

# **Dr Claire Farrow**

**Professor and Director of Applied Health Research Group at Aston University**

Birmingham, , GB

Dr Farrow's interests concern the factors influencing eating behaviour and weight gain or loss, particularly in children.

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## **Biography**

Dr Claire Farrow is interested in the factors that influence eating behaviour and weight gain or weight loss, particularly in children. She has expertise in longitudinal research and in using observational and experimental designs. Claire is particularly interested in the impact of parental feeding practices on children's food preferences and in the role of family mealtimes. She is interested in the development of eating behaviour and weight in Low and Middle Income Countries and is currently collaborating with partners in Kenya and Zambia. Claire has expertise in using digital interventions to support child eating behaviour and has co-developed the 'Child Feeding Guide' website and training resource for parents and professionals and 'Vegetable Maths Masters' app for children and teachers to support healthy eating behaviour. Claire is a Chartered Psychologist, a Senior Fellow of the Higher Education Academy and an Associate Fellow of the British Psychological Society.

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## **Areas of Expertise**

Observational Research, Child Obesity, Child Eating Behaviour, Fussy Eating, Digital Health Interventions

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## **Affiliations**

UK Research and Innovation Future Leaders Fellowships (UKRI FLF) Programme : Member, Senior Fellowship of Higher Education Academy : RITE Mentor, Higher Education Academy : Senior Fellow, British Psychological Society : Associate Fellow, Midlands Universities Children and Infants eating Group : Committee Member, National Steering Group for Children's Feeding : Committee Member, British Feeding and Drinking Group : Member

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## **Education**

**University of Birmingham**  
PhD Psychology

**University of Birmingham**  
BSc Psychology

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## **Accomplishments**

**Nominated for the Rosalind Franklin Appathon Competition**

**2016**

**Highly Commended for the Best App for the Child Feeding Guide, Loughborough University**

**2015**

**Winner of Social Enterprise Award for the Child Feeding Guide, Loughborough University**

**2014**

**Highly Commended for the Intellectual Property Award for the Child Feeding Guide, Loughborough University**

**2014**

**Astonishing Academic Award**

2014, 2015 & 2016 Nominated/ won Astonishing Academic Awards (most supportive academic, best personal tutor, and most motivational academic, Life and Health Sciences, Aston University).

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