Patricia Heavey
Lecturer
Department of Sport and Health Science



Employment

Lecturer
Department of Sport and Health Science
Faculty of Science and Health (Midlands)
Co. Westmeath, N67 HD68, Ireland
3 Sept 2012 → present

Manager of the National Nutrition Surveillance Centre, School of Public Health, Physiotherapy and Population Science
University College Dublin
Dublin, Ireland
1 Jan 2009 → 1 Jan 2012

Senior Lecturer
Kingston University
Kingston Upon Thames, United Kingdom
1 Jan 2005 → 1 Jan 2006

Research Associate
Ulster University
Coleraine, United Kingdom
1 Jan 2001 → 1 Jan 2006

Nutrition for Health Lead in the SHE Research Centre
Technological University of the Shannon: Midlands Midwest
Athlone, Ireland
1 Jan 2000 → present

Research outputs

The Effectiveness of Lifestyle Interventions, Including Exercise, Diet, and Health Education on Symptoms Experienced During Perimenopause: A Systematic Review of Randomized Controlled Trials
McNulty, K. L., Murphy, M., Flynn, E., Lane, A., Muldoon, A., Kealy, R., Harrison, M., Windle, J. & Heavey, P., 1 Jun 2026 , In: Journal of Aging and Physical Activity. 34, 3, p. 380-403 24 p.

Feasibility, acceptability and effectiveness of a lifestyle program for perimenopause: a pilot study
McNulty, K. L., Lane, A., Muldoon, A., Kealy, R., Windle, J., Murphy, K., Harrison, M. & Heavey, P., 24 Apr 2026, In: Health Education. 126, 3, p. 342-360 19 p.

Association between body composition and perimenopausal symptom severity in Irish women
Murphy, M. B., Cuskelly, G. & Heavey, P., 2026, (Accepted/In press) In: Post Reproductive Health.

Experiences of weight and body shape changes during perimenopause
Murphy, M. B., Lane, A., Cuskelly, G. & Heavey, P. M., 2026, (Accepted/In press) In: Women and Health. 65, 10, p. 861-870 10 p.

“There is absolutely no facet of my life that it hasn’t affected”–Experiences of symptoms during perimenopause
Murphy, M., Lane, A., Cuskelly, G. & Heavey, P. M., 2026, In: Journal of Women and Aging. 38, 5, p. 167-182 16 p.

Nutrient Intake and Menopausal Symptoms in Perimenopausal Women
Murphy, M. B., Cuskelly, G. & Heavey, P., Dec 2025, In: Nutrients. 17, 24, 3887.

Characterizaton of pH- and Thermo-Responsive hydrogels for biomedical use
Peterson, I., Heavey, P. (Student Supervisor) & Higginbotham, C., 18 Feb 2025.

'There is absolutely no facet of my life that it hasn't affected - experiences of symptoms during the perimenopause
Murphy, M., Lane, A. (Student Supervisor), Cuskelly, G. (Student Supervisor) & Heavey, P. (Student Supervisor), 18 Feb 2025.

Prevalence and severity of menopausal symptoms in peri and post-menopausal women.
Keegan, B., Dunne, N. & Heavey, P., 27 Jan 2025, In: Irish Medical Journal. 118, 1, 12 p.

A qualitative exploration of the lives lived by Irish centenarians
Fagan, A., Gaffney, L., Heavey, P. & McDonnell, M., Dec 2024, In: Journal of Aging Studies. 71, 101252.

Association Between Body Mass Index, Abdominal Obesity and Menopause-Related Symptoms in Postmenopausal Women
Heavey, P., Dec 2024, In: SURE Journal: Science Undergraduate Research Experience Journal.

Experience of the menopause transition in Irish women and how it impacts motivators, facilitators, and barriers to physical activity engagement
McNulty, K. L., Lane, A., Kealy, R. & Heavey, P., Dec 2024, In: BMC Women's Health. 24, 1, 666.

Body composition, body mass index, waist circumference and perimenopausal symptoms in women living in Ireland
Murphy, M. B., Owens, R., Edwards, L., Cuskelly, G. J. & Heavey, P. M., Nov 2024.

Multifunctional hydrogels for the delivery of drugs and nutraceuticals for the treatment of inflammatory bowel disease
Murtagh, A., Higginbotham, C. & Heavey, P., Nov 2024.

Prevalence of non-dipping amongst adults with normal clinic blood pressure
Goland, C. A., Heavey, P. M. & Cuskelly, G. J., Nov 2024.

Conference on 'Understanding the role of sex and gender in nutrition research': Irish Section Conference 2023: Understanding the role of sex and gender in nutrition research
Heavey, P., 1 May 2024, In: Proceedings of the Nutrition Society. 83, 2, p. 63-65 3 p.

