

Curriculum Vitae

Name Ian Stuart Young
Current position: Professor of Medicine and Director of The Centre for Public Health, Queen's University Belfast
Associate Medical Director (Research and Development), and Consultant Chemical Pathologist. Belfast Health and Social Care Trust

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Royal Victoria Hospital
Grosvenor Road
Belfast BT12 6BJ
Northern Ireland

Date of Birth [REDACTED]

Medical Education Qualifications Queen's University, Belfast 1979-85
BSc with first class honours in Biochemistry 1982
MB, BCh, BAO with honours 1985
MRCP (UK) 1988
MRCPATH 1992
MD 1994
FRCP (London) 1998
FRCPath 2001
FPCPI 2002

Current Appointment

January 2001 – present: Professor of Medicine, Queen's University Belfast
July 2008 – present: Director of the Centre for Public Health, Queen's University Belfast
June 2007 – present: Associate Medical Director, Belfast Health and Social Care Trust

Past Appointments

Jan 1999 – Dec 2000 -Professor of Medical Biochemistry, The Queen's University of Belfast
-Consultant Chemical Pathologist, The Royal Group of Hospitals, Belfast

Scholarships, Prizes and Awards

1979 Queen's University Entrance Examination
-David Russell Lappin Scholarship (top overall entrant to University)
-Sullivan Scholarship (top male entrant to University)

1980 Second MB
-Milroy medal for physiology and biochemistry
-RH Hunter prize (human and comparative embryology)
-Second medical scholarship (first place overall in year)

1981 Intercalated BSc -Foundation scholarship

1983 Third MB
-Whitla medal and prize (Therapeutics and Pharmacology)
-Musgrave prize (pathology)
-Upjohn prize (practical pathology)
-Foundation scholarship (first place overall in year)

1983 -TSB Travel scholarship to visit Edmonton, Canada

1984 -Dr Kenneth Norman Lavelle prize (geriatric medicine)

1985 -Magrath Clinical scholarship (surgery)

1985 -Magrath Clinical scholarship (medicine and clinical pathology)
Final MB
-Sinclair medal (surgery)

- Final MB prize (first place overall in year)
- 1994 - Fournier Lipidology Research Award (UK based research into lipid metabolism)
- 1998 - The Professors' Prize (Association of Clinical Biochemists), an award for research achievement within the field of Clinical Biochemistry.
- 2008 - David Curnow Memorial Plenary Lecture, Australasian Association of Clinical Biochemists
- 2012 - Foundation Award Lecture, Association for Clinical Biochemistry, UK

Current roles:

Professor Young is Director of the Centre for Public Health (CPH) within the School of Medicine, Dentistry and Biomedical Sciences at Queen's University Belfast. This is one of four research centres which act as the focus for research within the School, and includes over 100 research staff. CPH incorporates The Centre of Excellence for Public Health (Northern Ireland), one of five centres created as part of a recent £20 million investment across the United Kingdom by the UK Clinical Research Collaboration (UKCRC). In addition, CPH includes the Wellcome Trust Northern Ireland Clinical Research Facility, which will open in 2011 and the MRC Methodology Hub for Ireland. Professor Young was the Principal Applicant for the successful CRF And Methodology Hub bids, and one of the co-applicants for the Centre of Excellence bid.

In addition to the roles outlined above, Professor Young is Associate Medical Director for Research and Development in the Belfast Health and Social Care Trust, the largest NHS Trust in the UK. He is also Director of the Northern Ireland Clinical Research Network, which is a comprehensive research network with nine clinical interest groups affiliated to the UK Clinical Research Network.

