



## Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)

999 Phutthamonthon 4 Rd., Salaya, Phutthamonthon

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**Name:** Tippawan Pongcharoen  
**E-mail address:** tippawan.pon@mahidol.ac.th  
**Current position:** Assistant Professor

### Education

2010 Ph.D. (Nutrition and Health Sciences), Emory University, USA  
1998 M.Sc. (Food and Nutrition for Development), Mahidol University, Thailand  
1992 B.N. (Nursing), Thai Red Cross College of Nursing, Thailand

### Research Interest and Expertise

1. Maternal and child nutrition
2. Micronutrient deficiency
3. Applications of stable isotope technique in nutrition assessments

### Research Experiences

1. Efficacy of daily and weekly iron supplementation on anemia prevalence in Thai infants aged 6-12 months (Principal Investigator, Health System Research Institute, 2022-23).
2. Building capacity for standardized measurement of diet quality and key nutritional biomarkers for capturing the triple burden of malnutrition as part of population surveys and in low- and middle-income countries (Principal Investigator, The Rockefeller Foundation, 2022-24).
3. Evaluating the performance of the Global Diet Quality Score for determining overall dietary quality among Thai adults for integrating into non-communicable disease prevention system (Investigator, Health System Research Institute, 2021-22)
4. Assessing the appropriateness of the draft food-based dietary guidelines for Thais (Co-Principle Investigator, Bureau of Nutrition, 2021-22).
5. Determination of energy expenditure of infants and young children (6-24 months old) in Asia using the doubly-labelled water (DLW) technique (Principal Investigator, FAO, 2019-22).
6. Promoting early life nutrition intervention within maternal and child health care Thailand. (Investigator, National Research Council, 2015-17).



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7. Using stable isotope techniques to monitor situations and interventions for promoting infant and young child nutrition. IAEA Regional TC. (Investigator, IAEA, 2014-17)
8. Preventing overweight and obesity and promoting physical activity among children and adolescents in Asia. IAEA Regional TC. (Investigator, IAEA, 2014-17)
9. Maternal and early childhood nutrition and human capital. (Principal Investigator, Mahidol University grant, 2013-16).
10. Assessment of body composition and total energy expenditure in children. IAEA National TC. (Investigator, IAEA, 2010-13).
11. Long-term effects of iron and zinc supplementation during infancy on cognitive performance and growth 8 years later: a follow-up study (Principal Investigator, International Nutrition Foundation/Ellison Medical Foundation Fellowship, 2007-08).
12. Efficacy of fortified iron, zinc, vitamin A and iodine instant noodle seasoning-mix in school children in northeast Thailand. (Investigator, Micronutrient Initiative, 2003-5.)
13. Efficacy of iron and zinc supplementation among 4-6 months old infants in rural NE Thailand. (Investigator, Thrasher Foundation/UNICEF, 2000-3.)

### Training

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| 2019 | IAEA/RAS6092 Regional Training Course on Assessing Anthropometry, Total Body Water and Total Energy Expenditure in Infants, Kuala Lumpur, Malaysia                                 |
| 2015 | IAEA/RAS6073 Regional Training Course on Data Management, Analysis and Interpretation for Assessing Human Milk Intake, Jakarta, Indonesia  |
| 2011 | Training-cum-Workshop on Dietary assessment: Methods, Interpretation and Uses at Institute of Nutrition, Mahidol University, Thailand  |
| 2010 | IUNS workshop on Capacity and Leadership Development in Nutrition Sciences at National of Health and Nutrition, Japan  |
| 2009 | Training Course on Isotope Methodology in Body Composition and Energy Expenditure, Institute of Health and Biomedical Innovation (IHBI), Queensland University of Technology (QUT) |



