

Dr Anne Martin

Senior Researcher in Public Health

Contact

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Profile

I am a Public Health Scientist leading world-changing research on nature-based play and learning in early childhood education and care settings. I have expertise in mixed-methods in the field of obesity prevention, and physical activity, sleep and mental health promotion. I have substantial experiences in participatory and whole-system approaches to intervention development and evaluation.

Education & Qualifications

- 2014: Doctor of Philosophy in Nutrition and Exercise Sciences, University of Edinburgh
- 2010: Master of Science (Medical Sciences): Human Nutrition, University of Glasgow
- 2009: Bachelor of Science: Nutritional Sciences University of Potsdam, Germany
- 2003: State Exam: Physiotherapy, College for Allied Health Professions, Berlin, Germany

Academic appointments

- University of Glasgow, MRC/CSO Social and Public Health Sciences Unit, Research Fellow (08/2020-present)
- University of Glasgow, MRC/CSO Social and Public Health Sciences Unit, Research Associate (11/2017-07/2020)
- University of Strathclyde, Digital Health and Wellness Group, Research Associate (07/2017-10/2017)
- University of Edinburgh, Usher Institute of Population Health Sciences and Informatics Research Fellow (05/2015-05/2017)
- University of Strathclyde, Physical Activity for Health Group, Research Assistant/Associate (04-12/2014, 09/2016-01/2017)
- University of Edinburgh, Physical Activity for Health Research Centre, Research Assistant/Associate (11/2013-04/2016)

Project Grants

- Medical Research Council. **Early Childhood Education Outdoor Nature-based Play and Learning (ECO Nature Play): intervention development.** (18 months, 09/2024-02/26; £149,029). **PI: A Martin**, Co-Is: Prof Sharon Simpson, P McCrorie, A Johnstone, M McQuade, B Rigby, S McGregor
- Unit Strategic Reserve (MRC/CSO Social and Public Health Sciences Unit). **Healthy Start in Life – A proof of concept study exploring differences in microbiome due to inequalities** (01/11/2021 – 04/2023; 47,115). **Co-PI: A Martin**, P McCrorie
- Medical Research Council. World Class Labs Capital Funding 2020/21. (05/10/2020 – 31/03/2021; £215,103) **PI: L Moore**, **Co-I: A Martin**, P McCrorie et al
- Unit Strategic Reserve (MRC/CSO Social and Public Health Sciences Unit). **Advancing the evidence on outdoor play and learning in the early years in Scotland** (2020-2021; £20,190) **Co-PIs: A Martin**, P McCrorie
- Economic and Social Research Council, Impact Acceleration Account. **Empowering stakeholders in Early Learning in Childcare to evaluate and implement outdoor childcare** (2020-2021; grant number ES/T501918/1; £14,700) **PI: A Martin**, Co-Is: P McCrorie, NR Chng, S Chambers
- Glasgow Children's Hospital Charity Fund. **Outdoor play: Investigating parental perceptions of risks, benefits and competencies.** (05-07 2020; £1080) **PI: A Martin**, Co-I: P McCrorie
- Glasgow City Council/Medical Research Council. Co-funded 1+3 PhD Studentship. **Investigating the potential of outdoor nurseries for children, families and communities** (2019 –2023; £47,270) **Co-PIs: A Martin**, P McCrorie
- Early Learning and Childcare Directorate, Scottish Government. **Systematic Review of the effect of outdoor nurseries on children's health** (2019-2020; £63,240.31) **PI: A Martin**

