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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Shigeho Tanaka

Faculty of Nutrition
Professor

■ Education

1.	1983/04～1987/03	Department of Physical and Health Education, Faculty of Education, The University of Tokyo, Graduated, Bachelor of Education
2.	1987/04～1989/03	〔Master degree program〕, Graduate School, Division of Education, The University of Tokyo, Completed, Master of Education
3.	1989/04～1993/03	〔Doctoral course〕, Graduate School, Division of Education, The University of Tokyo, Accomplished credits for doctoral program
4.	1996/07/10 Degree Acquisition	The University of Tokyo,

■ Career

1.	1993/04～1994/03	The University of Tokyo Faculty of Education Research Assistant
2.	1994/04～1995/09	Ibaraki University College of Liberal Arts Lecturer
3.	1995/10～1996/03	Ibaraki University College of Liberal Arts Associate Professor
4.	1996/04～2001/03	Ibaraki University Faculty of Education Associate Professor
5.	2000/03～2001/01	Pennington Biomedical Research Center Visiting Scientist
6.	2001/03～2012/05	National Institute of Health and Nutrition Head
7.	2012/06～2015/03	National Institute of Health and Nutrition Chief
8.	2015/04～2020/03	National Institutes of Biomedical Innovation, Health and Nutrition National Institute of Health and Nutrition Chief
9.	2020/04～	Kagawa Nutrition University Faculty of Nutrition Professor

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■ Courses Previously Taught

1. Advanced Lectures on Human Growth and Health（Graduate School of Kawaga Nutrition University）
2. Human Growth and Development Studies（Graduate School of Kawaga Nutrition University）
3. Life Science and Health Management（Kagawa Nutrition University）
4. Sports Nutrition（Kagawa Nutrition University）
5. Practicums on Sports Nutrition（Kagawa Nutrition University）
6. Sports Physiology（Kagawa Nutrition University）
7. Practicums on Sports Physiology (including Physical Fitness Evaluation and Exercise Load Tests)（Kagawa Nutrition University）
8. Growth and Health Promotion（Kagawa Nutrition University）
9. Practicums on Health Promotion（Kagawa Nutrition University）
10. Overview of Nutrition（Kagawa Nutrition University）
11. Dietary Intake Guidelines（Kagawa Nutrition University）
12. Sport Sciences（Graduate School of Japan Women's College of Physical Education）

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■ Research Interests/Keywords

Nutrition science and health science, Physical education, and physical and health education, Childhood and nursery/pre-school education (Key Word : Physical Activity, Energy metabolism, Growh and Development)

