

Research positions

2021 — present **Postdoctoral researcher**
University of Bern

Education

2017 — 2020 **PhD in Epidemiology**, Queen's University Belfast
Supervisors: Prof. Frank Kee, Prof. Ciaran O'Neill, Prof. Mark Tully
Thesis: The health economics of physical inactivity and sedentary behaviour: healthcare expenditure and cost-effective interventions

2016 — 2017 **MSc in Epidemiology**, Maastricht University
Supervisor: Dr. Colinda Simons
Thesis: Association between World Cancer Research Fund cancer prevention recommendations and incidence of colorectal cancer in the Netherlands Cohort Study

2011 — 2014 **BSc in Human Biology**, Queen's University Belfast
Supervisors: Prof. Mark Tully
Dissertation: Validation of a wireless-upload pedometer and smartphone app for monitoring free-living physical activity

Work

2017 — 2019 **Teaching assistant**, Queen's University Belfast
Teaching assistance in undergraduate histology and physiology classes

2015 — 2016 **Technical associate**, Genpact Pharmedlink. Belfast, UK
Reviewed technical documents for a multinational pharmaceutical company

Conference abstracts

2019 **Economic costs of physical inactivity in the UK**
L. Heron, C. O'Neill, F. Kee, M. A. Tully
HEPA Europe: European network for the promotion of health-enhancing physical activity (HEPA Europe)

The direct healthcare costs of sedentary behaviour in the UK
L. Heron, C. O'Neill, F. Kee, M. A. Tully
ISBNPA: International Society of Behavioral Nutrition and Physical Activity (ISBNPA)

Service

2019 — 2021 **Early Career Network Committee - Communications officer** International Society for Physical Activity and Health (ISPAH)

2018 — 2020 **Secretary of Student Chapter Belfast** ISPOR

Awards

2020

Richard Havelock Charles Scholarship and Gold Medal Queen's University Belfast
Funded 6-week research trip to University of Victoria, Canada

Volunteering

2014 — 2015

Erasmus+ volunteer, A Coruna, Spain
Taught English language classes to all ages in a primary school.

Skills

Programming— R (advanced), Stata (advanced)

Languages— English (native), German (conversational), Spanish (conversational)

Research dissemination

2019

My paper “Direct healthcare costs of sedentary behaviour in the UK” covered in the The Guardian¹, The Irish Times², The Independent³ and more

Links

1. <https://www.theguardian.com/society/2019/mar/26/long-sedentary-periods-are-bad-for-health-and-cost-nhs-700m-a-year>↵
2. <https://www.irishtimes.com/news/ireland/irish-news/too-much-sitting-linked-to-tens-of-thousands-of-deaths-each-year-1.3838302>↵
3. <https://www.independent.co.uk/life-style/health-and-families/health-news/sitting-down-dangers-sedentary-deaths-nhs-700-million-a8839991.html>↵