Administrative responsibilities:

Government advisory groups:

- 1) Chair, Binge Drinking Advisory Group, DHSSPS, 2007 – present
- 2) Chair, Obesity Advisory Group, DHSSPS, 2008 – present
- 3) Member, Scientific Advisory Committee on Nutrition, UK Department of Health, 2010 -- present

National / International Scientific roles:

- 1) Member of the Scientific Committee, The Association for Clinical Biochemistry (1999 – 2005); Chairman 2002 - 2005.
- 2) Member of Council, The Association for Clinical Biochemistry (2003 – 2005).
- 3) Member of National Meetings Committee, The Association for Clinical Biochemistry (2000 – 2003)
- 4) Member of Education Committee, The Association for Clinical Biochemistry, 2003 – 2005).
- 5) Member of Analytical Investigations Standing Committee, The Association for Clinical Biochemistry (2000 – 2003).
- 6) Member of Clinical Practice Section, The Association for Clinical Biochemistry, 2005 – present.
- 7) Member of Scientific Division, International Federation for Clinical Chemistry and Laboratory Medicine (IFCC), 2003 – 2005.
- 8) Vice-Chair of Scientific Division, IFCC, 2003 – 2010.
- 9) Chair of Scientific Division, IFCC, 2011 - present
- 10) Program Manager for IFCC Working Group on Laboratory Practice Guidelines in Monitoring Immunosuppressive Drugs, 2003 – 2005.
- 11) Program Manager for IFCC Working Group on Standardisation of Thyroid Function Tests, 2003 – 2006.
- 12) Program Manager for IFCC Working Group on HbA2, 2004 – present.
- 13) IFCC liaison / Program Manager for joint American Diabetes Association/IFCC working group on insulin standardisation.
- 14) IFCC representative to the Clinical Laboratory Standards Institute Working Group on Verification of Comparability of Patient Test Results, 2006 – 2008.
- 15) Committee member and Treasurer of the Irish Hyperlipidaemia Association (1997 – present).
- 16) Member of the International Scientific Advisory Committee of the fifteenth conference of the Federation of the European Societies of Clinical Chemistry (FESCC), Barcelona, 2003.

- 17) Member of the Scientific Committee of the sixteenth conference of the Federation of the European Societies of Clinical Chemistry (FESCC), Glasgow, 2005.
- 18) Organising committee, Joint AACC-ACB meeting on Pharmacogenomics, Cambridge, September 2002.
- 19) Member of the International Scientific Advisory Committee of the IFCC-WorldLab congress, Fortaleza, Brazil, 2008.
- 20) Member of SAC Chemical Pathology of the Royal College of Pathologists, 2006 – present.
- 21) National Research Lead for Clinical Biochemistry, Royal College of Pathologists, 2006 – present.

Other responsibilities:

1. Medical advisor to and member of the Board of Examiners of the Methodist Church in Ireland, 1999 - present.
2. Member, Rosuvastatin Scientific Advisory Board (UK: AstraZeneca)
3. Member, Ezetimibe Scientific Advisory Board, (UK: MSD)
4. Member / Chair, Fenofibrate Scientific Advisory Board, (UK: Solvay)
5. Member / Chair, Omacor Scientific Advisory Board, (UK: Solvay)
6. Member, Global Advisory Board (Solvay)
7. Member, Global Advisory Board, Nicotinic Acid (MSD)
8. Member of Board of Governors, Methodist College Belfast, 2002 – present. Chair of Education Committee 2006 - present.

Editorial roles with Scientific Journals:

1. Editorial advisor, The Biochemical Journal; 1999-present.
2. Editorial Board, Journal of Clinical Pathology, 2000 - 2002.
3. Editorial Board, Journal of Clinical Pathology and Molecular Pathology, 2003 - 2005.
4. Editorial Board, Clinical Science, 2004 – present.
5. Editorial Board, Clinical Chemistry, 2005 – 2007; Associate Editor 2007 – present.
6. Editorial Board, Clinical Chemistry and Laboratory Medicine, 2004 – present.
7. Editorial Board, Cardiovascular Risk Abstracts, 2005 – present.
8. Editorial Board, Cardiovascular Drug Reviews and Research, 2007 – present.
9. Editorial Board, The Open Clinical Chemistry Journal, 2007 – present.
10. Editorial Board and Nutrition Section Editor, Medicine, 2008 – present.
11. Editorial Board, BMJ Case Reports, 2008 – present.

Funding bodies:

Routine reviewer of grant submissions for a number of funding bodies, including the MRC, the Wellcome Trust, The British Heart Foundation, The Health Research Board (Ireland), The British Diabetic Association and the Hong Kong Medical Research Council.