■ Publications

1.	Journal Articles	Association of SARC-F with muscle mass, strength, and quality derived from bioelectrical impedance spectroscopy for sarcopenia assessment. (Collaboration) 2025/11 Link
2.	Journal Articles	Reliability and Validity of the HBSC Physical Activity Questionnaire in Japanese Adolescents. (Collaboration) 2025/10 Link
3.	Journal Articles	Relationship Between Socioeconomic Status and Organized Sports Among Primary School Children: A Gender-Based Analysis of Sports Participation (Collaboration) 2025/05 Link
4.	Journal Articles	Effect of short-term dietary intervention on fecal serotonin, gut microbiome-derived tryptophanase, and energy absorption in a randomized crossover trial: an exploratory analysis (Collaboration) 2025/12 Link
5.	Journal Articles	Greater energy surplus promotes body protein accretion in healthy young men: A randomized clinical trial (Collaboration) 2024/12 Link
6.	Journal Articles	Relative age effect on the physical activity and sedentary behavior in children and adolescents aged 10 to 18 years old: a cross-sectional study in Japan (Collaboration) 2024/11 Link
7.	Journal Articles	Gender differences in the proportion of Japanese parents meeting 24-h movement guidelines and associations with weight status (Collaboration) 2024/11 Link
8.	Journal Articles	Correlations between the Japanese version of the Global Physical Activity Questionnaire and accelerometer-measured physical activity and sedentary time in adult women and men (Collaboration) 2024/11 Link
9.	Journal Articles	Internet of things-based approach for glycemic control in people with type 2 diabetes: A randomized controlled trial (Collaboration) 2024/09 Link
10.	Journal Articles	Dietary macronutrient composition and its effect on 24-h substrate oxidation: A study of diurnal variations in carbohydrate and fat intake (Collaboration) 2024/09 Link
11.	Journal Articles	Associations among motor competence, health-related fitness, and physical activity in children: A comparison of gold standard and field-based measures (Collaboration) 2024/09 Link
12.	Journal Articles	Objective Assessment of Physical Activity at Home Using a Novel Floor-Vibration Monitoring System: Validation and Comparison With Wearable Activity Trackers and Indirect Calorimetry Measurements. (Collaboration) 2024/04 Link
13.	Journal Articles	Non-exercise Activity Thermogenesis Correlated With Clinical Parameters in Patients With or At-Risk for Chronic Obstructive Pulmonary Disease (COPD): A Pilot Study. (Collaboration) 2024
14.	Journal Articles	Effects of energy loads on energy and nutrient absorption rates and gut microbiome in humans: A randomized crossover trial. (Collaboration) 2024
15.	Book/Book Chapter	Evaluation of Physical Activity and Sedentary Behavior. (Collaboration) 2015
16.	Book/Book Chapter	Physical Activity, Exercise, Sedentary Behavior and Health (Collaboration) 2015
17.	Journal Articles	Prediction of the Physical Activity Level of Community-Dwelling Older Japanese Adults with a Triaxial Accelerometer (Collaboration) 2023/05 Link
18.	Journal Articles	Delayed Eating Schedule Raises Mean Glucose Levels in Young Adult Males a Randomized Controlled Cross-Over Trial. (Collaboration) 2023/04
19.	Journal Articles	Infant gross motor development and childhood physical activity: Role of adiposity. (Collaboration) 2023
20.	Journal Articles	Objective assessment of physical activity at home: a comparison of a novel floor-vibration monitoring system, wearable activity trackers, and indirect calorimetry measurements. (Collaboration) 2023
21.	Journal Articles	Relationship between intra-individual variability in nutrition-related lifestyle behaviors and blood glucose outcomes under free-living conditions in adults without type 2 diabetes. (Collaboration) 2022/12
22.	Journal Articles	Long-term Effects of the Use of a Step Count-Specific Smartphone App on Physical Activity and Weight Loss: Randomized Controlled Clinical Trial (Collaboration) 2022/10