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### Publications

#### National

1. Sarachantapong P, Vatanasomboon P, Satheannoppakao W, **Pongcharoen T**. Effectiveness of Food Provision Empowerment Training in Child Care Centers on Knowledge, Self-efficacy, Practice, and Quality of Food Provision. *J Nutr Assoc Thailand*. 2023;58(1):53-67.
2. วีรชาติ ศรีจันทร์ พัชรีย์ มั่นคง ชาลีลักษณ์ ทองประเสริฐ ทิพวัลย์ พงษ์เจริญ อมรพันธ์ อัจฉิมภาพ สืบพงษ์ กอวชิรพันธ์ ความแม่นยำและความเที่ยงตรงของแบบสอบถามกิจกรรมทางกายสำหรับหญิงตั้งครรภ์และหญิงให้นมบุตร. *วารสารวิจัยระบบสาธารณสุข* 2562;13(1): 90-105.
3. ทิพวัลย์ พงษ์เจริญ ศิวพร จิตต์งามกุลศุล ลักษณะ ไชยมงคล กัลย์ธิดา ธารพร พัทธนี วินิจจะกุล. การส่งเสริมภาวะโภชนาการของหญิงตั้งครรภ์และหญิงให้นมบุตร: การประเมินแบบเร่งด่วนจากมุมมองของผู้ให้และผู้รับบริการ. *วารสารการพยาบาลและการดูแลสุขภาพ* 2558;33(1): 166-174.
4. วาทีณี คุณเผือก นิตาชล เศรษฐไกรกุล สิริพันธ์ยา พูลเกิด ทิพวัลย์ พงษ์เจริญ สรวาดิ อุดมกาญจนวนันท์ สุลัดดา พงษ์อุทธา ทักษพล ธรรมรังสี. สถานการณ์การจัดอาหารในศูนย์พัฒนาเด็กเล็กในประเทศไทย. *วารสารวิชาการสาธารณสุข* 2558; 4(4): 621-635.
5. พัศมัย เอกก้านตรง ทิพวัลย์ พงษ์เจริญ. ความแตกต่างของสารอาหารที่ได้รับในเด็กก่อนวัยเรียนที่มีภาวะโภชนาการต่างกัน. *วารสารสาธารณสุขศาสตร์* 2557; 44(1):69-78.
6. อทิตดา บุญประเดิม ทิพวัลย์ พงษ์เจริญ พัทธนี วินิจจะกุล. การสำรวจการบริโภคผลิตภัณฑ์นมที่มีกึ่งสำเร็จรูปในชนบทภาคตะวันออกเฉียงเหนือ. *วารสารโภชนาการ* 2548;40(2):46-54.

#### International

1. **Pongcharoen T**, Rojroongwasinkul N, Tuntipopipat S, Winichagoon P, Vongvimetee N, Phanyotha T, Sukboon P, Muangnoi C, Praengam K, Khouw I; SEANUTS II [Thailand] study group. South East Asian Nutrition Surveys II (SEANUTS II) Thailand: Triple burden of malnutrition. *Public Health Nutr*. 2024 Jan 22:1-39. doi: 10.1017/S1368980024000053. Online ahead of print.
2. Bromage S, **Pongcharoen T**, Prachansuwan A, Sukboon P, Srichan W, Purttiponthane S, Deitchler M, Moursi M, Arsenault J, Ali NB, Batis C, Fawzi WW, Winichagoon P, Willett WC, Kriengsinyos W. Performance of the Global Diet Quality Score (GDQS) App in Predicting Nutrient Adequacy and Metabolic Risk Factors among Thai Adults. *J Nutr*. 2023 Oct 14:S0022-3166(23)72661-8. doi: 10.1016/j.tjn.2023.10.007.