1. Member of Health Research Board (Ireland) Metabolism, Endocrinology and Reproductive Medicine Committee, 2001 – 2004.
2. Member of Health Research Board (Ireland) Population Health, Epidemiology and Health Services panel, 2005 - 2009.
3. Chair of Health Research Board (Ireland) Clinician Scientist panel, 2007 – present.
4. Member of Epidemiology Panel, Finnish Academy, 2009
5. Member of NIHR Senior Investigator Panel, 2009 - present
6. Member of Project Grants Committee, BHF, 2007 – 2011.

Examining:

External examiner for PhD/MD Theses for the following Universities:

1. University of Birmingham
2. National University of Ireland
3. University of Glasgow
4. University of Dublin (Trinity College)
5. University of Ulster
6. University of Wales
7. Hong Kong Polytechnic University
8. University of Edinburgh

External examiner for the following taught courses:

1. Intermediate MB examination, University of Wales (2001 – 2004)

2. Level 2 examination MB ChB, University of Liverpool (2003 – 2006)
3. Clinical Chemistry MB ChB, University of Birmingham, 2006 – 2009.
4. MSc in Clinical Chemistry, University of Surrey, 2006 –present.

I am also a member of the MRCPI part 1 examination board (2003 – present).

Research grants:

Total research grant income of over £ 15 million

Major current grants:

1. 2006. The Wellcome Trust. £4 000 000 approximately to establish a Clinical Research Facility for Northern Ireland.
2. 2008 UKCRC £ 5 000 000 approximately to establish the Northern Ireland Centre of Excellence for Public Health Research.
3. 2006-2011 £525,000. Northern Ireland Research and Development Office. Studies of the prevalence and determinants of obesity and cardiovascular risk in young children: The HAPO Family Study.
4. 2008 – 2011 £950 000. Food Standards Agency. Effects of dietary intake of fruits and vegetables on insulin resistance – a randomised controlled trial.
5. 2011 – 2014. £500 000 from the Medical Research Council to establish a Methodology Hub for Ireland

Publications

Over 300 in total including the following:

Baldrick FR, Woodside JV, Elborn JS, Young IS, McKinley MC. Biomarkers of fruit and vegetable intake in human intervention studies: a systematic review. *Crit Rev Food Sci Nutr*. 2011 Oct-Nov;51(9):795-815.

McGinty A, Young IS. Adipose tissue and inflammation. *Int J Clin Pract*. 2011 Sep;65(9):913-7.

McCall DO, McGartland CP, McKinley M, Sharpe P, McCance DR, Young IS, Woodside JV. The effect of increased dietary fruit and vegetable consumption on endothelial activation, inflammation and oxidative stress in hypertensive volunteers. *Nutr Metab Cardiovasc Dis*. 2011 Sep;21(9):658-64

McCance DR, Holmes VA, Maresh MJ, Patterson CC, Walker JD, Pearson DW, Young IS; Diabetes and Pre-eclampsia Intervention Trial (DAPIT) Study Group. Vitamins C and E for prevention of pre-eclampsia in women with type 1 diabetes (DAPIT): a randomised placebo-controlled trial. *Lancet*. 2010;376:259-66

McCall DO, McGartland CP, McKinley MC, Patterson CC, Sharpe P, McCance DR, Young IS, Woodside JV. Dietary intake of fruits and vegetables improves microvascular function in hypertensive subjects in a dose-dependent manner. *Circulation*. 2009 Apr 28;119(16):2153-60.

Bradley U, Spence M, Courtney CH, McKinley MC, Ennis CN, McCance DR, McEneny J, Bell PM, Young IS, Hunter SJ. Low-fat versus low-carbohydrate weight reduction diets: effects on weight loss, insulin resistance, and cardiovascular risk: a randomized control trial. *Diabetes*. 2009 Dec;58(12):2741-8.

