

Speaker biographies:

Colin Greaves

Colin Greaves is a Chartered Health Psychologist and Associate Professor of Psychology Applied to Health at University of Exeter Medical School. He specialises in developing and evaluating interventions to support health behaviour change. He has helped to develop intervention materials and training courses for NHS service providers to support people patients to lose weight and to improve self-care. He has contributed to NICE guidance and European guidelines on the prevention of type 2 diabetes. He currently holds a 5-year NIHR fellowship on promoting weight loss maintenance.



Current research includes funded evaluations of interventions for diabetes prevention (NDPS, ComPoD), self-management of Heart Failure (REACH-HF), weight loss (SkiM, Waste the Waist), physical activity (BAcPac, eCOACHER, REACT), smoking cessation (EARS, TARS) and depression (eMotion).

Leon Poltawski



Leon is a Research Fellow in health behaviour change. He was previously a teacher and adult educator, and then a physiotherapist. His health research interests have included the use of electrotherapy for tissue healing, inter-professional community care for the elderly, and long-term stroke rehabilitation. He is currently working with Colin Greaves in developing interventions addressing the psychology of behaviour change for weight management.