- Population Health Directorate, Scottish Government. Rapid Review on the relationship between adolescent screen time, sleep and mental health (05-10/2019; £19,140), **PI: A Martin**
- MVLS Institutional Strategic Support Fund. **Exploring the potential of outdoor nurseries for the health and wellbeing of children living in deprived areas in Glasgow** (05-08/2019; £3,238) **PI: A Martin**
- University of Glasgow & Scottish Government. **Amplifying the voices of children in the translation of physical activity related scientific evidence** (2019-2020; £25,000) **PI: P McCrorie, Co-Is: A Martin, J Riddell**
- **Cochrane UK**. Cochrane Review Support Programme. Lifestyle intervention for improving cognition and school achievement in children and adolescents with obesity (2017-2018; £5,000); **PI: A Martin**
- **World Health Organisation**. Review of systematic reviews of early life physical activity interventions to prevent obesity and NCDs in support of the Healthy Lifecourse Trajectories Initiative (HeLTI; 2016-2017; £11,400); **PI: JJ Reilly, Co-Is: A Martin, AR Hughes**.
- **World Health Organisation**. Early origins of obesity and cardiometabolic disease: systematic reviews (2014-2015; £19,250). **PI: JJ Reilly, Co-Is: A Martin, RM Bland**.

Other academic achievements

- Member of the Early Care and Education Special Interest Group of the International Society for Behavioural Nutrition and Physical Activity (June 2022 – present)
- Executive Committee member (Membership Secretary) of the UK Society for Behavioural Medicine (January 2021 – 2022)
- Chair of the Early Care and Education Special Interest Group of the International Society for Behavioural Nutrition and Physical Activity (February 2019 – 2022)
- Scotland Network Lead for the UK Association for the Study of Obesity (June 2018 – March 2021)
- Member of the Scotland's Outdoor Play and Learning Coalition (September 2018 - present)
- Member of the UK Chief Medical Officer Expert Working Group on Physical Activity Guidelines for the Under 5s, 2017-2019

Publications (2022 onwards only, total 49)

- Kipping, R., ..., **Martin, A.**, Chambers, Stephanie, and Simpson, Sharon A. (2023) **Protocol to evaluate the effectiveness and cost-effectiveness of an environmental nutrition and physical activity intervention in nurseries (Nutrition and Physical Activity Self Assessment for Child Care - NAP SACC UK): a multicentre cluster randomised controlled trial**. *BMC Public Health*, 23, 1475. (doi: 10.1186/s12889-023-16229-y) (PMID:37532982) (PMCID: PMC10398919)
- Dibben, G.O., **Martin, A.**, et. al. (2023) **Adolescents' interactive electronic device use, sleep and mental health: a systematic review of prospective studies**. *Journal of Sleep Research*, 32:e13899 (doi: 10.1111/jsr.13899) (PMID:37029099)
- Martin, A., et al. (2023) **A qualitative study of parental strategies to enable pre-school children's outdoor and nature experiences during COVID-19 restrictions**. *Health and Place*, 79, 102967.
- Zucca, C. , ... **Martin, A.** (2023) **Outdoor nature-based play in early learning and childcare centres: identifying the determinants of implementation using causal loop diagrams and social network analysis**. *Health and Place*, 79, 102955.
- Jidovtseff, B., Pirard, F., **Martin, A.** , et al. (2022) **Parental assessment of benefits and of dangers determines children's permission to play outdoors**. *International Journal of Environmental Research and Public Health*, 19(18), 11467.
- **Martin, A.** et al. (2022) **Environmental and practice factors associated with children's device-measured physical activity and sedentary time in early childhood education and care centres: a systematic review**. *International Journal of Behavioral Nutrition and Physical Activity*, 19, 84.
- Traynor, O., **Martin, A.** , et al. (2022) **A low-cost method for understanding how nature-based early learning and childcare impacts on children's health and wellbeing**. *Frontiers in Psychology*, 13, 889828
- Johnstone, A., **Martin, A.**, et al. (2022). **Nature-Based Early Childhood Education and Children's Social, Emotional and Cognitive Development: A Mixed-Methods Systematic Review**. *IJERPH*, 19(10), 5967.
- Johnstone, A., ... **Martin, A.**, (2022). **Nature-Based Early Childhood Education and Children's Physical Activity, Sedentary Behavior, Motor Competence, and Other Physical Health Outcomes: A Mixed-Methods Systematic Review**. *JPAH*, 1(aop), pp.1-17