Stanislawska-Sachadyn A, Mitchell LE, Woodside JV, Buckley PT, Kealey C, Young IS, Scott JM, Murray L, Boreham CA, McNulty H, Strain JJ, Whitehead AS. The reduced folate carrier (SLC19A1) c.80G>A polymorphism is associated with red cell folate concentrations among women. *Ann Hum Genet*. 2009 Sep;73(Pt 5):484-91

- McClean KM, Kee F, Young IS, Elborn JS. Obesity and the lung: 1. *Epidemiology. Thorax.* 2008 Jul;63(7):649-54.
- McEvoy CT, Cran GW, Cooke SR, Young IS. Resting energy expenditure in non-ventilated, non-sedated patients recovering from serious traumatic brain injury: Comparison of prediction equations with indirect calorimetry values. *Clin Nutr.* 2009 May 5. [Epub ahead of print]
- McEvoy C, Cooke SR, Young IS. A Reduced Abbreviated Indirect Calorimetry Protocol Is Clinically Acceptable for Use in Spontaneously Breathing Patients With Traumatic Brain Injury. *Nutr Clin Pract.* 2009 Apr 30.
- Augood C, Chakravarthy U, Young IS, Vioque J, de Jong PT, Bentham G, Rahu M, Seland J, Soubrane G, Tomazzoli L, Topouzis F, Vingerling JR, Fletcher AE. Oily fish consumption, dietary docosahexaenoic acid and eicosapentaenoic acid intakes, and associations with neovascular age-related macular degeneration. *Am J Clin Nutr.* 2008 Aug;88(2):398-406
- Gibson A, Woodside JV, Young IS, Sharpe PC, Mercer C, Patterson CC, McKinley MC, Kluijtmans LA, Whitehead AS, Evans A. Alcohol increases homocysteine and reduces B vitamin concentration in healthy male volunteers--a randomized, crossover intervention study. *QJM.* 2008 Nov;101(11):881-7.
- Connolly GM, Cunningham R, Maxwell AP, Young IS. Decreased serum retinol is associated with increased mortality in renal transplant recipients. *Clin Chem.* 2007;53:1841-6.
- Tully MA, Cupples ME, Hart ND, McEneny J, McGlade KJ, Chan WS, Young IS. Randomised controlled trial of home-based walking programmes at and below current recommended levels of exercise in sedentary adults. *J Epidemiol Community Health.* 2007 Sep;61(9):778-83
- McEneny J, Couston C, McKibben B, Young IS, Woodside JV. Folate: in vitro and in vivo effects on VLDL and LDL oxidation. *Int J Vitam Nutr Res.* 2007 Jan;77(1):66-72.
- Graydon R, Gilchrist SE, Young IS, Obermuller-Jevic U, Hasselwander O, Woodside JV. Effect of lycopene supplementation on insulin-like growth factor-1 and insulin-like growth factor binding protein-3: a double-blind, placebo-controlled trial. *Eur J Clin Nutr.* 2007 Feb 7; [Epub ahead of print]
- Black RN, Spence M, McMahon RO, Cuskelly GJ, Ennis CN, McCance DR, Young IS, Bell PM, Hunter SJ. Effect of eucaloric high- and low-sucrose diets with identical macronutrient profile on insulin resistance and vascular risk: a randomized controlled trial. *Diabetes.* 2006 Dec;55(12):3566-72.
- Woodside JV, Campbell MJ, Denholm EE, Newton L, Honour JW, Morton MS, Young IS, Leathem AJ. Short-term phytoestrogen supplementation alters insulin-like growth factor profile but not lipid or antioxidant status. *J Nutr Biochem.* 2006 Mar;17(3):211-5.
- Mullan BA, Ennis CN, Fee HJ, Young IS, McCance DR. Pretreatment with intravenous ascorbic acid preserves endothelial function during acute hyperglycaemia. *Clin Exp Pharmacol Physiol.* 2005;32:340-5
- Watkins DC, Murray LJ, McCarron P, Boreham CA, Cran GW, Young IS, McGartland C, Robson PJ, Savage JM. Ten-year trends for fatness in Northern Irish adolescents: the Young Hearts Projects--repeat cross-sectional study. *Int J Obes.* 2005;29:579-85.