduce the risk of cardiovascular disease, diabetes and obesity. She was also investigating ways to promote healthier and more sustainable food choices. This work involved important new cross-cutting collaborations with the food industry (Tesco, Sainsbury's), charities (British Heart Foundation, Cancer Research UK) and policymakers (Public Health England), as well as multi-disciplinary academic collaborations across nutrition, behavioural science, big data and health geography with top leading institutions. In parallel, she established excellent working collaborations with colleagues from the UK Biobank group. She is still leading work using the dietary data to develop a new system of grouping the dietary data and to apply novel methods to investigate dietary patterns which will be made available to the whole UK Biobank community.

She has participated as speaker in top scientific conferences in the USA, UK or other European countries with 16 oral communications and 15 invited lectures. She is serving in the Editorial Board of Public Health Nutrition (Cambridge University Press) as Associate Editor since 2019 and BMC Medicine since 2024. She is a frequent external reviewer for top scientific journals in the area of Nutrition, Endocrinology, Medicine and Public Health (e.g. BMJ, Lancet). Several of her articles have attracted media attention from top news outlets (New York Times, Reuters) and her articles on obesity and COVID-19 severity from the University of Oxford were featured in BBC news, which is an important indicator of the societal impact of her research.

Transfer of knowledge through mentoring and teaching: She has supervised 4 MSc theses, 1 BSc Honors and co-directed 3 PhD students (one ongoing); and has served in examination boards for PhD students. She was Module Lead and lecturer in the "Nutrition Epidemiology" module (MSc Global Health and Epidemiology); and course tutor in the Essential Medical Statistics (MSc Evidence Base Health Care). She is currently teaching Structural Biochemistry at the University of Granada.

She received the honorary title of University Research Lecturer by the University of Oxford in 2020, which recognizes substantial independent research achievements and academic excellence. She was also awarded the title of Research Member of the Common Room and College Advisor at Kellogg College (University of Oxford) in 2016.

Part C. RELEVANT MERITS

C.1. Publications (including books)

She has published 88 scientific articles listed in JCR, from which the top 10 are highlighted:

- 1) **Piernas, C.**, Patone, M., Astbury, N. M., Gao, M., Sheikh, A., Khunti, K., ... & Jebb, S. A. (2022). Associations of BMI with COVID-19 vaccine uptake, vaccine effectiveness, and risk of severe COVID-19 outcomes after vaccination in England: a population-based cohort study. *The Lancet Diabetes & endocrinology*, 10(8), 571-580. **D1 IF 44.9**
- 2) **Piernas, C.**, Harmer, G., Jebb, S.A. Removing seasonal confectionery from prominent store locations and purchasing behaviour within a major UK supermarket: Evaluation of a nonrandomised controlled intervention study. *PLoS Medicine*, 2022, 19(3), **Q1 IF 11.6**
- 3) Gao, M., Jebb, S.A., Aveyard, P., Ambrosini, G.L., Perez-Cornago, A., Papier, K., Carter, J. and **Piernas, C.** 2022. Associations Between Dietary Patterns and Incident Type 2 Diabetes: Prospective Cohort Study of 120,343 UK Biobank Participants. 2022. *Diabetes Care*. **D1 IF 19.1**
- 4) 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 **Q1 IF 11.8**
- 5) 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 IF 44.9**
- 6) 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 IF 28.8**



- 7) **Piernas, C.**, Aveyard, P., et al 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 IF 10.5**
- 8) 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. **D1 IF 9.8**
- 9) **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 IF 5.04**
- 10) **Piernas C.**, et al, 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; **D1 IF 6.8**

C.2. Research projects and grants

Research funding attracted as Principal investigator:

