



DR. INÊS VARELA-SILVA (BSC, MSC, PHD, FHEA, FHBA, FRSA, MRSB)

Human Biologist

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Social Media

Twitter: @inesvarelasilva

LinkedIn

ResearchGate

Languages

Portuguese: fluent, 1st language

English: fluent

Spanish: conversational, advanced

Summary

Human Biologist with a keen interest in global health and wellbeing throughout the lifespan. Areas of research include: i) Patterns of human growth and development as indicators of health and disease; ii) The paradox of nutritional dual-burden (coexistence of under- and overweight) among groups in low-medium income countries and among migrants; iii) Energy balance, physical (in)activity and intergenerational components of health and disease; iv) Nutritional status and cardiovascular health. Director of **The Maya Project**, a **Loughborough University** social enterprise platform focused on the biosocial realities of the Maya in Mesoamerica.

Work History

- 2014 - Present **Senior Lecturer in Human Biology**
Loughborough University, SSEHS
Research, Teaching, Enterprise, and Mentoring.
Conducting research with the Lifestyle for Health and Wellbeing Research Theme, international student liaison, and coordinator of three modules within the undergraduate Human Biology Programme
- 2007 - 2014 **Lecturer in Human Biology**
Loughborough University, SSEHS | Centre for Global Health and Human Development
Research, Teaching, and Enterprise
Conducting research with the Centre for Global Health and Human Development. Placements coordinator for the Human Biology Programme. Coordinator of three modules within the undergraduate Human Biology Programme. Coordinator of one module on the Masters programme in Physical Activity and Public Health.
- 2000 - 2006 **Assistant Research Scientist**
University of Michigan-Dearborn, USA
Research on patterns of human growth, biosocial influences of health and disease, ethnic minorities, and health of Maya migrants to the US

Education

- 2016 - present **Fellow of the Royal Society for the Arts**
Royal Society for the Arts, UK
- 2013 - present **Fellow of the Human Biology Association**
Human Biology Association, USA
- 2010 - present **Fellow of the Higher Education Academy**
Higher Education Academy, UK
- 2005 - 2006 **Post-doctoral fellowship: Biological Anthropology**
University of Michigan, USA
Behavioural, environmental, metabolic, and intergenerational components of early-life undernutrition leading to later overweight/obesity. **Supervisor: Prof A. Roberto Frisancho**
- 2002 - 2004 **PhD Human Growth and Development**
University of Lisbon, Faculty of Human Kinetics)
Growth and health among Cape Verdean children in Lisbon

1994 - 1996 MSc Management of Educational Resources
University of Lisbon (Faculty of Human Kinetics)

1986 - 1990 BSc Health and Sports
University of Lisbon (Faculty of Human Kinetics)

Research Funding

- Co-Principal Investigator. **Royal Academy of Engineering, UK. (30 July 2019 - 29 July 2020).** *Communities' languages, identities and belonging in participatory care interventions.* (Principal-Investigator: Dr Sabine Little, University of Sheffield, UK | Co-PI: Dr Sneha Krishnan, London School of Hygiene and Tropical Medicine, UK). £11,220
- Co-Principal Investigator. **MRC – Medical Research Council. UK - Peru: Relationship between food, Nutrition & Health 2018. Population & Systems Medicine Board. Nutrition and obesity (April 2019 – March 2022).** *New strategies to reduce anaemia and risk of overweight and obesity through complementary feeding of infants and young children in Peru.* (Principal Investigator: Dr Emily Rousham, Loughborough University). £573,090.
- Co-Principal Investigator. **CALIBRE Research Development, Loughborough University - Seed Fund (March 2017).** Communication without borders: Cultural brokerage, frontline services, and wellbeing. (Principal Investigator: **Dr Heather Flowe**). £8,850.
- Co-Principal Investigator. **Bill and Melinda Gates Foundation (22 June 2015).** Quantifying healthy birth, growth and development knowledge integration. £136,332.
- Principal Investigator. **Mexican Academy of Sciences/Royal Society - Newton Fund (30 May 2015).** "Nutrition and exercise for health – setting up a laboratory at CINVESTAV". £4000 (declined - changes at CINVESTAV structure).
- Travel grant. **School of Sport, Exercise and Health Sciences Award.** Research presentations at the Human Biology Association Annual Meeting and at the American Association of Physical Anthropologists. £1050.
- Principal investigator. **Loughborough University EPG Chair's Action** (10 March 2014). Book authoring and production. "The Maya: A Living Culture: 21st Century". £5,000.
- Principal Investigator. **Santander Universities** (15 September 2012). The Maya Project. £14,250.
- Principal investigator. **Santander Universities** (2010-2014). Travel Awards. Nutritional dual-burden among the Maya in the Yucatan, Mexico. £1000/year.
- Principal investigator. **Wenner-Gren Foundation ICRG-93** (8 November 2009). Nutritional status and health outcomes in a dual-burden population of Maya in Yucatan. \$31,890 (US dollars).
- Co-investigator. **Foundation for Science and Technology, Portugal** (4 September 2008). Trends and predictors in childhood obesity in Portugal. Changes from 2002 to 2008. €198,523 (Euros).
- Equipment grant. **Loughborough University.** (3 September 2007). Purchase of combined heart-rate monitors and accelerometers (ActiHearts). £3,880.
- Principal investigator. **The Michigan Campus Compact Venture** (2 May 2006). Promotion of "Body and Mind Days" in Southwest Detroit. \$2,500 (US dollars).
- Co-investigator. **Yucatan Cultural Foundation** (5 May 2005). Short term visit to the Yucatan Peninsula - Maya communities. \$3,000 (US dollars). Co-investigator. United States Department of Housing and Urban Development.
- (September 2004). **Community Outreach Partnership Center for Southwest Detroit (Subcommittee for Education).** \$400,000 (US dollars).

