



## Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)

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

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

### Professional Qualifications

2022- Registered Dietitian (RD)  
Department of Health Service Support, Ministry of Public Health, Thailand

2017- Registered Dietitian Nutritionist (RD, RDN)  
Commission on Dietetic Registration, USA

2013- Certified Dietitian of Thailand (CDT)  
Thai Dietetic Association, 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 eating behaviors, sports nutrition and dietetics, and eating disorders across the life cycle.

### Research Experiences

2025 – 2027 Developing in-country capacity to collect low-cost, high quality, granulated data on individual dietary intake across Africa and Asia (*local principal investigator – Thailand*)  
*Principal Investigator: Georg Lietz, PhD.*



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2023 - 2024     MOM (Mothers in Mahidol) Study: mixed-method research to explore dietary intake and child feeding practices of mothers experiencing low socioeconomic status in Mahidol University, Thailand (*principal investigator*)

2023 - 2024     Understanding the status, trends, drivers of malnutrition in young children and the policy and programme response in Thailand (*co-investigator*)  
*Principal investigator: Tippawan Pongcharoen, PhD.*

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 (*research assistant*)  
*Principal investigator: Fang Fang Zhang, MD, PhD.*

### Trainings

2024             Basic Skills in Cognitive Behavioral Therapy (CBT) Workshop  
CBT Alliance of Thailand and Chulalongkorn University, Thailand

2024             Cognitive Behavioral Therapy (CBT) for Eating Disorders  
CBT Alliance of Thailand and Chulalongkorn University, Thailand

2022             Professional Diploma in Sports Nutrition  
Barca Innovation Hub, FC Barcelona, Spain

2018             Certificate of Training in Nutritional Assessment and Techniques  
The European Society for Clinical Nutrition and Metabolism (ESPEN)

2018             Certificate of Training in Nutrition Support in Cancer  
The European Society for Clinical Nutrition and Metabolism (ESPEN)

2017             1st Malaysia Nutrition Leadership Programme (MyNLP)  
Nutrition Society of Malaysia, Malaysia

2017             Certificate of Training in Nutrition Counseling  
Academy of Nutrition and Dietetics, USA



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### 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.
3. Vinitchagoon T, Wongpipit W, Phansuea P. Consumption of "Yum" (Thai Spicy Salad) and its Association with Energy Intake, Sodium Intake, and Weight Status among Gender-Diverse Male Population in Bangkok, Thailand. *J Nutr Assoc Thai*. 2024; 59(2): 41-54.
4. Sutantangjai J, Sridonphai P, Prachansuwan A, Vinitchagoon T, Kriengsinyos W. Association Between Socio-Demographic Factors; Perception and Use of the Healthier Choice Logo Among Thai Adults. *J Health Sci Med Res*. 2025; 43(5): e20251178.

#### 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; 124(8): 947-56. <https://doi.org/10.1016/j.jand.2024.04.005>
3. Vinitchagoon T, Zhang FF, Fauth RC, et al. SNAP and/or WIC Participation and Diet Quality in Mother-Child Dyads living in Greater Boston after Pandemic: A Mixed-Method Study. *J Prim Care Community Health*. 2025; 16: 21501319251317334. <https://doi.org/10.1177/21501319251317334>