

## **CURRICULUM VITAE:**

**Sonia A Williams**

**MBE, BDS, MDS, PhD, DDPH, FFPH, RPHNutr,  
Dip Sh., MRSS, Dip ION, NTCC, MBANT.**

**18th March 2010**  
**Emeritus Professor Sonia Williams**

**DEGREES AND DIPLOMAS**

1963	B.D.S.(Hons)	University of London, with Distinction in Pathology & Bacteriology
1973	D.D.P.H.	Royal College of Surgeons of England
1982	M.D.Sc	University of Leeds (by research)
1993	Ph.D.	University of London (external)
1997	Cert.Health Econ.	University of Aberdeen
2003	Dip Sh., MRSS	Yorkshire College of Shiatsu
2004	Dip ION.	Institute of Optimum Nutrition
2007-10 (11 modules)		University of Surrey (MSc in nutritional medicine)
2010.		NLP practitioner (Centre for Nutrition Education)

**REGISTRATION:**

General Dental Council	Dental Register
GDC Specialist List	Dental Public Health
Association for Nutrition	Public Health Nutritionist
CNHC	Nutritional Therapist + Shiatsu practitioner
NTCC	Nutritional Therapist

**OTHER AWARDS & PROFESSIONAL ACTIVITIES OF NOTE:**

1993 & 97	Co-author of 2 papers awarded best published contribution in <i>Community Dent Health</i> . Hon Member of Faculty of Public Health Medicine MBE, Queens Birthday Honours for services to children and ethnic minorities Fellow of Faculty of Public Health
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**EMPLOYMENT HISTORY**

Present Post:

2008-	PT Lecturer (nutrition) @ Northern School of Contemporary Dance (Leeds)
2008-	PT Lecturer (nutritional therapy/research) @ Northern College of Acupuncture (York)
2005-	Emeritus Chair in Oral Health Services Research, University of Leeds

Previous Posts:

*University/ Teaching Appointments*

2006-2007	PT Research Fellow; University of Leeds
1994-2005	Director: WHO Collaborating Centre for research in oral health, inequalities & migration. Six Terms of Reference included infant feeding and oral health promotion provision.
1998-2005	Chair in Oral Health Services Research
1993-2004	Honorary Consultant (NHS) Contract in Dental Public Health (Bradford HA)
1994-2004	Regional Faculty Advisor (dental public health)
1992-1998	Senior Lecturer in Dental Public Health
1980-1992	Lecturer in Community Dental Health

*Visiting Research Fellow:* Edmonton, Univ.Alberta (1987); Johannesburg, Univ Witswatersrand (1990); Copenhagen Univ (1990); Otago, New Zealand (2005).

*Dental Practice:*

1966-1978	Community Dental Services (London, Leeds & North Yorkshire – P/T)
1963-1965; 1972-1978:	General Dental Practice

*Hospital:*

1963:	House Officer, Oral Surgery, Royal Dental Hospital
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## **MEMBERSHIP OF SOCIETIES: include**

1974-	British Dental Association	1978-	Int. Assoc. for Dental Research
1974-	British Assoc. Study of Community Dentistry	1978-	British Society for Dental Research
2001-	British Society of Ecological Medicine	2005-	Nutrition Society
2007-	Royal Society of Medicine		

## **MANAGEMENT & ADMINISTRATION:**

### *Membership of Professional Committees:*

British Dental Association:	1984-85 Chairman of Leeds & District Section of BDA
British Society of Paediatric Dentistry:	1993-94 Chairman, Ridings Group 1994-95 PRESIDENT, National Society
Oral Health Promotion Group:	1992-98 Member of Executive Committee, 1992-6 Treasurer
British Society for Dental Research	2000-02 Chair – Behav Sciences/Health Services Res Group
Nutritional Therapy Council	2006- Chair – Scientific Advisory Committee

### *Professional/ Administration:*

1993- 2004	Bradford District Dental Advisory Committee
1993- 2004	Bradford Primary Dental Care Strategy Group
1995- 2004	Yorkshire Regional Dental Advisory Committee

## **ACADEMIC:**

### Managerial responsibilities:

1994-2004	Director, WHO Collaborating Centre for research on migration & oral health
1988-2004	Director: 2-year programme leading to MDentSci: Community Dental Health
1991-2004	Director: 1-year programme: Dipl.-Dental Preventive & Community Studies

### Examinerships

#### *External examiner:*

Undergraduate:	University of Birmingham Dental School
MPH:	University of Leeds, University of Glasgow
PhD	Universities of London, Manchester, Lahore
DDPH, RCS, Eng. 1992-9	Royal College of Surgeons of England
Chairman of examiners (DDPH 1996-9)	
Nutritional Therapy:	
Dip ION	University of Bedfordshire
BSc, Nutritional Therapy	University of Westminster
BSc Nutritional Science/Therapy	University of Middlesex
MSc Nutritional Therapy	University of Worcester