Publications - Research Papers

- **Varela-Silva MI, O'Donnell E, Azcorra H, Oxborough D, Monserrat-Revillo S, Sanchez, Samantha, Mendez N.** (2019). PROSPERO: The effects of short-stature-for-age on cardiovascular and metabolic health in children: a systematic review. CRD42019123014 Available from: http://www.crd.york.ac.uk/PROSPERO/display_record.php?ID=CRD42019123014.
- Sanchez-Escobedo S, Azcorra H, Bogin B, Hoogesteyn A, Sámano Reyna, **Varela-Silva MI, Dickinson F** (2019). Birth weight, birth order, and age at first food introduction influence child growth and body composition in 6 to 8-year-old Maya children: the importance of the first 1000 days of life. *American Journal of Human Biology* (under review).

- Vazquez-Gomez A, Avila-Escalante MI, Azcorra H, **Varela-Silva, MI**, Dickinson F. (2019). Body proportionality and adiposity are not related in 6 to 8-year-old Yucatec Maya children. *American Journal of Human Biology* (Accepted for publication on 2 May 2019).
- Azcorra H, Cauich-Viñas P, Rodriguez L, Datta Banik S, **Varela-Silva MI**, Dickinson F (2019). Overweight and obesity among urban Maya mother-child dyads from Yucatan, Mexico. *International Journal of Obesity* (under review).
- Azcorra H, Datta Banik S, Bogin B, **Varela-Silva MI**, Dickinson F (2019). Caesarean birth and adiposity parameters in 6-to 8 year-old urban Maya children from two cities of Yucatan, Mexico. *American Journal of Human Biology* (Published online on 1st February 2019) - <https://doi.org/10.1002/ajhb.23217>
- Dickinson F, Azcorra H, Datta Banik S, Valentín G, Bogin B, and **Varela-Silva MI** (2018) ¿Hijo de tigre, pintito? Algunos efectos intergeneracionales sobre la talla y el peso en niños mayas yucatecos. *Entrediversidades* enero-junio:189-208.
- Söğüt M, Altunsoy K, **Varela-Silva MI** (2018). Associations between anthropometric indicators of adiposity and body fat percentage in normal weight young adults. *Anthropological Review*, 81(2), 174-181.
- Azcorra H, Rodriguez L, Datta Banik S, Bogin B, Dickinson F, **Varela-Silva MI** (2017). **Living conditions and change in age of menarche in adult Maya mothers and daughters from Yucatan, Mexico**. *American Journal of Human Biology*. Published online on Early View on 27 November 2017
- Andre A, Padez C, Rosado-Marques V, Griffiths P, and **Varela-Silva MI** (2016). **Growing up in Portugal: Cape Verdean ancestry children exhibit low overweight and obesity compared with Portuguese in urban Lisbon**. *Journal of Biosocial Science*, doi: <https://doi.org/10.1017/S0021932016000699>
- **Varela-Silva MI**, Bogin B, Galvez Sobral JA, Dickinson F, Monserrat-Revillo S, and the Healthy Birth, Growth, and Development - Knowledge Integration (HBGDki) initiative (2016). **Deep data science to prevent and treat growth faltering in Maya children**. *European Journal of Clinical Nutrition*. Advance Online Publication. DOI: [10.1038/ejcn.2016.63](https://doi.org/10.1038/ejcn.2016.63)
- **Varela-Silva MI**, Santinho C (2016). **Human Biology of Poverty**. *Annals of Human Biology*, 43 (2), 99-101.
