日本語

日本栄養大学大学院
日本栄養大学
日本栄養大学短期大学部

Faculty Members

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# Fumi Hayashi

Faculty of Nutrition
Professor

## ■ Education

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| **1.** ～2008/03 | 〔Doctoral course〕 Division of Public Health, Health Care Management and Planning, Graduate School of Medical and Dental Sciences, Tokyo Medical and Dental University, Completed, PhD |
| **2.** ～2001/05 | 〔Master degree program〕, Teachers College, Columbia University, Completed |
| **3.** ～1999/05 | University of Delaware, Graduated |

## ■ Career

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| **1.** 2025/04～ | Kagawa Nutrition University Faculty of Nutrition Professor |
| **2.** 2017/04～2025/03 | Kagawa Nutrition University Faculty of Nutrition Associate Professor |
| **3.** 2015/04～2017/03 | Kagawa Nutrition University Faculty of Nutrition Assistant Professor |
| **4.** 2011/04～2015/03 | Chiba Prefectural University of Health Sciences |
| **5.** 2009/05～2011/03 | Kagawa Nutrition University Faculty of Nutrition Research Fellow |

## ■ Courses Previously Taught

**1.** Advanced Nutrition Education（Graduate School, Kagawa Nutrition University）
**2.** Community Nutrition Education（Kagawa Nutrition University）
**3.** Food and Nutrition Education（Kagawa Nutrition University）
**4.** Nutrition Education Techniques（Kagawa Nutrition University）
**5.** Practical Training of Community Nutrition Education（Kagawa Nutrition University）
**6.** Practical training of Nutrition Education（Kagawa Nutrition University）
**7.** Practical training of Nutrition Education（Kagawa Nutrition University）
**8.** Practical training of Nutrition Education（Japan Nutrition University）
**9.** Practice in Life Cycle Nutrition（Kagawa Nutrition University）
**10.** Practice in Life Cycle Nutrition and Dietary Management（Kagawa Nutrition University）
**11.** Practice in Lifestyle and Environmental Research Methods（Kagawa Nutrition University）
**12.** （Food and Nutrition Education）

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## ■ Research Interests/Keywords

Nutrition science and health science, Hygiene and public health: excluding laboratory approach (Key Word : Nutrition Education, Nutrition Counseling, Nudge, Food Environment, Sustainable Diet, Women's Health)

## ■ Qualifications

**1.** 2001/06 Registered Dietitian

## ■ Publications

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| 1. | Journal Articles | Association of cognitive aspects of eating and dietary behaviors with weekday sleep duration among young Japanese adults: a cross-sectional study. (Collaboration) 2026/09 |
| 2. | Journal Articles | Lessons learned from an assessment of the planetary health diet in Japan: dietary and supply gaps, self-sufficiency, and environmental impacts (Collaboration) 2026/04 |
| 3. | Journal Articles | Young adults' perceptions of sustainable diets: A comparison across five high- and middle-income countries. (Collaboration) 2026/01 |
| 4. | Journal Articles | Associations between adherence to Japanese food guide spinning top and nutrient density, climate impacts, and monetary cost: findings from the Saitama Prefecture Nutrition Survey 2017 (Collaboration) 2025/08 |
| 5. | Journal Articles | Effectiveness of recommendations in promoting the use of Mobile health applications in health guidance: a randomized controlled trial. (Collaboration) 2025/07 |
| 6. | Journal Articles | Association between adherence to the Japanese meal-based dietary guideline and all-cause and cause-specific mortalities: A Japan Public Health Center-based Prospective Study. (Collaboration) 2025/07 |
| 7. | Journal Articles | Influence of previous health guidance history: impact and limitations of a single health guidance session. (Collaboration) 2024/09 |
| 8. | Journal Articles | Impact of a nudge-based food environment intervention in a hospital convenience store on staff's food intake and Na/K (Collaboration) 2024/08 |
| 9. | Journal Articles | Differences in the values and related factors of eating a balanced meal among the younger generation in Japan. (Collaboration) 2024/06 |
| 10. | Journal Articles | Logic models and action plans for increasing vegetable and fruit intake. (Single) 2024/06 |
| 11. | Journal Articles | Changes in food expenses and nutrient intake of pregnant women: examinination by childbirth weight (Collaboration) 2024/02 |
| 12. | Journal Articles | On-campus practical training programs offered during the COVID-19 pandemic and students' attained level of learning according to self-assessments (Collaboration) 2024/01 |
| 13. | Journal Articles | Cluster analysis of cooking status type and its association with dietary intake among older adults who live alone (Collaboration) 2023/12 |
| 14. | Journal Articles | Changes in Food Expenditure According to Household Size and Income Levels during the Coronavirus Disease Pandemic: Analysis of the Survey of Household Economy (Collaboration) 2023/10 |
| 15. | Journal Articles | Estimation of greenhouse gas emissions from Japanese healthy meals with different protein sources. (Collaboration) 2023/07 |
| 16. | Journal Articles | Use of nudges to change dietary behavior: usefulness and challenges in primary prevention (Single) 2023/06 |
| 17. | Journal Articles | Effectiveness and components of web-based interventions on weight changes in adults with overweight and obesity: a systematic review with meta-analysis. (Collaboration) 2023/01 |
| 18. | Journal Articles | Relationship between the dietary behavior targets of Health Japan 21 (second term) and perceived food environment and health literacy (Collaboration) 2023/01 |
| 19. | Journal Articles | Amount of food groups in a healthy diet with low environmental impact: an analysis using nitrogen footprint (Collaboration) 2022/12 |
| 20. | Journal Articles | Utilizing Nudges to Change Eating Behavior: From the Standpoint of Dietary Support (Single) 2022/11 |
| 21. | Journal Articles | Desirable Diet to Lower the Japanese Nitrogen Footprint: Analysis of the Saitama Prefecture Nutrition Survey 2017 (Collaboration) 2022/10 |
| 22. | Journal Articles | Sustainable Healthy Diet (Single) 2022/06 |
| 23. | Journal Articles | Changes in dietary behaviors and food-related accessibility issues and information needs during COVID-19 pandemic: comparison based on household economic status (Collaboration) 2022/01 |
| 24. | Journal Articles | Factors influencing changes in food preparation during the COVID-19 pandemic and associations with food intake among Japanese adults (Collaboration) 2021/11 |
| 25. | Journal Articles | Changes in dietary consciousness and its related factors among Japanese adults under the COVID-19 pandemic: Analysis using Dietary Consciousness Scale (Collaboration) 2021/09 |
| 26. | Journal Articles | Food environment improvement using nudge tactics in a convenient store at a hospital (Collaboration) 2021/03 |

