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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Kumi Eto

Faculty of Nutrition
Professor

■ Education

1.	1997/04～2001/03	International Christian University, Graduated
2.	2001/04～2003/03	〔Master degree program〕, Kagawa Nutrition University, Completed,
3.	2005/09～2007/09	〔Master degree program〕 Department of Nutrition, Food Studies, and Public Health, Steinhardt School of Culture, Education, and Human Development, New York University, Completed, Master of Public Health
4.	2013/02 Degree Acquisition	Kagawa Nutrition University, Ph.D

■ Career

1.	2007/10～2008/02	New York City Department of Health and Mental Hygiene Chronic disease prevention and control
2.	2009/04～2016/03	Kagawa Nutrition University School of Nutrition Sciences Lecturer
3.	2009/04～2016/03	Kagawa Nutrition University Faculty of Nutrition Lecturer
4.	2016/04～2021/03	Kagawa Nutrition University School of Nutrition Sciences Assistant Professor
5.	2016/04～2021/03	Kagawa Nutrition University Faculty of Nutrition Assistant Professor
6.	2021/04～	Kagawa Nutrition University School of Nutrition Science Associate Professor
7.	2021/04～2026/03	Kagawa Nutrition University Faculty of Nutrition Associate Professor
8.	2026/04～	Kagawa Nutrition University Faculty of Nutrition Professor

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■ Courses Previously Taught

1. Ecology of Human and Food（Kagawa Nutrition University）
2. Health Information Processing and Utilization Practicum（Kagawa Nutrition University）
3. Intenational nutrition education practicum（Kagawa Nutrition University）
4. International Food Activity Fieldwork Practicum（Kagawa Nutrition University）
5. International Nutrition（Kagawa Nutrition University）
6. International understanding（Kagawa Nutrition University）
7. Internship（Kagawa Nutrition University）
8. Nutrition education（Kagawa Nutrition University）
9. Practical training for registered dietitians（Kagawa Nutrition University）
10. Practicum on community food promotion（Kagawa Nutrition University）
11. Practicum on dietary survey methods（Kagawa Nutrition University）
12. Sepcial lecture on food communication（Graduate school, Kagawa Nutrition Univeristy）

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■ Research Interests/Keywords

Nutrition science and health science, Family and consumer sciences, and culture and living (Key Word : Nutrition education, Health Promotion, maternal nutrition, eating together, communication through food)