- **Azcorra H, Rodriguez L, Varela-Silva MI, Datta Banik S, Dickinson F (2015). Intergenerational changes in knee height among Maya mothers and their adult daughters from Merida, Mexico**. *American Journal of Human Biology*, 27 (6), 792-797. First published online: 19 JUN 2015. DOI: [10.1002/ajhb.22752](https://doi.org/10.1002/ajhb.22752)
- Azcorra H, Dickinson F, Bogin B, Rodriguez L, **Varela-Silva MI** (2015). **Intergenerational influences on the growth of Maya children: The effect of living conditions experienced by mothers and maternal grandmothers during their childhood**. *American Journal of Human Biology*, 27 (4), 494-500. Article first published online : 9 JAN 2015, DOI: [10.1002/ajhb.22675](https://doi.org/10.1002/ajhb.22675)
- Wilson HJ, Dickinson F, Griffiths PL, Bogin B, Hobbs M, **Varela-Silva MI** (2014). **Maternal short stature does not predict their children's fatness indicators in a nutritional dual-burden sample of urban Mexican Maya**. *American Journal of Physical Anthropology*, 153, 627-634.
- Bingham DD, **Varela-Silva MI**, Padez C (2013). **Socio-demographic and behavioural risk factors associated with the high prevalence of overweight and obesity in Portuguese children**. *American Journal of Human Biology*, 25(6), 733-742.
- Azcorra H, **Varela-Silva MI**, Rodriguez L, Bogin B, Dickinson F (2013). Nutritional status of Maya children, their mothers and their grandmothers residing in the city of Merida, Mexico: Revisiting the leg-length hypothesis. *American Journal of Human Biology*, 25(5), 659-665 . Published online. DOI: [10.1002/ajhb.22427](https://doi.org/10.1002/ajhb.22427). **Among the 10 most cited papers on the AJHB in 2015**.
- Bogin B, **Varela-Silva MI** (2012). The Body Mass Index: The Good, the Bad, and the Horrid. *Bulletin de la Société Suisse d'Anthropologie* 18(2), 5-11.
- **Varela-Silva MI**, Dickinson F, Wilson H, Azcorra H, Griffiths PL, Bogin B (2012) The Nutritional Dual-Burden in Developing Countries – *How is it Assessed and What Are the Health Implications?*, *Collegium Anthropologicum*, 36(1), 39-45.
- Wilson H, Dickinson F, Hoffman DJ, Griffiths PL, Bogin B, **Varela-Silva MI** (2012) Fat free mass explains the relationship between stunting and energy expenditure in urban Mexican Maya children, *Annals of Human Biology*, 39 (5), 432-439.
- Wilson H, Dickinson F, Griffiths P, Bogin B, **Varela-Silva MI** (2011). Logistics of using the Actiheart physical activity monitors in urban Mexico among 7-9 year old children. *American Journal of Human Biology* 23(3), 426-428.
- Wilson HJ, Dickinson F, Griffiths PL, Azcorra H, Bogin BA, **Varela Silva MI** (2011). How useful is BMI in predicting adiposity indicators in a sample of Maya children and women with high levels of stunting? *American Journal of Human Biology* 23(6), 780-789.
- **Varela-Silva MI**, Fragoso I, Vieira F (2010). Growth and nutritional status of children from Lisbon, Portugal, and their parents. Notes on time trends between 1971 and 2001. *Annals of Human Biology* 37(5), 702–716.
- Bogin B, **Varela-Silva MI** (2010). Leg Length, Body Proportion, and Health: A Review with

a Note on Beauty. *International Journal of Environmental Research and Public Health* 7, 1047-1075.