A pH sensitive hydrogel for colon targeted delivery
Peterson, I., Heavey, P. (Student Supervisor) & Higginbotham, C. (Student Supervisor), 12 Feb 2024.

Dietary practices, beliefs and behaviours of adults with inflammatory bowel disease: a cross-sectional study
Murtagh, A., Cooney, L., Higginbotham, C. & Heavey, P., Jun 2023, In: Irish Journal of Medical Science. 192, 3, p. 1115-1124 10 p.

Using split urine collections to assess circadian pattern of urinary sodium excretion: a feasibility study
Goland, C. A., Cuskelly, G. J. & Heavey, P. M., 2023.

Curcumin loaded microspheres for the management of inflammatory bowel disease
Heavey, P., 2022, In: Proceedings of the Nutrition Society.

Effects of misreporting on agreement of methods to measure sodium status in the National Diet and Nutrition Survey
Cuskelly, G., Heavey, P. & Goland, C., 2022.

Menopausal symptoms and adherence to a Mediterranean dietary pattern in women living in Ireland
Heavey, P., 2022, In: Proceedings of the Nutrition Society.

Symptoms and health behaviours of post-menopausal women in Ireland
Heavey, P., 2022, In: Proceedings of the Nutrition Society.

Experiences and health behaviours of menopausal women living in Ireland
Heavey, P., Jun 2021, (Technological University of the Shannon)

The Childhood Obesity Surveillance Initiative (COSI) in the Republic of Ireland: Descriptives of childhood obesity risk factors
Heavey, P., 2016

Breastfeeding and birth weight are important predictors for childhood overweight and obesity: Results for 1885 6–7-year-old school-going children of the Childhood Growth Surveillance Initiative (COSI) in the Republic of Ireland
Heavey, P., 2015, In: Proceedings of the Nutrition Society.

Waist Circumference Improves Obesity Models but Social Disadvantage Remains Significant: Results among 10,766 Children of the Childhood Growth Surveillance Initiative (COSI) in the Republic of Ireland
Heavey, P., 2014.

Familial intergenerational and maternal aggregation patterns in nutrient intakes in the Lifeways Cross-Generation Cohort Study
Shrivastava, A., Murrin, C., Sweeney, M. R., Heavey, P. & Kelleher, C. C., Aug 2013, In: Public Health Nutrition. 16, 8, p. 1476-1486 11 p.

Parents' attitudes and acceptability of anthropometric measurement of Irish school children
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Heavey, P., 2013, In: Proceedings of the Nutrition Society.

Tackling cholesterol through diet and lifestyle
Heavey, P., 2013, In: Nursing in General Practice.

Grandparental morbidity and mortality patterns are associated with infant birth weight in the Lifeways cross-generation cohort study 2001-2010
Shrivastava, A., Murrin, C., O'Brien, J., Viljoen, K., Heavey, P., Grant, T. & Kelleher, C. C., 1 Dec 2012, In: Journal of Developmental Origins of Health and Disease. 3, 6, p. 458-468 11 p.

European Nutrition and Health Report 2009.
Elmadfa, I., Meyer, A., Nowak, V., Hasenegger, V., Putz, P., Verstraeten, R., Remaut-DeWinter, A. M., Kolsteren, P., Dostálová, J., Dlouhý, P., Trolle, E., Fagt, S., Biltoft-Jensen, A., Mathiessen, J., Velsing Groth, M., Kambek, L., Gluskova, N., Voutilainen, S., Erkkilä, A. & Vernay, M. & 49 others, Krems, C., Strassburg, A., Vasquez-Caicedo, A. L., Urban, C., Naska, A., Efstathopoulou, E., Oikonomou, E., Tsiotas, K., Bountziouka, V., Benetou, V., Trichopoulou, A., Zajkás, G., Kovács, V., Martos, E., Heavey, P., Kelleher, C., Kennedy, J., Turrini, A., Selga, G., Sauka, M., Petkeviciene, J., Klumbiene, J., Holm Totland, T., Andersen, L. F., Halicka, E., Rejman, K., Kowrygo, B., Rodrigues, S., Pinhão, S., Ferreira, L. S., Lopes, C., Ramos, E., Vaz Almeida, M. D., Vlad, M., Simcic, M., Podgrajsek, K., Serra Majem, L., Román Viñas, B., Ngo, J., Ribas Barba, L., Becker, W., Fransen, H., Van Rossum, B., Ocké, M., Margetts, B., Rütten, A., Abu-Omar, K., Gelius, P. & Cattaneo, A., Oct 2009, In: Annals of Nutrition and Metabolism. 55 Suppl 2, p. 1-40 40 p.

