

Dr Laura McGowan is a Chartered Psychologist and Lecturer in Nutrition and Behaviour Change within the Centre for Public Health, Queen's University Belfast. She has previously worked in the Public Health Agency NI and at the Health Behaviour Research Centre, University College London. Her research focuses on the development and implementation of theory-based, behavioural interventions to improve diet and nutrition status, and to prevent and manage obesity and related risks, across the life course.

Dr McGowan is the Lead for the Association for the Study of Obesity Northern Ireland Network <https://www.aso.org.uk/network/northern-ireland/> and is currently Past Chair of the Division of Health Psychology, NI. Dr McGowan is an invited member of the Obesity Prevention Steering Group at the Dept of Health NI and an invited member of the All-Island Obesity Coalition run by SafeFood.