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| **27.** | Journal Articles | Consumption of ultra-processed foods and relationship between nutrient intake and obesity among participants undergoing specific health checkups provided by National Health Insurance (Collaboration) 2021/02 |
| **28.** | Journal Articles | Relationship between changes in frequency of family meals and dietary behaviors, and attitudes of adults living in households with children in prefectures under special alert for COVID-19 (Collaboration) 2021/01 |
| **29.** | Journal Articles | Relationship between attitude toward food waste reduction and dietary habits under COVID-19 pandemic (Collaboration) 2021/01 |
| **30.** | Journal Articles | International Research Trends that Focus Attention on Sustainable Diets Beyond Healthy Diets. (Single) 2020/10 |
| **31.** | Journal Articles | Spot urine sodium-to-potassium ratio and dietary behaviors-Study of male employees in the northern part of the Saitama prefecture- (Collaboration) 2020/03 |
| **32.** | Journal Articles | Characteristics of those who eat more vegetables with lower monetary diet cost among low-income households (Collaboration) 2020/03 |
| **33.** | Journal Articles | Factors Related to the Frequency of Consuming a "Japanese Healthy Meal" by Pregnant Women (Collaboration) 2020/02 |
| **34.** | Journal Articles | How to use nudges to encourage healthy eating practices (Single) 2020/02 |
| **35.** | Journal Articles | Standards of Professional Practice and the Qualities or Abilities Required for Registered Dietitians and Dietitians:<br>Findings from a Survey of Educators in Accredited Programs (Collaboration) 2019/12 |
| **36.** | Journal Articles | The Qualities or Abilities of a Registered Dietitian by Occupational Fields and Age (Collaboration) 2019/12 |
| **37.** | Journal Articles | Standards of Professional Practice and the Qualities or Abilities Required for Registered Dietitians: Findings from a Survey of Practicing Registered Dietitians (Collaboration) 2019/12 |
| **38.** | Journal Articles | Undergraduate and Postgraduate Educational Contents Considered Necessary by Practicing Registered Dietitians (Collaboration) 2019/12 |
| **39.** | Journal Articles | Sodium and potassium sources in children's diet : Evaluation of dietary records in consideration of cooking methods (Collaboration) 2019/12 |
| **40.** | Journal Articles | Consumption of ultra-processed foods decreases the quality of the overall diet of middle-aged Japanese adults. (Collaboration) 2019/11 |
| **41.** | Journal Articles | Dietary support using nudges (Single) 2019/08 |
| **42.** | Journal Articles | The Process and Tasks of Formulating a Health Promotion Plan and Shokuiku Promotion Plan in Ichikai, Japan (Collaboration) 2019/02 |
| **43.** | Journal Articles | Difference of salt intake sources within home or outside the home among participants taking Specific Health Checkups provided by National Health Insurance-Case of Manazuru, Kanagawa Prefecture (Collaboration) 2019/02 |
| **44.** | Journal Articles | Evaluation of dietary habits of participants of Specific Health Checkups in Manazuru Town. (Collaboration) 2018/08 |
| **45.** | Journal Articles | Child Nutrition Issues in the World and the Role of School Meals (Single) 2018/04 |
| **46.** | Journal Articles | Challenges and Support Needed for Maternal Health (Single) 2018/03 |
| **47.** | Book/Book Chapter | Nutrition education and self-monitoring using the Food Guide Spinning Top for Pregnant and Lactating Women (Collaboration) 2018 |
| **48.** | Book/Book Chapter | Health Guidance - Nutrition and Diet. (Collaboration) 2018 |
| **49.** | Journal Articles | Subjective well-being is associated with food behavior and demographic factors in chronically ill older Japanese people living alone. (Collaboration) 2018 |
| **50.** | Journal Articles | "Eating together"is associated with food behaviors and demographic factors of older Japanese people who live alone. (Collaboration) 2016/09 |
| **51.** | Other | Relationship between living alone and food and nutrient intake (Single) 2016/05 |
| **52.** | Journal Articles | Effectiveness of a nutrition education program to improve children's chewing habits. (Collaboration) 2016/02 |