- **Varela-Silva MI**, Azcorra H, Dickinson F, Bogin B, Frisancho AR (2009). Influence of maternal stature, pregnancy age, and infant birth weight on growth during childhood in Yucatan, Mexico: A test of the intergenerational effects hypothesis. *American Journal of Human Biology* 21(5), 657-663.
- Padez C, **Varela-Silva MI**, Bogin B (2009). Height and relative leg length as indicators of the quality of the environment among Mozambican juveniles and adolescents. *American Journal of Human Biology* 21(2), 200-209.
- Bogin B, **Varela-Silva MI** (2008). Fatness biases the use of estimated leg length as an epidemiological marker for adults in the NHANES III sample. *International Journal of Epidemiology* 37(1), 201-209.
- Hermanussen M, Tutkuvieni J, Cesnys G, Lindeberg S, Kromeyer Hauschild K, Stanley G, Godina E, Bogin BA, **Varela Silva MI**, Finlayson G, et al. (2008). The role of taste and appetite regulation in the understanding of overweight and obesity. *Proceedings of the 16th Aschauer Soiree, Germany*, 26 April 2008.
- Bogin B, **Varela-Silva MI**, Rios L (2007). Life history trade-offs in human growth: adaptation or pathology? *American Journal of Human Biology* 19(5) 631-42.
- **Varela-Silva MI**, Frisancho AR, Bogin B, Chatkoff D, Smith PK, Dickinson F, Winham D (2007). Behavioral, environmental, metabolic and intergenerational components of early life undernutrition leading to later obesity in developing nations and in minority groups in the U.S.A. *Collegium Antropologicum* 31 (1), 39-46.
- Smith PK, Bogin B, **Varela-Silva MI**, Loucky J (2003) Economic and anthropological assessments of the health of children in Maya immigrant families in the US. *Economics and Human Biology* 1 (2),145-60.
- Bogin B, **Varela-Silva MI** (2003). Anthropometric variation and health: a biocultural model of human growth. *Journal of Children's Health* 1 (1), 149-172.
- Smith PK, Bogin B, **Varela-Silva MI**, Orden B, Loucky J (2002). Does emigration to the U.S help or harm children's health? The Mayan case. *Social Science Quarterly* 83 (4), 994-1002.
- Bogin B, Smith P, Orden AB, **Varela Silva MI**, Loucky J (2002). Rapid change in height and body proportions of Maya American children. *American Journal of Human Biology* 14(6), 753-61.
- **Varela-Silva MI**, Vasconcelos O (2002). Patterns of lifestyle and regular physical activity among Portuguese and Cape Verdeans living in Lisbon, Portugal. *Humanbiologia Budapestinensis* 27, 175-184.

Memberships and Fellowships

2019-present: Professional membership of The International Union of Anthropological and Ethnological Sciences

2016-present: Fellow of the Royal Society for the Arts (UK)

2013-present: Fellow of the Human Biology Association (USA)

2010-present: Fellow of the Higher Education Academy (UK)

2010-present: Professional membership: Auxological Society (Germany)

2007-present: Professional membership - Society for the Study of Human Biology (UK)

2005-present: Professional membership - American Association of Physical Anthropologists (USA)

Publications - Book Chapters and Encyclopaedia Entries

- **Varela-Silva MI**, Sanchez S, Dickinson F, Bogin B, Azcorra H (2019). Growth stunting in the Yucatan Peninsula. Chapter 4. *In Environment and Health in the Yucatan Peninsula. A Human Ecology Perspective* (Federico Dickinson and Hugo Azcorra Eds). Springer Books. In Production.
- Bogin B, Dickinson F, Azcorra H, Balam D, Richardson S, Castillo-Burguete MT, **Varela-Silva MI** (2018). Nutritional Ecology. *In International Encyclopedia of Anthropology* (in production).
- Bogin B, **Varela-Silva MI** (2015). The Maya Project: A mirror of human growth in biocultural perspective. In Sikdar, M (ed). *Human Growth. The Mirror of the Society*. Publishing Corporation, Delhi.
- **Varela-Silva MI**, Bogin B (2012). Leg Length and Anthropometric Applications: Effects on

Health and Disease. In Preedy, VR (ed) *Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease*, Springer, pp.769-783, DOI: 10.1007/978-1-4419-1788-1-43.