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Elmadfa, I., Meyer, A., Nowak, V., Hasenegger, V., Putz, P., Verstraeten, R., Remaut-DeWinter, A. M., Kolsteren, P., Dostálová, J., Dlouhý, P., Trolle, E., Fagt, S., Biltoft-Jensen, A., Mathiessen, J., Velsing Groth, M., Kambek, L., Gluskova, N., Voutilainen, N., Erkkilä, A. & Vernay, M. & 45 others, Krems, C., Strassburg, A., Vasquez-Caicedo, A. L., Urban, C., Naska, A., Efstathopoulou, E., Oikonomou, E., Tsiotas, K., Bountziouka, V., Benetou, V., Trichopoulou, A., Zajkás, G., Kovács, V., Martos, E., Heavey, P., Kelleher, C., Kennedy, J., Turrini, A., Selga, G., Sauka, M., Petkeviciene, J., Klumbiene, J., Holm Totland, T., Andersen, L. F., Halicka, E., Rejman, K., Kowrygo, B., Rodrigues, S., Pinhão, S., Ferreira, L. S., Lopes, C., Ramos, E., Vaz Almeida, M. D., Vlad, M., Simcic, M., Podgrajsek, K., Serra Majem, L., Román Viñas, B., Ngo, J., Ribas Barba, L., Becker, V., Fransen, H., Van Rossum, C., Ocké, M. & Margetts, B., 2009, In: Forum of Nutrition. 62, p. 1-405 405 p.

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Heavey, P., 2009

Report of Inter-sectoral Group on the Implementation of the Recommendations of the National Task Force on Obesity
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The effect of nicotine in vitro on the integrity of tight junctions in Caco-2 cell monolayers
McGilligan, V. E., Wallace, J. M. W., Heavey, P. M., Ridley, D. L. & Rowland, I. R., Sept 2007, In: Food and Chemical Toxicology. 45, 9, p. 1593-1598 6 p.

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Gill, C. I. R., Heavey, P., McConville, E., Bradbury, I., Fässler, C., Mueller, S., Cresci, A., Dore, J., Norin, E. & Rowland, I., 2007, In: Nutrition and Cancer. 57, 1, p. 59-65 7 p.

Hypothesis about mechanisms through which nicotine might exert its effect on the interdependence of inflammation and gut barrier function in ulcerative colitis
McGilligan, V. E., Wallace, J. M. W., Heavey, P. M., Ridley, D. L. & Rowland, I. R., 2007, In: Inflammatory Bowel Diseases. 13, 1, p. 108-115 8 p.

The gastrointestinal Microbiota in Cancer
Heavey, P. M., Rowland, I. R. & Rafter, J. J., 1 Jan 2006, *Gastrointestinal Microbiology.* CRC Press, p. 225-236 12 p.

Gastrointestinal cancer
Heavey, P. M. & Rowland, I. R., Apr 2004, In: Bailliere's Best Practice and Research in Clinical Gastroenterology. 18, 2, p. 323-336 14 p.

Colorectal cancer and the relationship between genes and the environment
Heavey, P. M., McKenna, D. & Rowland, I. R., 2004, In: Nutrition and Cancer. 48, 2, p. 124-141 18 p.

Reviews in Food and Nutrition Toxicity
Heavey, P., 29 Aug 2003, *English.*

A human flora-associated rat model of the breast-fed infant gut
Edwards, C. A., Rumney, C., Davies, M., Parrett, A. M., Dore, J., Martin, F., Schmitt, J., Stahl, B., Norin, E., Midtvedt, T., Rowland, I. R., Heavey, P., Köhler, H., Stocks, B. & Schroten, H., Aug 2003, In: Journal of Pediatric Gastroenterology and Nutrition. 37, 2, p. 168-177 10 p.

Protein-degradation products and bacterial enzyme activities in faeces of breast-fed and formula-fed infants
Heavey, P. M., Savage, S. A. H., Parrett, A., Cecchini, C., Edwards, C. A. & Rowland, I. R., 1 Apr 2003, In: British Journal of Nutrition. 89, 4, p. 509-515 7 p.

Metabolic properties of faecal samples from breast fed and formula fed infants
Heavey, P., 2000.

The Gut microflora of the developing infant: Microbiology and metabolism
Heavey, P. M. & Rowland, I. R., Mar 1999, In: Microbial Ecology in Health and Disease. 11, 2, p. 75-83 9 p.

Dietary compensation in response to covert imposition of negative energy balance by removal of fat or carbohydrate
Goldberg, G. R., Murgatroyd, P. R., McKenna, A. P. M., Heavey, P. M. & Prentice, A. M., Aug 1998, In: British Journal of Nutrition. 80, 2, p. 141-147 7 p.