

BRC Obesity, Diet & Lifestyle Theme

Our vision is a future NHS in which population health and clinical scientists are united with frontline practitioners to champion innovation in the prevention and treatment of obesity through dietary change in the community, primary and secondary care.

The specific aim of the Diet, Obesity and Lifestyle theme is to create innovative new approaches to prevent and treat obesity in people at greatest risk of ill health, thereby improving quality of life for affected individuals, realising cost savings to the NHS and generating economic benefits to society.

Our research is organised in three sub-themes:

- *Aetiology*: Not all people who are obese suffer adverse consequence from their excess weight, in part due to differences in fat distribution. By analysing large cohorts with embedded mechanistic and evaluative studies we can identify more precisely those people at increased risk of obesity-related diseases with greatest opportunity to benefit from interventions to enable clinicians to select appropriate treatments for specific subgroups.
- *Prevention*: Changing dietary habits is key to obesity prevention and food purchasing is a critical antecedent of food consumption. However, methods to measure purchasing behaviour are lacking and there are few interventions that have been shown to promote healthier food purchasing patterns.
- *Treatment*: Creating new opportunities to use weight management as a treatment for disease requires an expansion in the range of interventions and evidence of clinical and cost-effectiveness in specific patient groups such that treatments can be tailored to personal and clinical needs.

We are particularly interested in developing collaborations with other themes in the NIHR Oxford BRC e.g. a trial of weight management for patients with atrial fibrillation (with Casadei, Cardiology theme) and run cross theme meetings, such as the March 26th Obesity Networking Event, to explore further opportunities for shared research.