- Fernandez-Del Olmo R, **Varela-Silva MI**, Prado C, Fragoso I (2010). The Iberian Growth Study: Prevalence of overweight and obesity in Portuguese and Spanish children. In E. Gutierrez-Redomero, A. Sánchez Andrés, V. Galera Olmo (eds). *Diversidad humana y antropología aplicada* (pp. 177-188). Alcalá-de-Henares: Universidad de Alcalá y Instituto Universitario de Investigación en Ciencias Policiales.
- Smith PK, Bogin B, **Varela-Silva MI**, Gossiaux B (2006). Prospects for welfare alleviation in an obesogenic environment. *Contemporary Poverty and Welfare Alleviation Issues*. Hauppauge, New York, Nova Scientific (pp.1-31).
- **Varela-Silva MI**, Vasconcelos O (2002). Satisfação com a imagem corporal e motivação para a prática desportiva. Comparação de três grupos étnicos numa perspectiva biocultural. In A. M. Fonseca (Ed.) *A FCDEF-UP e a Psicologia do Desporto: Estudos sobre motivação* (pp- 28-32).
- **Varela-Silva MI**, Vasconcelos O. (2002). Satisfação com a imagem corporal e motivação para a prática desportiva em nadadores portugueses de ambos os sexos, na puberdade. In A. M. Fonseca (Ed.) *A FCDEF-UP e a Psicologia do Desporto: Estudos sobre motivação* (pp- 33-38).
- Bogin B, Kapell M, **Varela-Silva MI**, Smith P, Orden B, Loucky J (2001). How genetic are human body proportions? *Perspectives in Human Growth, Development, and Maturation*, Germany, Kluwer Academic Publishers, 205-221.
- **Varela-Silva MI** (2001). Changing family structure in Cape Verde: Some effects of emigration on the remaining population. In Bogin B (eds), *The Growth of Humanity*, New York, Wiley-Liss, 222-224, ISBN=0471354481.
- **Varela-Silva MI** (2001). Migrations caused by droughts and consequent floods of famine: Case of the Cape Verde Islands. In Bogin B (eds), *The Growth of Humanity*, New York, Wiley-Liss, 210-214, ISBN=0471354481
- **Varela-Silva MI** (2001). Cape Verde: Migration and Morabeza. In Bogin B (eds), *The Growth of Humanity*, New York, Wiley-Liss, 196-198, ISBN=0471354481.

Publications - Abstracts and Proceedings

- Bogin B, **Varela-Silva MI** (2016). Deep Data Science To Prevent Stunting – Connecting Researchers, Policy Makers and Communities. *Grand Challenges Conference | Healthy Birth, Growth & Development Knowledge Integration | Data, Discovery, decisions (D3) Track and Community Convening*. London (24-28 October 2016). Podium.
- Sánchez S, **Varela-Silva MI**, Dickinson F (2016). Growth status of Maya children in two municipalities of Yucatan, Mexico. *SSHB Proffered Papers Conference*, Oxford-Brookes University, Oxford, UK (5th October 2016). Podium.
- **Varela-Silva MI**, Bogin B, Azcorra H, Avila M, Castillo M, Richardson S, Dickinson F (2015). The Maya Project: Engaging Maya communities and the general public in research through art and multimedia outputs. *84th Annual Meeting of the American Association of Physical Anthropologists*, St Louis, MO, USA (25-28 March 2015). Poster.
- **Varela-Silva MI**, Azcorra H, Dickinson F, Bogin B (2014). Changes in fat and muscle patterning among Maya groups in the context of the epidemiological, nutritional, and behavioural transitions. *83rd Annual Meeting of the American Association of Physical Anthropologists*, Calgary, AL, Canada (8-12 April 2014). Poster.
- Azcorra H, **Varela-Silva MI**, Dickinson F (2014). Intergenerational changes in linear growth among adult Maya mothers and daughters from the city of Merida, Mexico. *83rd Annual Meeting of the American Association of Physical Anthropologists*, Calgary, AL, Canada (8-12 April 2014). Poster.
- Azcorra H, **Varela-Silva MI**, Dickinson F (2013). Intergenerational factors that shape nutritional status among a sample of urban Maya in Merida, Yucatan. *38th Annual Meeting of the Human Biology Association*, Knoxville, TN, USA (10-11 April 2013). Podium presentations DOI: 10.13140/RG.2.1.4735.4004
- **Varela-Silva MI**, Wilson H, Azcorra H, Griffiths P, Bogin B, Dickinson F (2013). Impact of activity levels, early life events and maternal factors on the nutritional status of Maya children in Yucatan. *38th Annual Meeting of the Human Biology Association*, Knoxville, TN, USA (10-11 April 2013). Podium.
- **Varela-Silva MI**, Wilson H, Azcorra H, Dickinson F, Bogin B (2011). Intergenerational influences on nutritional status and health in Central America: the dual burden of undernutrition and obesity. *52nd Symposium of the Society for the Study of Human Biology* held jointly with the Biosocial Society, Durham, UK (16-17 September 2011). Podium.
- Costa S, Vieira F, Fragoso I, **Varela-Silva MI** (2009). Parental risk factor for overweight and obesity in 7-9 year old school children from Lisbon, Portugal. Conference: *British Society for Population Studies Annual Conference*, September 2009, Brighton,

UK (poster).