23.	Journal Articles	Results from the Japan 2022 report card on physical activity for children and youth (Collaboration) 2022/10
24.	Journal Articles	Step-count outcomes of 13 different activity trackers: Results from laboratory and free-living experiments (Collaboration) 2022/10
25.	Journal Articles	Does earlier acquisition of motor competence promote pubertal physical activity in Japanese elementary school children: A 4-year follow-up study (Collaboration) 2022/09
26.	Journal Articles	Neighborhood-level socioeconomic factors moderate the association between physical activity and relative age effect a cross-sectional survey study with Japanese adolescents (Collaboration) 2022/09
27.	Journal Articles	Impact of non-exercise activity thermogenesis on physical activity in patients with COPD (Collaboration) 2022/07
28.	Journal Articles	An Earlier First Meal Timing Associates with Weight Loss Effectiveness in A 12-Week Weight Loss Support Program (Collaboration) 2022/01
29.	Journal Articles	Association of Neighborhood food environment and physical activity environment with obesity: a large-scale cross-sectional study of fifth- to ninth-grade children in Japan (Collaboration) 2021/12
30.	Journal Articles	Compliance with a physical activity guideline among junior high school students (Collaboration) 2021/11
31.	Journal Articles	Total energy expenditure among children with motor, intellectual, visual, and hearing disabilities: a doubly labeled water method (Collaboration) 2021/11
32.	Journal Articles	Evaluation of energy intake by brief-type self-administered diet history questionnaire among male patients with stable/at risk for chronic obstructive pulmonary disease (Collaboration) 2021/08
33.	Journal Articles	Age-related decline in physical activity level in the healthy older Japanese population (Collaboration) 2021/06
34.	Journal Articles	Energy expenditure and physical activity in COPD by doubly labelled water method and an accelerometer (Collaboration) 2021/06
35.	Journal Articles	Impact of walking aids on estimating physical activity using a tri-axial accelerometer in frail older adults (Collaboration) 2021/06
36.	Journal Articles	Prevention of Worsening Diabetes through Behavioral Changes by an IoT-based Self-Monitoring System in Japan (PRISM-J): Study design and rationale for a multicenter, open-label, randomized parallel group trial (Collaboration) 2021/06
37.	Journal Articles	Adherence to the Japanese physical activity guideline during early childhood among rural preschoolers: A cross-sectional study (Collaboration) 2021/03
38.	Journal Articles	Estimating model of sedentary behavior with a tri-axial accelerometer in elementary school children (Collaboration) 2021/03
39.	Journal Articles	Validation of the physical activity questions in the WHO Health Behavior in School-aged Children(HBSC) survey using accelerometer data in Japanese children and adolescents (Collaboration) 2021/02
40.	Journal Articles	The product of trunk muscle area and density on the CT image is a good indicator of energy expenditure in patients with or at risk for COPD (Collaboration) 2021/01
41.	Journal Articles	RelatiOnship between total step counts and ambulation indices under free living conditions for university students (Collaboration) 2021
42.	Journal Articles	Validity of Japanese version of a two-item 60-minute moderate-to-vigorous physical activity screening tool for compliance with WHO physical activity recommendations (Collaboration) 2021
43.	Journal Articles	Changes in Season Affect Body Weight, Physical Activity, Food Intake, and Sleep in Female College Students: A Preliminary Study (Collaboration) 2020/11
44.	Journal Articles	The Relationship between Changes in Organ-Tissue Mass and Sleeping Energy Expenditure Following Weight Change in College Sumo Wrestlers (Collaboration) 2020/10
45.	Journal Articles	Room Indirect Calorimetry Operating and Reporting Standards (RICORS 1.0): A Guide to Conducting and Reporting Human Whole-Room Calorimeter Studies. (Collaboration) 2020/09
46.	Journal Articles	Association between 24-hour movement guidelines and physical fitness in children. (Collaboration) 2020/05
47.	Journal Articles	Adherence to the Japanese physical activity guideline during early childhood among rural preschoolers: A cross-sectional study. (Collaboration) 2020/03