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3. Winichagoon P, **Pongcharoen T**, Fadjarwati T, Winarno E, Karim NA, Purevsuren E, Ahmad T, Yameen A, Hettiarachchi M, Judprasong K, Tran Thuy N, Vu Thi Thu H, Islam M, Slater C, Thomas T, Murphy-Alford AJ. Discordance in exclusive breastfeeding between maternal recall and deuterium dose-to-mother technique during the first 6 months of infants: A multi-country study in Asia. *Eur J Clin Nutr.* 2023 Oct 14. doi: 10.1038/s41430-023-01353-0.
4. Ua-Areechit T, Suteerajtrakool O, **Pongcharoen T**, Winichagoon P, Judprasong K, Murphy-Alford AJ, Lee WTK, Potip B, Sridonpai P, Tongchom W, Chomtho S. Breastfeeding duration is associated with higher adiposity at 6-8 months of age. *Matern Child Nutr.* 2022;18:e13438.
5. Sidabutar LMGB, **Pongcharoen T**, Suttisansanee U, On-Nom N, Luealai P, Khemthong C, Chupeerach C. The Association of Cholesterol Transport ABCG 1 Polymorphism Towards the Susceptibility of Metabolic Syndrome Risk Factor in Thai Adolescents. *Curr Res Nutr Food Sc.* 2022, 10(2), pp. 512–520.
6. Rachmah Q, Kriengsinyos W, Rojroongwasinkul N, **Pongcharoen T**. Development and validity of semi-quantitative food frequency questionnaire as a new research tool for sugar intake assessment among Indonesian adolescents. *Heliyon.* 2021 Jun 16;7(6):e07288.
7. Tongchom W, **Pongcharoen T**, Judprasong K, Udomkesmalee E, Kriengsinyos W, Winichagoon P. Human Milk Intake of Thai Breastfed Infants During the First 6 Months Using the Dose-to-Mother Deuterium Dilution Method. *Food Nutr Bull.* 2020;41(3):343-354.
8. Phyu LE, Kriengsinyos W, Rojitoongwasinkul R, Chongviriyaphan N, **Pongcharoen T**. Validation of a Pediatric Nutrition Screening Tool in Hospital Outpatients of Myanmar. *Asian Journal of Dietetics.* 2020;2(1):9-14.
9. Srichan W, **Pongcharoen T**, Judprasong K, Winichagoon P, Gowachirapant S, Wimonpeerapattana W. Association between adiposity indicators and cardiorespiratory fitness among rural northeastern Thai adolescents. *Mal J Nutr.* 2020;26(1):107-116.
10. Nuchit S, Lam-Ubol A, Paemuang W, Talungchit S, Chokchaitam O, Mungkung OO, **Pongcharoen T**, Trachootham D.\* Alleviation of dry mouth by saliva substitutes improved swallowing ability and clinical nutritional status of post-radiotherapy head and neck cancer patients: a randomized controlled trial. *Supportive Care in Cancer.* 2020;28(6):2817–2828.
11. **Pongcharoen T**, Judprasong K, Jitngarmkusol S, Kriengsinyos W, Winichagoon P. Body mass index is associated with fat mass in normal, overweight/obese, and stunted preschool children in central Thailand. *Asia Pac J Clin Nutr.* 2017;26(4):686-91.
12. **Pongcharoen T**, Gowachirapant S, Wecharak P, Sangket N, Winichagoon P. Pre-pregnancy body mass index and gestational weight gain in Thai pregnant women as risks for low birth weight and macrosomia. *Asia Pac J Clin Nutr.* 2016;25(4): 810-17.