■ Publications

1. Book/Book Chapter Encyclopedia of Shokuiku (Collaboration) 2023/09
2. Book/Book Chapter The Heart of Sharing Food Behavior with Family, Housemates, Friends, and Community Persons to Promote Health of Our Planet and Ourselves -From 50 Years of Research on Ecology of Human and Food (Collaboration) 2023/08
3. Book/Book Chapter Nutrition Edcuation -Linking Research, Theory, and Practice- (Collaboration) 2015/04
4. Journal Articles Development of a Dish Classification Method and Assessment of Dish-Based Dietary Intake among Japanese Preschool Children: A Secondary Analysis of the National Health and Nutrition Survey (Collaboration) 2025/12
5. Journal Articles Associations of family shared meals and meal preparation experiences during childhood with dietary behaviors, dietary attitudes, and passing down cooking traditions at home among female university students in Japan (Collaboration) 2025/10
6. Journal Articles Overview of the symposium "Health promotion in childhood foreseeing the future" (Collaboration) 2024/12 Link
7. 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
8. Journal Articles Implementation and Evaluation of Pilot Nutrition Improvement Activities for Improvement and Prevention of Anemia in Farm Households with Smallholder Horticulture Empowerment and Promotion (SHEP) Approach in Rural Senegal (Collaboration) 2023/12 Link
9. Journal Articles Relationship between Opportunities to Participate in Meal Preparation and Dietary Balance among Preschool Children :A Study of Lifestyle Changes during the COVID-19 Pandemic (Collaboration) 2023/10
10. Journal Articles Implementation Process of Dietary Habit Survey and Issues for Nutrition Improvement Activities Targeted Farm Households with Smallholder Horticulture Empowerment and Promotion Approach in Republic of Senegal (Collaboration) 2023/08 Link
11. Journal Articles A Review on Eating Together and Its Health, Diet, and Lifestyle Influences among Japanese (Collaboration) 2022/11 Link
12. Journal Articles Correlation of family meals with health and food intake frequency among preschoolers in Japan (Collaboration) 2022/08 Link
13. Journal Articles Effects of a Nutrition Education Program Using a Noninvasive Skin Carotenoid Sensor for Workers on Vegetable Intake Behavior (Collaboration) 2022/08 Link
14. Journal Articles Mealtime Regularity Is Associated with Dietary Balance among Preschool Children in Japan-A Study of Lifestyle Changes during the COVID-19 Pandemic (Collaboration) 2022/07 Link
15. Journal Articles Relationship between parents' dietary care and food diversity among preschool children in Japan (Collaboration) 2022/02 Link
16. Journal Articles The Association of Body Image Self-Discrepancy With Female Gender, Calorie-Restricted Diet, and Psychological Symptoms Among Healthy Junior High School Students in Japan (Collaboration) 2021/10 Link
17. Journal Articles Influences of family meals and nutrition education during childhood and adolescence on health and dietary life (Single) 2021
18. Journal Articles Associations between Family Dinner Frequency and Voluntary Mealtime Communication with Habitual Dietary Intake among Middle School Students (Collaboration) 2020/10
19. Journal Articles Effects of a Nutrition Education Program for Workers on Vegetable Intake Behavior among workers (Collaboration) 2020/10 Link
20. Journal Articles Parent-child cooking meal together may relate to parental concerns about the diets of their toddlers and preschoolers: a cross-sectional analysis in Japan (Collaboration) 2019/11 Link
21. Journal Articles Achievements and Challenges of a Sakado "Shokuiku (Food and Nutrition Education)" Program Implemented in All Elementary and Middle Schools in Sakado-city in Saitama Prefecture (Collaboration) 2019/05 Link

22.	Journal Articles	Health and Dietary Life of 20-year-old youth grown up in Sakado city -Comparison of Sakado Shokuiku (Nutrition Education) Program Learners and Non-learners- (Collaboration) 2019/02 Link
23.	Journal Articles	Multi-professional meetings on health checks and communication in providing nutritional guidance for infants and toddlers in Japan: a cross-sectional, national survey-based study (Collaboration) 2018/10 Link
24.	Journal Articles	Characteristics of concerns about maternal and child nutrition in connection with municipal maternal and child health activities as described by nutrition education staff: An analysis of an open-ended questionnaire with pregnant women, infants, and children (Collaboration) 2016/09 Link
25.	Journal Articles	Towards the implementation of "food and nutrition education evaluation in school" -A report on the annual workshop planned by the Nutrition Education Committee in 2015- (Collaboration) 2016/08 Link
26.	Journal Articles	Relationship between the Source of Lunch and Dietary Intake among Registered Dietetics Students Living Alone: -A Case Study in Kagawa Nutrition University- (Collaboration) 2015/12 Link
27.	Journal Articles	Associations of family meal practices with health status and dietary intake: A literature review using Japanese journal databases (Collaboration) 2015/11 Link
28.	Journal Articles	Development and evaluation of a nutrition program focused on "enjoyable learning" for home economics in junior high school (Collaboration) 2015/08 Link
29.	Journal Articles	Associations of family meal practices with health status and dietary intake: A literature review using a foreign journal database (Collaboration) 2015/05 Link
30.	Other	Relationship between shifts in food system dynamics and acceleration of the global nutrition transition (Single) 2017/11

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■ Memberships

1.	2003～	Japanese Society of Health Education and Promotion
2.	2003～	The Japanese Association of School Health
3.	2005～	The Japanese Society of Nutrition and Dietetics
4.	2012～	Japanese Society of Public Health
5.	2017～	The Japanese Society of Shokuiku
6.	2021/04～	The Japanese Society of Child Health

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■ Prizes,Honors,and Awards

1. 2015/06 the Encouragement Award of the Japanese Society of Health Education and Promotion