48.	Journal Articles	Acute Sleep Curtailment Increases Sweet Taste Preference, Appetite and Food Intake in Healthy Young Adults: A Randomized Crossover Trial (Collaboration) 2020/02
49.	Journal Articles	Energy Expenditure in Free-Living Japanese People with Obesity and Type 2 Diabetes, Measured Using the Doubly-Labeled Water Method. (Collaboration) 2020
50.	Journal Articles	Energy Gap between Doubly Labeled Water-Based Energy Expenditure and Calculated Energy Intake from Recipes and Plate Waste, and Subsequent Weight Changes in Elderly Residents in Japanese Long-Term Care Facilities: CLEVER Study. (Collaboration) 2020
51.	Journal Articles	Impact of obesity on underreporting of energy intake in type 2 diabetic patients: Clinical Evaluation of Energy Requirements in Patients with Diabetes Mellitus (CLEVER-DM) study. (Collaboration) 2020
52.	Journal Articles	Proportion of Japanese primary school children meeting recommendations for 24-h movement guidelines and associations with weight status. (Collaboration) 2020
53.	Journal Articles	Validity of the Use of a Triaxial Accelerometer and a Physical Activity Questionnaire for Estimating Total Energy Expenditure and Physical Activity Level among Elderly Patients with Type 2 Diabetes Mellitus: CLEVER-DM Study. (Collaboration) 2020
54.	Journal Articles	Simple Prediction of Metabolic Equivalents of Daily Activities Using Heart Rate Monitor without Calibration of Individuals (Collaboration) 2019/12
55.	Journal Articles	A novel method for measuring diet-induced thermogenesis in mice (Collaboration) 2019
56.	Journal Articles	Accuracy of 12 wearable devices for estimating physical activity energy expenditure using a metabolic chamber and the doubly labeled water method: validation study (Collaboration) 2019
57.	Journal Articles	Association of day-to-day variations in physical activity with postprandial appetite regulation in lean young males (Collaboration) 2019
58.	Journal Articles	Does physical activity attenuate the association between birth weight and glycated hemoglobin in non-diabetic Japanese women? (Collaboration) 2019
59.	Journal Articles	Gender differences in physical activity and sedentary behavior of Japanese primary school children during school cleaning time, morning recess and lunch recess (Collaboration) 2019
60.	Journal Articles	Prediction of physical activity intensity with accelerometry in young children (Collaboration) 2019
61.	Journal Articles	Results from the Japan's 2018 report card on physical activity for children and youth (Collaboration) 2019
62.	Journal Articles	Status of physical activity in Japanese adults and children (Collaboration) 2019
63.	Journal Articles	The choice of pedometer impacts on daily step counts in primary school children under Free-Living Conditions (Collaboration) 2019
64.	Journal Articles	The relationship between organ-tissue body composition and resting energy expenditure in prepubertal children (Collaboration) 2019
65.	Journal Articles	Total energy expenditure is comparable between patients with and without diabetes mellitus: Clinical evaluation of energy requirements in patients with diabetes mellitus (CLEVER-DM) study (Collaboration) 2019
66.	Journal Articles	Validity of combination use of activity record and accelerometry to measure free-living total energy expenditure in female endurance runners (Collaboration) 2019
67.	Journal Articles	Validity of estimating physical activity intensity using a triaxial accelerometer in healthy adults and older adults (Collaboration) 2019
68.	Journal Articles	Validity of one-day physical activity recall for Eetimating total energy expenditure in elderly residents at long-term care facilities: Clinical evaluation of energy requirements study (CLEVER study) (Collaboration) 2019
69.	Journal Articles	Association between age at onset of independent walking and objectively measured sedentary behavior is mediated by moderate-to-vigorous physical activity in primary school children (Collaboration) 2018
70.	Journal Articles	Associations of physical activity and sedentary time in primary school children with their parental behaviors and supports (Collaboration) 2018
71.	Journal Articles	Changes in weight, sedentary behaviour and physical activity during the school year and summer vacation (Collaboration) 2018

