



Curriculum Vitae

Institute of Nutrition, Mahidol University (INMU)
999 Phutthamonthon 4 Rd., Salaya, Phutthamonthon

Name: Yaowalak Rooppat

Email Address: yaowalak.roo@mahidol.ac.th

Current position: Researcher

Education:

- 2018 Master of Science (Food and Nutritional Toxicology)
Institute of Nutrition, Mahidol University, Thailand
- 2013 Bachelor of Science (Nutrition and Dietetics)
Faculty of Public Health, Mahidol University, Thailand

Certifications:

- 2022 Registered Dietitian (RD)
Department of Health Service Support, Ministry of Public Health, Thailand
- 2013 Certified Dietitian of Thailand (CDT)
Thai Dietetic Association, Thailand

Research experiences:

- 2018-2020 A study on the management of food and nutrition for health
- 2020-2022 A study on food and nutrition trends related to health
- 2020-2022 A study of NCDs-related food environment in and around hospitals in Thailand
- 2022-2024 Efficacy of daily and weekly iron supplementation on anemia prevalence in Thai infants aged 6-12 months
- 2023-2024 A stable isotope study in young iron-depleted Thai women to evaluate the bioavailability of an oat protein-based iron delivery system
- 2023-2025 Iron fortified food to improve Japanese encephalitis and typhoid fever vaccine efficacy: a randomized controlled trial in iron deficient Thai women



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- 2023-2025 Study on drivers of malnutrition – understanding the status, trends, drivers, of malnutrition in young children and the policy and programme response in Thailand
- 2024-2025 Creating and Sustaining a Healthy Food Environment in Pilot Hospitals
- 2024-2025 Assessing long-term iron absorption and loss in Thai adults with non-transfusion-dependent thalassemia (NTDT) using a novel stable iron isotope dilution method
- 2024- Building capacity for standardized measurement of diet quality and key nutritional biomarkers for capturing the triple burden of malnutrition as part of population surveys in low- and middle-income countries
- 2025- Development and validation of a semi-quantitative food frequency questionnaire for assessing dietary intake in Thai preschool children aged 3-5 years
- 2025- Long-Term Iron Absorption and Loss in Overweight/Obese Thai Middle-Aged Women
- 2025- Data Analysis for Cost and Investment Studies for Food and Nutrition in Asia-Pacific (COFAN)

Publication

National:

1. Mo-suwan L, and **Rooppat Y.** (2022). Food and Nutrition Trends Related to NCDs. Bangkok: Nutrition Association of Thailand.
<https://www.nutritionthailand.org/images/dataweb/projects/112/แนวโน้มอาหารและโภชนาการกับ%20NCDs.pdf>
2. Mo-suwan L, Charoenkiatkul S, Rojroongwasinkul N and **Rooppat Y.** (2022). NCDs-related food environment in and around hospitals. Bangkok: Nutrition Association of Thailand. <https://www.nutritionthailand.org/images/dataweb/projects/112/การสำรวจสภาพแวดล้อมด้านอาหารในและนอกโรงพยาบาล.pdf>



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International:

1. Vinitchagoon T, **Rooppat Y**, Sukboon P, Limvilai T, Sivaboonyawong N, Somnuek W, Madtohsah M, Cetthakrikul N, & Pongcharoen T. (2025). Applying social cognitive theory to understand perspectives on child feeding practices of Thai female caregivers with young children with stunting. *Maternal & Child Nutrition*, 22:e70129. <https://doi.org/10.1111/mcn.70129>