1. Ministerio de Ciencia e Innovación, Proyectos de Generación de Conocimiento 2021, PID2021-127312OA-I00 (09/2022 – 09/2025) 157,000€. Title: Cardiovascular disease prevention through a reduced meat intervention in a Mediterranean population (CADIMED): a randomised controlled trial with a metabolomic profiling approach
2. Ministerio de Ciencia e Innovación, Convocatoria Ramon y Cajal 2020, RYC2020-028818-I (01/2022 – 12/2025), 42,000€. Title: Healthier and sustainable diets for the prevention of chronic diseases and a lower environmental footprint
3. NIHR CLAHRC (06/2016-12/2018) £150,000. Title: Primary Care Shopping Intervention for Cardiovascular Disease Prevention
4. NIHR SPCR (04/2018-04/2019) £2,140. Title: Measuring changes in lipid markers in the PCSHOP trial
5. NIHR CLAHRC-BRC (06/2018-03/2019) £50,000. Title: Developing a mobile application for tracking and improving the quality of food purchased: 'SwapSHOP'
6. NIHR CLAHRC-BRC (06/2018-03/2019) £20,000. Title: Understanding food swap behaviours in the PCSHOP study
7. NIHR SPCR (09/2017- 08/2018) £31,270. Title: Body composition measurement and its prognostic value in aging and disease
8. British Nutrition Foundation Pump Priming Award (11/2016-11/2018) £5,000. Title: Dietary patterns, body composition and cardiovascular risk in the UK Biobank

Research funding attracted as co-Principal investigator:

1. NIHR CLAHRC (04/2016-03/2017) £51,868. Title: A Systematic Review of Meal Replacements for Body Weight Self Management
2. 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
3. Guys and St Thomas Charity (01/2019-03/2020) £37,350. Title: Consumer Goods Forum Collaboration for Healthier Lives

Participation in other projects:

1. University of Oxford (UK): Livestock, Environment and People (LEAP), subtheme Diet, Health and Behaviour led by Prof Susan Jebb, funded by the Wellcome trust (£7mill 2016-21)
2. UNC-Chapel Hill (USA): Healthy Weight Commitment Foundation (HWCF) project to evaluate US companies' pledge to reduce annual calories by 1.5 trillion by the end of 2015. Funded by the Robert Wood Johnson Foundation (PI-Barry Popkin; \$8.5mill 2010-15).

C.3. 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 travel 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 travel award, 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)

C.4. Intellectual Property/Patents

1. Woods Supermarket: a research platform for testing interventions. Registered with Oxford University Innovation and intellectual property office.

<https://woodssupermarket.co.uk/>

C.5. Institutional responsibilities

2019 – Sub-theme Lead & Scientific project coordinator; Theme 1 – Disease prevention through health behaviour change (Diet and Health), NIHR Applied Research Collaborations
2016 – 19 Sub-theme Lead & Scientific project coordinator; Theme 6 – Diet and Obesity; NIHR Collaboration for Leadership in Applied Health Research & Care
2017 – 2022 Module lead/lecturer, Masters Global Health Epidemiology, University of Oxford
2016 – University of Oxford Examination Board (PhD students)
2016 –2023 Research Member of the Common Room and College Advisor, Kellogg College (University of Oxford)
2015 – Organisation of the Department monthly seminar "Obesity Journal Club"

C.6. Participation in Review Boards

2024 – Editorial Board, BMC Medicine (Springer Nature)
2019 – Associate Editor, Public Health Nutrition (Cambridge University Press)
2016 – 18 Expert advisor. International Life Science Institute Europe Food Intake Methodology Task Force "Evaluation of New Methods for Dietary Intake Assessment".
2017 – 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
2008 – Reviewer for >25 scientific journals in the area of Medicine, Nutrition, Public Health and Epidemiology: BMJ, Lancet Public Health, American Journal of Clinical Nutrition.

C.7. Selected invited presentations and symposiums

1. "Food retail in UK & Europe". Symposium 2: Food System and Obesity. Malaysian Association for the Study of Obesity (MASO) Scientific Conference 2023, September 2023
2. "Obesity and Covid-19 severity in the UK". American Society for Nutrition. NUTRITION 2021 Immunocompetence, COVID-19 and Nutrition. June 2021
3. "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
4. "Dietary patterns and CVD and mortality – use of UK Biobank". The Nutrition Society Meeting 2021: Plant-rich dietary patterns and health, October 2021
5. "Behavioural interventions to improve the quality of the grocery shopping", guest speaker, Evidence Based Health Care, June 2019
6. "Behavioural interventions to improve the quality of grocery shopping: working with retailers and clinicians", 4th Annual CDRC Data Partner Forum, Mary 2019, Leeds UK.
7. "How can industry and retail more effectively leverage pricing to drive healthier choices?" 2018 Calorie Reduction Summit, The Royal Society, London.