72.	Journal Articles	Comparison of accelerometer-measured sedentary behavior, and light- and moderate-to-vigorous-intensity physical activity in white- and blue-collar workers in a Japanese manufacturing plant (Collaboration) 2018
73.	Journal Articles	Comparison of daily physical activity parameters using objective methods between overweight and normal-weight children (Collaboration) 2018
74.	Journal Articles	Effect of diurnal variations in the carbohydrate and fat composition of meals on postprandial glycemic response in healthy adults: a novel insight for the second-meal phenomenon (Collaboration) 2018
75.	Journal Articles	Estimating metabolic equivalents for activities in daily life using acceleration and heart rate in wearable devices (Collaboration) 2018
76.	Journal Articles	Lower youth steps/day values observed at both high and low population density areas: a cross-sectional study in metropolitan Tokyo (Collaboration) 2018
77.	Journal Articles	Objectively evaluated physical activity and sedentary time in primary school children by gender, grade and types of physical education lessons (Collaboration) 2018
78.	Journal Articles	Physical activity level, locomotive activity, and obesity in Korean elementary school boys aged 9-12 years (Collaboration) 2018
79.	Journal Articles	Results From Japan's 2018 Report Card on Physical Activity for Children and Youth (Collaboration) 2018
80.	Journal Articles	Simultaneous validation of seven physical activity questionnaires used in Japanese cohorts for estimating energy expenditure: a doubly labeled water study (Collaboration) 2018
81.	Journal Articles	Validation of Dietary Reference Intakes for predicting energy requirements in elementary school-age children (Collaboration) 2018
82.	Journal Articles	Variability of school children's activity occurs in the recess and before-school periods (Collaboration) 2018
83.	Journal Articles	Accuracy of estimating step counts and intensity using accelerometers in older people with or without assistive devices (Collaboration) 2017
84.	Journal Articles	Association between objectively evaluated physical activity and sedentary behavior and screen time in primary school children (Collaboration) 2017
85.	Journal Articles	Comparability of activity monitors used in Asian and Western-country studies for assessing free-living sedentary behaviour (Collaboration) 2017
86.	Journal Articles	Developing and Validating an Age-Independent Equation Using Multi-Frequency Bioelectrical Impedance Analysis for Estimation of Appendicular Skeletal Muscle Mass and Establishing a Cutoff for Sarcopenia (Collaboration) 2017
87.	Journal Articles	The Validity of the Japanese version of physical activity questions in the WHO Health Behaviour in School-aged Children (HBSC) survey (Collaboration) 2017
88.	Journal Articles	Validation of questionnaire-assessed physical activity in comparison with objective measures using accelerometers and physical performance measures among community-dwelling adults aged ≥85 years in Tokyo, Japan (Collaboration) 2017
89.	Journal Articles	A novel approach to calculating the thermic effect of food in a metabolic chamber (Collaboration) 2016
90.	Journal Articles	Accuracy of wearable devices for estimating total energy expenditure: comparison with metabolic chamber and doubly labeled water method (Collaboration) 2016
91.	Journal Articles	Association between daily step counts and physical activity level among Korean elementary schoolchildren (Collaboration) 2016
92.	Journal Articles	Brown adipose tissue is involved in diet-induced thermogenesis and whole-body fat utilization in healthy humans (Collaboration) 2016
93.	Journal Articles	Brown adipose tissue is involved in the seasonal variation of cold-induced thermogenesis in humans (Collaboration) 2016
94.	Journal Articles	Is there a chronic elevation in organ-tissue sleeping metabolic rate in very fit runners? (Collaboration) 2016
95.	Journal Articles	Pedometer-determined physical activity among youth in the Tokyo Metropolitan area: a cross-sectional study (Collaboration) 2016
96.	Journal Articles	Results from Japan's 2016 Report Card on Physical Activity for Children and Youth (Collaboration) 2016

