



## Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)

999 Phutthamonthon 4 Rd., Salaya, Phutthamonthon, Nakhon Pathom, 73170, Thailand

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**Name:** Thanit Vinitchagoon, PhD, RD.

**E-mail address:** [thanit.vin@mahidol.edu](mailto:thanit.vin@mahidol.edu)

**Current position:** Lecturer/Dietitian

### Educational Qualifications

- 2019–2023      Doctor of Philosophy (Nutrition Interventions, Communication, and Behavior Change)  
Friedman School of Nutrition Science and Policy, Tufts University, USA
- 2015-2017      Master of Science (Nutrition and Integrative Physiology)  
College of Health, University of Utah, USA
- 2009-2013      Bachelor of Science (Nutrition and Dietetics)  
Faculty of Allied Health Sciences, Chulalongkorn University, Thailand

### Research Interest and Expertise

My research focuses on identifying nutrition and health disparities in specific populations using a mixed-methods approach. I also develop and implement nutrition communication interventions based on health behavior theories, targeting different socioecological levels, from individuals to policy. My specific content areas of interest include dietary patterns and behaviors, sports nutrition and dietetics, and eating disorders across the life cycle.

### Research Experiences

- 2023              MOM (Mothers in Mahidol) Study: A mixed-method research to explore dietary intake and child feeding practices of mothers experiencing low socioeconomic status in Mahidol University, Thailand (*principal investigator*)
- 2023              Exploring factors influencing the intention to pursue a graduate degree in nutrition and dietetics among Thai dietitians (*principal investigator*)
- 2022              The DEER Study: Dietary intake, weight, and mental health in gender and sexually diverse population assigned male at birth in Bangkok, Thailand (*principal investigator*)
- 2022              The Family Eating Habits Study: Exploring intergenerational transmission of obesity in socially disadvantaged family triads: the impact of social disparities and dietary patterns (*principal investigator, as part of the doctoral training*)  
*Supervisor: Christina Economos, PhD.*
- 2022              NutriCare: Intervention on optimizing nutritional status, reducing treatment-related toxicities, and improving quality of life among vulnerable patients with lung cancer



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*(research assistant)*

*PI: Fang Fang Zhang, MD, PhD.*

### Trainings

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| 2022 | Professional Diploma in Sports Nutrition<br>Barca Innovation Hub, FC Barcelona, Spain  |
| 2018 | Certificate of Training in Nutritional Assessment and Techniques<br>The European Society for Clinical Nutrition and Metabolism (ESPEN) |
| 2018 | Certificate of Training in Nutrition Support in Cancer<br>The European Society for Clinical Nutrition and Metabolism (ESPEN)           |
| 2017 | 1st Malaysia Nutrition Leadership Programme (MyNLP)<br>Nutrition Society of Malaysia, Malaysia   |
| 2017 | Certificate of Training in Nutrition Counseling<br>Academy of Nutrition and Dietetics, USA   |

### Publications

#### National

1. Vinitchagoon T, Prasobtham J, Poomsutas Y, Surapat P. A Narrative Review of Nutrition and Dietetics in Older Adults. *J Nutr Assoc Thai*. 2020; 55(1): 41-52.
2. Saelao T, Phuttham K, Techasukthavorn V, Vinitchagoon T. Eating Disorder in Adolescents from A Dietitian's Perspective. *Thai JPEN*. 2020; 28(1): 40-56.

#### International

1. Vinitchagoon T, Wongpipit W, Phansuea P. Gender Expression, Weight Status, and Risk of Experiencing Eating Disorders among Gender-Diverse Adults Assigned Male at Birth in Bangkok, Thailand. *Nutrients*. 2023; 15(17):3700. <https://doi.org/10.3390/nu15173700>
2. Vinitchagoon T, Hennessy E, Zhang FF, Fauth RC, Must A, Tovar A, et al. A Dietary Pattern with More Fruits and Vegetables in Children of Mothers Recently Immigrated to the U.S. is Associated with Favorable Nutrient Intake and Weight Status. *J Acad Nutr Diet*. 2024. (currently under review)
3. Vinitchagoon T, Zhang FF, Fauth RC, Hennessy E, Maafs AG, Browning EM, Economos CD. A Sequential Explanatory Mixed-method Study of SNAP/WIC Participation and Diet Quality in Mother-child Dyads. *J Nutr*. 2024. (currently under review)