

DR JOHN DAY

RESEARCH MANAGER



PROFILE

John is the Research Manager at Healthwatch Essex and a Visiting Fellow of the School of Health and Social Care at the University of Essex. He holds a PhD from Canterbury Christ Church University and has designed, conducted and disseminated substantive qualitative research studies in the areas of physical activity and men's experiences of living with obesity. He is in the process of writing and publishing studies from both studies in peer-reviewed journals in the sociology of health and sport, which reflect his research interests more broadly. Studies conducted by the research team that he leads at Healthwatch have been funded by the UKRI, Mid and South Essex NHS Foundation Trust and the National Lottery Community Fund. John also teaches qualitative research design for Healthwatch England and was previously a lecturer in the sociology of sport and exercise at the Universities of Northampton and Canterbury Christ Church and is a Loughborough University sport and exercise science graduate.

RESEARCH INTERESTS

Obesity

Physical activity

Men's health

Generational sociology

Carnal sociology

Qualitative research methods

PUBLICATIONS AND RESEARCH PROFILE

- Day, J., Burns, J. & Weed, M. (in press). The sentient, skilled and situated of sustaining a physical activity career: Pleasurable interpretations of corporeal ambiguity. *International Review for the Sociology of Sport*.
- Day, J. & Krauze, S. (2021). *Living with Obesity: Men's experiences of losing and gaining weight and the implications for policy and services*. Earls Colne: Healthwatch Essex.
- Day, J. (2020). Negotiating fatherhood: sport and family practices (Book Review). *Leisure Studies*, 39(3): 463-464.
- Day, J. (2018). Physical activity, families and households. In J. Piggan, L. Mansfield & M. Weed (Eds.), *Routledge Handbook of Physical Activity Policy and Practice* (pp. 298-310). London: Routledge.