97.	Journal Articles	Seasonal changes in objectively measured sedentary behavior and physical activity in Japanese primary school children (Collaboration) 2016
98.	Journal Articles	Koda's fasting therapy: energy balance and intestinal bacterial flora (Collaboration) 2015
99.	Journal Articles	Physical activity group classification algorithm using triaxial acceleration and heart rate (Collaboration) 2015
100.	Journal Articles	Validity and reproducibility of a novel method for time-course evaluation of diet-induced thermogenesis in a respiratory chamber (Collaboration) 2015
101.	Journal Articles	Contributions of training and non-training physical activity to physical activity level in female athletes (Collaboration) 2014
102.	Journal Articles	Evaluation of active video games intensity: Comparison between accelerometer-based predictions and indirect calorimetric measurements (Collaboration) 2014
103.	Journal Articles	Prediction Models Discriminating between Nonlocomotive and Locomotive Activities in Children Using a Triaxial Accelerometer with a Gravity-removal Physical Activity Classification Algorithm (Collaboration) 2014
104.	Journal Articles	The relationship of body composition to daily physical activity in free-living Japanese adult men (Collaboration) 2014
105.	Journal Articles	Wii Fit U intensity and enjoyment in adults (Collaboration) 2014
106.	Journal Articles	Effects of intermittent physical activity on fat utilization over a whole day (Collaboration) 2013
107.	Journal Articles	Locomotive and non-locomotive activities evaluated with a triaxial accelerometer in adults and elderly individuals (Collaboration) 2013
108.	Journal Articles	Objectively-measured physical activity and body weight in Japanese pre-schoolers (Collaboration) 2013
109.	Journal Articles	Daily inhalation rate and time-activity/location pattern in Japanese preschool children (Collaboration) 2012
110.	Journal Articles	Locomotive and non-locomotive activity as determined by triaxial accelerometry and physical fitness in Japanese preschool children (Collaboration) 2012
111.	Journal Articles	Validation and comparison of three accelerometers for measuring physical activity intensity during nonlocomotive activities and locomotive movements (Collaboration) 2012
112.	Journal Articles	Effects of walking speed and step frequency on estimation of physical activity using accelerometers (Collaboration) 2011
113.	Journal Articles	Estimation of daily inhalation rate in preschool children using a tri-axial accelerometer: a pilot study (Collaboration) 2011
114.	Journal Articles	Estimation of respiratory ventilation rate of preschool children in daily life by using an accelerometer (Collaboration) 2011
115.	Journal Articles	How Many Steps/day are Enough? For Children and Adolescents (Collaboration) 2011
116.	Journal Articles	How much locomotive activity is needed for an active physical activity level: analysis of total step counts (Collaboration) 2011
117.	Journal Articles	Obese Japanese adults with type 2 diabetes have higher basal metabolic rate than non-diabetic adults (Collaboration) 2011
118.	Journal Articles	Real-time estimation of daily physical activity intensity by triaxial accelerometer and a gravity-removal classification algorithm (Collaboration) 2011
119.	Journal Articles	Relation of body composition to daily physical activity in free-living Japanese adult women (Collaboration) 2011
120.	Journal Articles	Time trends for step-determined physical activity among Japanese adults (Collaboration) 2011
121.	Journal Articles	Use of doubly labeled water to validate a physical activity questionnaire developed for the Japanese population (Collaboration) 2011
122.	Journal Articles	Validity and reliability of physical activity questionnaire in Japanese students (Collaboration) 2011
123.	Journal Articles	Validity of predictive equations for basal metabolic rate in Japanese adults (Collaboration) 2011

124.	Journal Articles	Classifying household and locomotive activities using a triaxial accelerometer (Collaboration) 2010
125.	Journal Articles	METs in adults while playing active video games: a metabolic chamber study (Collaboration) 2010
126.	Journal Articles	Validity of physical activity indexes for adjusting energy expenditure for body size: Do index depend on body size? (Collaboration) 2010
127.	Journal Articles	Daily physical activity in Japanese preschool children evaluated by triaxial accelerometry: the relationship between period of engagement in moderate-to-vigorous physical activity and daily step counts (Collaboration) 2009
128.	Journal Articles	24 hour analysis of elevated post-physical activity energy expenditure in a metabolic chamber: impact on models of daily total energy expenditure (Collaboration) 2008/05
129.	Journal Articles	Accuracy of predictive equations for basal metabolic rate and the contribution of abdominal fat distribution to basal metabolic rate in obese Japanese people (Collaboration) 2008/01
130.	Journal Articles	Physical activity level in healthy free-living Japanese estimated by doubly labelled water method and international physical activity questionnaire (Collaboration) 2008
131.	Journal Articles	Evaluation of low-intensity physical activity by triaxial accelerometry (Collaboration) 2007/12
132.	Journal Articles	Interindividual variability in sleeping metabolic rate in Japanese subjects (Collaboration) 2007/11
133.	Journal Articles	Triaxial accelerometry for assessment of physical activity in young children (Collaboration) 2007/05
134.	Journal Articles	A dose-response relation between aerobic exercise and visceral fat reduction: systematic review of clinical trials (Collaboration) 2007
135.	Journal Articles	Sex differences in the relationships of abdominal fat to cardiovascular disease risk among normal-weight white subjects (Collaboration) 2004
136.	Journal Articles	Activity diary method for predicting energy expenditure as evaluated by a whole-body indirect human calorimeter (Collaboration) 2003
137.	Journal Articles	Ethnic differences in abdominal visceral fat accumulation between Japanese, African-Americans, and Caucasians: a meta-analysis (Collaboration) 2003
138.	Journal Articles	A 12-year follow-up study of treated obese children in Japan (Collaboration) 2002
139.	Journal Articles	Is adiposity at normal body weight relevant for cardiovascular disease risk? (Collaboration) 2002
140.	Journal Articles	Relationship of body composition to body-fatness estimation in Japanese university students (Collaboration) 2002
141.	Journal Articles	Change of body composition in about eight years among Japanese university students (Collaboration) 1999
142.	Journal Articles	Hierarchical differences in body composition of professional Sumo wrestlers (Collaboration) 1999
143.	Journal Articles	Assessment of body composition by using a new chart method (Collaboration) 1997
144.	Journal Articles	Individual variation in the sequence of ages at peak velocity in seven body dimensions (Collaboration) 1994
145.	Journal Articles	A revised equation for estimating thigh muscle and bone area from anthropometric dimensions (Collaboration) 1992
146.	Journal Articles	Relationship of fat mass and fat distribution to blood pressure (Collaboration) 1990