- Wilson H, **Varela-Silva MI**, Griffiths P (2009). Predictors of childhood nutritional status among Maya-Americans living in Florida. Conference: *Society for the Study of Human Publications Biology, Symposium on Human Dispersals*, Rome, Italy (July 2009) Poster.
- Costa S, Pimenta N, Seabra A, Fragoso I, **Varela-Silva MI** (2008). Prevalence of childhood overweight and obesity in children from Rio Maior, Portugal. Conference: *13th Annual Congress of the European College of Sport Science*, Estoril, Portugal (July 2008). Poster.
- Fragoso I, **Varela-Silva MI**, Cameron N (2008). Health outcomes of Cape Verdean migrants in Lisbon. A historic note on colonialism in Portugal. Conference: *77th Annual Meeting of the American Association of Physical Anthropologists*, Columbus, OH, USA (9-12 April 2008). Poster.
- **Varela-Silva MI**, Frisancho AR, Bogin B, Dickinson F, Chatkoff D, Smith P, Winham D (2008). Influence of maternal and early childhood undernutrition on obesity risks in adulthood. *77th Annual Meeting of the American Association of Physical Anthropologists*, Columbus, OH, USA (9-12 April 2008). Podium.
- Markowitz D, **Varela-Silva MI** (2008). Migrants and health. *77th Annual Meeting of the American Association of Physical Anthropologists*, Columbus, OH, USA (9-12 April 2008). Symposium Organisers.
- Bogin B, **Varela-Silva MI** (2006). Life history trade-offs in human growth. *31st Annual Meeting of the Human Biology Association*, Anchorage, AL, USA (8-9 March 2006). Podium.
- **Varela-Silva MI**, Padez C (2006). Growth and nutritional status of Cape-Verdean and Mozambique children: comparison with other Luso-African samples. *31st Annual Meeting of the Human Biology Association*, Anchorage, AL, USA (8-9 March 2006). Poster..
- Bogin B, **Varela-Silva MI** (2003). Milk and human development. *72nd Annual Meeting of the American Association of Physical Anthropologists*, Tempe, AZ, USA (23-26 April 2003). Podium
- **Varela-Silva MI**, Bogin B (2002). Physical activity, body size, and body proportions of Portuguese and Cape Verdean-Portuguese premenarcheal girls. *71st Annual Meeting of the American Association of Physical Anthropologists*, Buffalo, NY, USA (10-13 April 2002). Poster.
- **Varela-Silva MI** (2001). Physical growth and body proportions of Portuguese Cape Verdean children from the slums and Portuguese children living in regular dwellings: the role of SES. Conference: *70th Annual Meeting of the American Association of Physical Anthropologists*, Kansas City, MO, USA (28-31 March 2001). Poster.

Conferences and public talks

- **5– 8 June 2018 Invited keynote** speaker at the 4th International Conference of Evolutionary Medicine: Health and disease in a changing environment held in Vilnius, Lithuania. Title of the talk: Physical growth and cardiovascular health: a focus on stunting.
- 30 March-2 April 2017. Invited keynote speaker-Opening talk at the **14th International Scientific Conference and 13th annual Congress of the Montenegrin Sports Academy** Budva, Montenegro. Title of the talk: **Sport as a transformational process: a multidisciplinary and biocultural approach.**
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PhD examinations

2018.05.14. External Examiner. Stephanie Bispo (University of Southampton, Faculty of Social, Human and Mathematical Sciences, Department of Social Statistics and Demography). "**Exploring the links between women's work and child nutritional status in rapidly developing economies: the cases of Brazil and India**". Internal examiner: Prof Sabu Padmadas. Supervisor: Dr Amos Channon.

2017.03.23. External Examiner. Amir Emadian (University of Birmingham, School of Sport, Exercise, and Rehabilitation Sciences). "**A mixed-methods examination of the dietary and physical activity characteristics of overweight and obese South Asian men living in the UK**". Internal examiner: Dr Tania Griffin. Supervisor: Professor Janice Thomson.

2017.03.01. External Examiner. Rasha Alfawaz (University of Leeds, School of Medicine). "**Exploring the relationship between metabolic syndrome and sleep amongst adults in the UK**". Internal examiner: Professor Mark Gilthorpe. Supervisor: Dr George Ellison.

2017.01.27. Internal Examiner. Clarice Lim. "**Parental influences on Adolescents' Physical Activity: a Singaporean Perspective**". External examiner: Dr Andrew Atkin, University of East Anglia, UK. Supervisor: Dr Lauren Sherar

2016.09.29. Internal Examiner. Ishrat Islam. "**The effects of a community-led physical activity intervention on physical performance of Bangladeshi women**". External examiner: Prof Janice Thomson, Birmingham University, UK. Supervisors: Professor Barry Bogin and Dr Fehmidah Munir.