## **RESEARCH**

### **RESEARCH GRANTS AND CONTRACTS AWARDED**

As Principal Investigator: approx £1.5 million: **As co-investigator: approx £600K**

### **PUBLICATIONS (over 90): Some nutrition-related refereed contributions to peer-reviewed journals**

- Godson JH & WILLIAMS SA (1996): Oral health and related behaviours among three year old children born to first and second generation Pakistani mothers in Bradford, UK. *Community Dental Health* 13, 27-33.
- Godson JH, WILLIAMS SA & Kwan S (1996): Inter-generational changes in diet, growth and oral health. *Scandinavian Journal of Nutrition* 40, Suppl.31, 114-118.
- Gibson S & WILLIAMS S (1999): Dental caries in pre-school children: associations with social class, toothbrushing habit and consumption of sugars and sugar-containing foods. Further analysis of data from the National Diet and Nutrition Survey of children aged 1.5-4.5 years. *Caries Research* 33(2) 101-113.

- Parsons S, Godson JH, WILLIAMS SA & Cade JE (1999): Are there intergenerational differences in the diets of young children born to first- and second-generation Pakistani Muslims in Bradford, West Yorkshire, UK? *Journal of Human Nutrition and Dietetics* **12**, 113-122.
- Shahid SK, WILLIAMS SA, Malik A & Csikar JI (2005): Parental control in caries prevention of young children of Pakistani and White origin: implications for oral health promotion – a pilot study. *International Journal of Health Promotion & Education* **43**(1) 4-10.
- Godson JH, WILLIAMS SA (2008): Inequalities in oral health in the UK. *Dental Update* **35**; 243-250.
- Nkamba EM, Tilford S, WILLIAMS SA (2008): Components of Health Promoting Schools in Ugandan primary schools: a pilot study. *International Journal of Health Promotion & Health Education* **46**(3); 84-93.
- Csikar JI, WILLIAMS SA, Beal JF (2009): Do health promotion activities vary between dental care providers relative to the NHS/private treatment mix offered? *Primary Dental Care* **16**(2): 45-50.
- Rowbotham JS, Godson JH, WILLIAMS SA, Csikar JI, Bradley S (2009): An audit of dental therapy in the United Kingdom. Part 1. History and Development. *British Dental Journal* **207**(8); 355-359.
- Godson JH, WILLIAMS SA, Csikar JI, Bradley S, Rowbotham JS (2009). An audit of dental therapy in the United Kingdom. Part 2. Current dental practices *British Dental Journal* **207**(9) 417-423.
- WILLIAMS SA, Bradley S, Godson JH, Csikar JI, Rowbotham JS (2009). An audit of dental therapy in the United Kingdom. Part 3. Current working practices – financial aspects. *British Dental Journal* **207**(10) 477-483.
- Csikar JI, WILLIAMS SA, Godson JH, Rowbotham JS, Bradley S (2009). An audit of dental therapy in the United Kingdom. Part 4. Teamwork – is it working for dental therapists? *British Dental Journal* **207**(11) 529-536.

**In press:**

WILLIAMS S (2010) Selenium – what are the issues? A review of requirements relating to different clinical settings. *Nutrition Practitioner*

**Submitted:**

Hehir L, WILLIAMS S. A survey of health professionals' views about integration of TCM acupuncture into NHS Scotland. *European Journal of Integrated Medicine*.

**OTHER EXPERIENCE:**

- ❖ Associate Editor: Nutritional & Dietary Therapies, CAMS Section, NHS Evidence (2008-2010)
- ❖ Working with Leeds PCT on milk fluoridation project (2009) and Tees PCT on commissioning oral health promotion/prevention & in general dental practice (2009).
- ❖ Production of health promotion videos in various minority languages (DH-funded) – Urdu, Punjabi, Bengali
- ❖ Production of multilingual oral health promotion website MyPIL.com – including Urdu, Punjabi, Bengali, Gujarati, Arabic, French.
- ❖ Production of a series of work books applicable to the needs of 8 different minority ethnic groups to encourage uptake of breast screening services.
- ❖ Consultancy services in research for acupuncture @ Northern College of Acupuncture (York)
- ❖ Consultancy services for nutritional meals @ Happy Days Nursery, Leeds (2010)
- ❖ Currently practising: Nutritional Therapist, Shiatsu, Reiki
- ❖ Presently working on developing motivational interviewing techniques (Miller & Rollnick).