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13. Zimmermann MB, Hussein I, Al Ghannami S, El Badawi S, Al Hamad NM, Abbas Hajj B, Al-Thani M, Al-Thani AA, Winichagoon P, **Pongcharoen T**, van der Haar F, Qing-Zhen J, Dold S, Andersson M, Carriquiry AL. Estimation of the prevalence of inadequate and excessive iodine intakes in school-age children from the adjusted distribution of urinary iodine concentrations from population surveys. *J Nutr*. 2016;146(6):1204-11.
14. Kunpeuk W, Cethakrikul N, Phulkerd S, **Pongcharoen T**, Udomkarnjananan S, Ponguttha S, Thamarangsi T. Situation of Food Provision in Child Care Centers in Thailand. *Journal of Health Science*. 2015;621-635.
15. Houghton LA, Gray AR, Harper MJ, Winichagoon P, **Pongcharoen T**, Gowachirapant S, Gibson RS. Vitamin D status among Thai school children and the association with 1,25-Dihydroxyvitamin D and parathyroid hormone levels. *PLoS One*. 2014 Aug 11;9(8):e104825. doi: 10.1371/journal.pone.0104825. eCollection 2014.
16. **Pongcharoen T**, Ramakrishnan U, DiGirolamo AM, Winichagoon P, Flores R, Singkhornard J, Martorell R. Influence of prenatal and postnatal growth on intellectual functioning in school aged children. *Archives of Pediatrics & Adolescent Medicine*. 2012;166(5):411-6.
17. **Pongcharoen T**, DiGirolamo AM, Ramakrishnan U, Winichagoon P, Flores R, Martorell R. Long-term effects of iron and zinc supplementation during infancy on cognitive function at 9 y of age in northeast Thai children: a follow-up study. *Am J Clin Nutr*. 2011;93(3):636-43.
18. Manger MS, McKenzie JE, Winichagoon P, Gray A, Chavasit V, **Pongcharoen T**, Gowachirapant S, Ryan B, Wasantwisut E, Gibson RS. A micronutrient-fortified seasoning powder reduces morbidity and improves short-term cognitive function, but has no effect on anthropometric measures in primary school children in northeast Thailand: a randomized controlled trial. *Am J Clin Nutr*. 2008;87(6):1715-22.
19. Gibson RS, Manger MS, Krittaphol W, **Pongcharoen T**, Gowachirapant S, Bailey KB, Winichagoon P. Does zinc deficiency play a role in stunting among primary school children in NE Thailand? *Br J Nutr*. 2007;97(1):167-75.
20. Krittaphol W, Bailey KB, **Pongcharoen T**, Winichagoon P, Gibson RS. Low zinc, iron, and calcium intakes of Northeast Thai school children consuming glutinous rice-based diets are not exacerbated by high phytate. *Int J Food Sci Nutr*. 2006;57(7-8):520-8.
21. Krittaphol W, Bailey KB, **Pongcharoen T**, Winichagoon P, Thompson C, Gibson RS. Primary school children from northeast Thailand are not at risk of selenium deficiency. *Asia Pac J Clin Nutr*. 2006;15(4):474-81.
22. Wasantwisut E, Winichagoon P, Chitchumroonchokchai C, Yamborisut U, Boonpradern A, **Pongcharoen T**, Sranacharoenpong K, Russameesopaphorn W. Iron and zinc supplementation improved iron and zinc status, but not physical growth, of apparently healthy, breast-fed infants in rural communities of northeast Thailand. *J Nutr*. 2006;136(9):2405-11.



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23. Winichagoon P, McKenzie JE, Chavasit V, **Pongcharoen T**, Gowachirapant S, Boonpradern A, Manger MS, Bailey KB, Wasantwisut E, Gibson RS. A multimicronutrient-fortified seasoning powder enhances the hemoglobin, zinc, and iodine status of primary school children in North East Thailand: a randomized controlled trial of efficacy. *J Nutr.* 2006;136(6):1617-23.
24. Thurlow RA, Winichagoon P, **Pongcharoen T**, Gowachirapant S, Boonpradern A, Manger MS, Bailey KB, Wasantwisut E, Gibson RS. Risk of zinc, iodine and other micronutrient deficiencies among school children in North East Thailand. *Eur J Clin Nutr.* 2006;60(5):623-32.
25. Thurlow RA, Winichagoon P, Green T, Wasantwisut E, **Pongcharoen T**, Bailey KB, Gibson RS. Only a small proportion of anemia in northeast Thai schoolchildren is associated with iron deficiency. *Am J Clin Nutr.* 2005;82(2):380-7.