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■ Grants

1.	2017/04～	International Study of Movement Behaviours in the Early Years (SUNRISE study)
2.	2022/04～2025/03	Relationships between Physical Activity, Sedentary Behavior, and Sleep and Growth and Development Indicators for Young Children in a Large National Survey
3.	2022/04～2025/03	Basic Research for evaluation of protein requirements

4.	2014/04～	Active Healthy Kids Japan
5.	2021/06～2022/03	24 hours behaviours and its relationship with cognitive functions and motor skills in young children
6.	2019/04～2022/03	Basic research on effective dietary prescriptions for increasing lean body mass
7.	2018/10～2021/03	Research on evaluation of total energy expenditure for the prevention of frail
8.	2018/04～2021/03	A Comprehensive Study of Home and Residential Community Environments that Influence Physical Activity in Young Children
9.	2016/04～2020/03	Search for lifestyle and genetic factors involved in the regulation of energy balance
10.	2018/04～2021/03	Relationship of Physical Activity and Lifestyle and Sleep in Adolescents in a Large National Survey
11.	2017/09～2020/03	Establishment of Medical System Using IoT for Preventing the Progression of Diabetes and its Complications
12.	2016/10～2020/03	Research on age-related changes in total energy expenditure using the doubly labeled water method

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■ Memberships

1.	2014/10～	Recent Advances & Controversies in the Measurement of Energy Metabolism
2.	2014/10～	∟ Committee Member
3.	2000/04～	The Obesity Society
4.	2009/06～	American College of Sports Medicine
5.	2012/04～	International Society for Physical Activity and Health (ISPAH)
6.	2015/03～	Japan Society of Human Growth and Development
7.	2015/03～	∟ Director
8.	1987/09～	Japan Society for the Study of Obesity (JASSO)
9.	2014/11～2016/10	∟ Publication Editorial Bouad member
10.	2015/10～	∟ Councilor
11.	2017/11～	∟ Member of the Evaluation Committee for Qualifications to Sit for the Lifestyle Related Disease Improvement Instructor Examination
12.	1998/09～	Japanese Association of Exercise Physiology
13.	2010/10～2016/09	∟ Director
14.	2016/10～2020/09	∟ Auditor
15.	2020/10～	∟ Advisor
16.	2002/01～	Japan Society of Nutrition and Food Science
17.	2010/11～2017/10	∟ counselor
18.	2017/11～	∟ delegate
19.	1994/08～	Japan Society of Physical Education, Health and Sport Sciences
20.	2017/04～2020/03	∟ member of Editorial Board for Japan Journal of Physical Education, Health and Sport Sciences
21.	2020/04～	∟ Editorial Board for International Journal of Sport and Health Science
22.	1989/04～	Japanese Society of Health and Human Ecology
23.	1995/11～	∟ Councilor

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