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| **53.** | Journal Articles | Why is creating a healthy food environment so crucial to making improvements in diet-related NCDs? (Collaboration) 2015/05 |
| **54.** | Journal Articles | Association of enjoyable childhood mealtimes with adult eating behaviors and subjective diet-related quality of life (Collaboration) 2013/05 |
| **55.** | Journal Articles | Elevated maternal serum folate in the third trimester and reduced fetal growth: A longitudinal study (Collaboration) 2011/04 |
| **56.** | Journal Articles | Demographics, health-related behaviors, eating habits and knowledge associated with vegetable intake in Japanese adults (Collaboration) 2009/11 |
| **57.** | Journal Articles | Regional characteristics of secular changes in obesity-related lifestyle behavior in Japan (Collaboration) 2008/12 |
| **58.** | Journal Articles | Trends in the prevalence of anaemia in Japanese adult women, 1989-2003 (Collaboration) 2008/03 |
| **59.** | Journal Articles | A new food guide in Japan - Japanese Food Guide Spinning Top - (Collaboration) 2007/04 |
| **60.** | Journal Articles | Perceived body size and desire for thinness of young Japanese women: A population-based survey (Collaboration) 2006/12 |
| **61.** | Journal Articles | Thinness among young Japanese women (Collaboration) 2004/09 |
| **62.** | Journal Articles | Current system for regulation of health foods in Japan (Collaboration) 2004/09 |
| **63.** | Journal Articles | Trends in childhood obesity in Japan over the last 25 years from the National Nutrition Survey (Collaboration) 2004/02 |
| **64.** | Journal Articles | Epidemiology of obesity and public health strategies for its control in Japan (Collaboration) 2002/12 |

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## ■ Grants

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| **1.** | 2022/04～2025/03 | Segmentation of health-insensitive population and investigation of effective intervention methods: focusing on life stages (Key Word : Health Unconsciousness, Nudge, Dietary behavior modifications, Younger generation) |
| **2.** | 2020/04～2023/03 | Reevaluation of the standard for healthy meal and development of a support guide according to levels of meal preparation practices in accordance with the standards (Key Word : Healthy meal, Lifestyle-related diseases, Frailty, Sustainability) |
| **3.** | 2019/08～2022/03 | Research on the development of techniques for motivational support for the prevention of lifestyle-related diseases for middle-aged workers (Key Word : metabolic syndrome, Health Checkups and Health Guidance Program, Health Care Apps) |
| **4.** | 2019/04～2022/03 | Grouping and characterization of the population according to their level of health interest and establishment of an effective intervention method for the health-insensitive group (Key Word : Health Unconsciousness, Nudge, Dietary behavior modifications) |

## ■ Memberships

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| **1.** | 2001/06～ | Academy of Nutrition and Dietetics |
| **2.** | 2002/04～ | Japanese Society of Nutrition and Dietetics |
| **3.** | 2003/04～ | Japan Society of Nutrition and Food Science |
| **4.** | 2008/04～ | Japanese Society of Public Health |
| **5.** | 2009/04～ | Japanese Society of Health Education and Promotion |

## ■ Prizes,Honors,and Awards

**1.** 2011/09 Encouragement Award

**2.** 2016/06 Encouragement Award