2015.12.15. Internal Examiner. Maedah Mansoubi, "**Sedentary behaviour and physical activity on adults: measurement and behaviour change**". External Examiner: Prof John Buckley, University of Chester. Supervisor: Dr Stacy Clemes

2013.12.11. External Examiner. Conrad Brimacombe (University of Sheffield), "**Growth and development on the Genus Pan**". Internal Examiner: Dr Umberto Allbarela. Supervisor: Dr Kevin Kuykendall.

2011.06.30. Internal Examiner. Joelma Almeida. "**Parental investment in growth and development: Cape Verdean migrants in a Portuguese poor neighbourhood**". External Examiner: Prof Jonathan Wells, Institutional Research Information Service, UCL, UK. Supervisor: Professor Barry Bogin.

Journal Editorial Boards

2018-present: Anthropological Review

Journal reviewer

Most recent peer-reviewing activities can be seen here: <https://publons.com/researcher/1424680/ines-varela-silva/>

2005-present: American Journal of Human Biology

2007-present: Annals of Human Biology

2007 - present: Journal of Biosocial Sciences

2007-present: American Journal of Physical Anthropology

2016-present: European Journal of Paediatrics

2017-present: BMC Public Health

2018-present: European Journal of Clinical Nutrition

2018-present: PLoS One

Teaching at Loughborough University

2018 - Present	PSA604 Data Analysis and Study Skills The aim of this module is to develop academic skills relevant to scientists, and introduce the use and calculation of basic statistics working with data collected by biological researchers.
2017 - Present	PSB202 Human Biology Research Methods: Measurement and Evaluation The aims of this module are for the students to: - understand, have practical experience of, and be able to critically appraise the methods used for measurement and evaluation that are applied to research in the field of human biology; - develop transferable skills in data organisation, analysis and interpretation - prepare for their final year project module.
2011 - Present	PSC200 Projects in Human Biology Supervision of undergraduate projects

Further training and experience in techniques of investigation and the preparation of reports. Experience of undertaking a major independent study in depth and with rigour.

- 2011 - 2018 **PSA212 Homeostasis**
First year module
Further the understanding of Homeostasis by building on the first semester Anatomy and Physiology module and the knowledge needed to understand the function of the human organ systems.
- 2011 - 2014 **PSR356 Bio-Social Influences on Physical Activity & Health**
MSc Module - Masters in Physical Activity and Public Health
Critical analysis and discussion of biosocial and curial determinants of physical activity and health in diverse human populations
- 2010 - Present **PSC208 Body Composition**
Final year module
Biological bases and methods for assessing the composition of the human body. Anthropometry, Bioelectric Impedance, Air Displacement Plethysmography (BodPod), Underwater Weighting.
- 2010 - 2018 **PSA211 Human Biology and Society**
First year module
Current relevant topics in Human Biology, mainly the complex interactions between biological systems and environmental/cultural factors.

Administrative roles at Loughborough University

- 2017 - Present **SSEHS Research Committee**
School of Sport, Exercise and Health Sciences
- 2017 - Present **Deputy Theme Lead: Lifestyle for Health and Wellbeing**
Website:
<http://www.lboro.ac.uk/departments/ssehs/research/lifestyle-health-wellbeing/>
- 2015 - Present **Enterprise Advisory Group**
School of Sport, Exercise and Health Sciences
- 2014 - Present **International Student Recruitment Liaison**
School of Sport, Exercise and Health Sciences
- 2015 - 2016 **Equality and Diversity Advisory Group**
School of Sport, Exercise and Health Sciences
- 2009 - 2014 **Placement Coordinator for the Human Biology Programme**
School of Sport, Exercise and Health Sciences
- 2009 - 2011 **Department-Library liaison**

Popular press & blog posts

Research/work-related publications on popular press and blogs. Aiming to disseminate research and reach the general public.

- [Can a lack of love be deadly?](#) The Conversation. 19 May 2016

Enterprise - The Maya Project

The [Maya Project](#) is a Loughborough University Social Enterprise platform focused on the biosocial realities of the Maya in Mesoamerica. It translates research scholarship into public engagement and international impact via artwork exhibitions and public talks.

Graduate Supervision

PhD Supervisions (Internal)

2015-Current

Susan Ako, MPhil/PhD. The role of gender in primary health care in Nigeria (co-supervised by Dr Emily Rousham).

2013-Current

Hankook Kim, MPhil/PhD. Fat patterning and body proportions among children and parents: effects of socioeconomic status, living conditions and energy expenditure (co-supervised by Dr Emily Petherick). Proposal Number: R14-P102.

2012-2019

Emmanuel Assasie, MPhil/PhD. Physical inactivity, lifestyle behaviours, nutritional transition and the onset of hypertension and type-2 diabetes among Ghanaian young adults.

Ana Lúcia André, MPhil/PhD. Intergenerational and metabolic factors affecting the health of Cape Verdean migrant families in Lisbon, Portugal (co-supervised by Prof Paula Griffiths).

2010-2013

Hugo Azcorra-Perez, (PhD awarded in July 2014). Intergenerational factors that shape the nutritional status of urban Maya households in Merida, Mexico. A 3-generations' study.

2009-2012

Ana Wilson, (PhD awarded in December 2012). Health indicators in double burdened Maya children and mothers (co-supervised by Dr Paula Griffiths).

PhD Supervisions (External/International)

2016-17

Ana Ruiz Marina. Valoración del crecimiento y desarrollo de los escolares de entre 3 y 12 años, para la detección temprana de indicadores de programación fetal. Main supervisor Prof Esperanza Gutiérrez Redomero, Profesora Titular, Universidad de Alcalá de Henares, Madrid, Spain).

MSc Supervisions

2009-2010

Eoin Kerin, MSc. Accuracy and reliability of various ambulatory devices in estimating energy expenditure (MSc in Sports and Exercise).

2012-2013

Hankook Kim, MSc. Health indicators and maturation levels in Guatemalan children. Are the Maya worse off than the non-Maya? (MSc in Physical Activity and Public Health).

Daniel Bingham, MSc Socio-demographic and behavioural risk factors associated with the high prevalence of overweight and obesity in Portuguese children (MSc in Physical Activity and Public Health).

Ashlene Wright, MSc. Systematic review of the literature on energy expenditure and physical activity levels in developing countries. (MSc in Physical Activity and Public Health).

Jessica Cunliffe, MSc. Validation of MyWellness Key (co-supervised with Dr Stacy Clemes). (MSc in Physical Activity and Public Health).

Awards and Esteem

- WINNER: **Equality and Diversity Action Group (EDAG) Award 2017**. Engaging in equality and diversity activities for the benefit of staff and students.
- WINNER: **Extra Mile Awards 2016**. SSEHS, Loughborough University. Marathon Award - Demonstrating a sustained and exceptional contribution to the School.
- WINNER: **Extra Mile Awards 2015**. SSEHS, Loughborough University. Representing Women in Science Award 2015.
- NOMINATION: **Loughborough University Teaching Awards 2015** (21 May 2015). Personal Tutor of the Year.
- HIGHLY COMMENDED: Loughborough University Enterprise Awards 2014 (21 April 2014). International Impact - The Maya Project
- Science Museum, London, UK. Science expert for the "ENCODE special exhibition" (September 2012 - January 2013).
- Ministry of Navy, Portugal. (14 April 1998) Copper Medal for Philanthropy .

Training

- 14 May 2019 Good clinical practice - NIHR, National Institute for Health Research
- 13-14 October 2016 Lightroom Mastercourse - Certified by Adobe
- 13 September 2016 - Microsoft Excel Intermediate Course by Focus4 Training Ltd | 9 High Street | Lutterworth | LE17 4AT | 01455 550622 - Company Registration No 6025180 | www.focus4training.com
- 05-07 September 2011: Venipuncture and capillary basic course - Phlebotomy Training Services. License number: PD2/2/NO/001
 - 21-26 September 2008: 3rd Cambridge Physical Activity Measurement Seminar (Homerton College, Cambridge: MRC Epidemiological Unit)

Diplomas

Diplomas and certificates - Misc



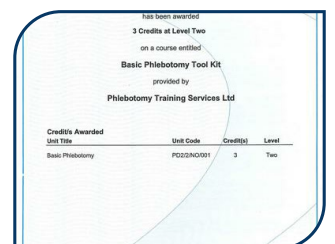
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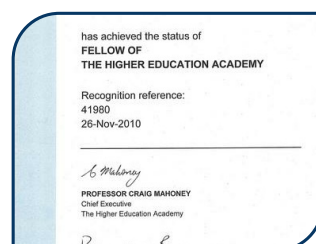
2017.03.28 International Sec.



2016.10.13-14 Adobe Lightro



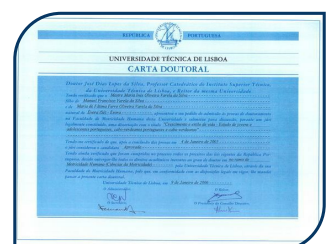
2011.09.05 Basic Phlebotom.



2010.11.20 Fellow of the Hig.



2008.09.21-16 PA Measur



2005.01.04 PhD Diploma



MSc Diploma



BSc Diploma