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

TOP page of the Faculty Members



(Last updated : 2026-08-09 13:56:08)

Yukari Takemi

Faculty of Nutrition
Professor

■ Education

1.	1986/04～1988/03	〔Master degree program〕 Nutrition Sciences Degree Program, Graduate School of Nutrition Sciences, Graduate School of Kagawa Nutrition University, Completed, MS in Nutrition

■ Career

1.	1998/04～2001/03	Kagawa Nutrition University Faculty of Nutrition Assistant Professor
2.	2001/04～2005/03	Kagawa Nutrition University Faculty of Nutrition Associate Professor
3.	2005/04～	Kagawa Nutrition University Faculty of Nutrition Professor
4.	2015/04～2022/06	National Institute of Biomedical Innovation, Health, and Nutrition Auditor

■ Courses Previously Taught

1. Nutrition Counseling Skills（Kagawa Nutrition University）
2. Community Nutrition Action（Kagawa Nutrition University）
3. Nutrition Education（Graduate School of Kagawa Nutrition University）
4. Community Nutrition Action（Graduate School of Kagawa Nutrition University）

■ Research Interests/Keywords

Nutrition science and health science, Family and consumer sciences, and culture and living, Hygiene and public health: excluding laboratory approach (Key Word : food environment, nutrition education, community nutrition action)

■ Publications

1.	Journal Articles	Effect of population-approach programs promoting salt reduction and potassium intake in Japan: the Population-based Sodium/Potassium Improvement Program (PoSPIP)（Collaboration） 2026/04 Link
2.	Journal Articles	Young adults' perceptions of sustainable diets: A comparison across five high and middle-income countries.（Collaboration） 2026/01 Link
3.	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 Link
4.	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 Link
5.	Journal Articles	Practical use and target value of urine sodium-to-potassium ratio in assessment of hypertension risk for Japanese: Consensus Statement by the Japanese Society of Hypertension Working Group on Urine Sodium-to-Potassium Ratio（Collaboration） 2024/10 Link
6.	Journal Articles	Impact of a nudge-based food environment intervention in a hospital convenience store on staffs food intake and Na/K（Collaboration） 2024/08 Link
7.	Journal Articles	Differences in the Values and Related Factors of Eating a Balanced Meal among the Younger Generation in Japan（Collaboration） 2024/06 Link

8. Journal Articles Determinants of sodium intake knowledge and attitude: a cross-national analysis of socio-economic and health factors (Collaboration) 2024/06 Link
9. Journal Articles Determinants of Changes in the Diet Quality of Japanese Adults during the Coronavirus Disease 2019 Pandemic (Collaboration) 2022/12 Link
10. Journal Articles Creating a healthy food environment as a radical population approach and Japanese initiatives (Single) 2022/12 Link
11. Journal Articles Desirable Diet to Lower the Japanese Nitrogen Footprint: Analysis of the Saitama Prefecture Nutrition Survey 2017 (Collaboration) 2022/10 Link
12. Journal Articles Factors Influencing Changes in Food Preparation during the COVID-19 Pandemic and Associations with Food intake among Japanese Adults (Collaboration) 2021/10 Link
13. Journal Articles Effect of workplace dietary intervention on salt intake and sodium-to-potassium ratio of Japanese employees: A quasi-experimental study. (Collaboration) 2021/10 Link
14. Journal Articles Change in dietary consciousness and its related factors among Japanese adults under the COVID-19 pandemic: Analysis using deitary consciousness scale. (Collaboration) 2021/09
15. Journal Articles Food environment improvement using nudge tactics in a convenient store at a hospital. (Collaboration) 2021/03 Link
16. Journal Articles Status of provision of Smart Meal and issues of continuation the Certification for the "Healthy meal and food environment" among the certified restaurants and ready-made meal companies: Results of the survey targeting the first renewal companies. (Collaboration) 2021/02
17. Journal Articles Consumption of ultra-processed foods and relationship between nutrient intake and obesity among participants undergoing specific health checkups provided by National Health Insurabce. (Collaboration) 2021/02 Link
18. Journal Articles Trajectories of Dietary Variety Score among community-dwelling older Japanese and their related factors. (Collaboration) 2021/02
19. Journal Articles Qualititative study of the effect and potentriality of an online nutrition class at a university during the COVID-19 pandemic. (Collaboration) 2021/02 Link
20. Journal Articles Healthy and sustainable diet and food systems (Collaboration) 2020/12
21. Journal Articles Relationship between dietary behaviors, attitudes, andrtphone usage during meals adn subjective diet-related quality of life of children. (Collaboration) 2020/11
22. Journal Articles Spot urine sodium-to-potassium ratio and dietary behaviors -Study of male employees in the northern part of Saitama prefecture-. (Collaboration) 2020/03
23. Journal Articles Food diversity and its relationship with nutrient intakes and meal days involving staple foods, main dishes, and side dishes in community-dwelling elderly adults. (Collaboration) 2020/03
24. Journal Articles Factors related to the frequency of consuming a "Japanese healthy meal" by pregnant women. (Collaboration) 2020/02
25. Journal Articles Processes and remaining issues for the development of the nutrition science education model core curriculum for registered dietitians and dietitians. (Single) 2019/12 Link
26. Journal Articles Consumption of ultra-processed foods decreases the quality of the overall diet of middle-aged Japanese adults (Collaboration) 2019/06 Link
27. Journal Articles Certification system for the Healthy meal and food environment. (Single) 2019/07
28. Journal Articles Consumption of ultra-processed foods decreases the quality of the overall diet of middle-aged Japanese adults. (Collaboration) 2019/06
29. Journal Articles Difference of saltintake sources within home or outside the home among participants taking Specifice Health Checkups prvided by National Health Insurance: Case of Manazuru, Kanagawa prefecture. (Collaboration) 2019/02 Link
30. Journal Articles Relationship between rice consumption and body weight gain in Japanese workers: white versus brown rice/multigrain rice (Collaboration) 2018/10 Link
31. Journal Articles Status and challenges related to creating a healthy food environment: a questinnaire survey for public health dietitians. (Collaboration) 2017/12
32. Journal Articles Dietary intake and weight status of urban Thai preadolescents in the context of food environment. (Collaboration) 2017/09 Link
33. Journal Articles Eating Together is Associated with Food Behaviors and Demographic Factors of Older Japanese People Who Live Alone (Collaboration) 2016/09

34. Journal Articles Prevalence of Inadequate Nutrient Intake in Japanese Community-Dwelling Older Adults Who Live Alone (Collaboration) 2016/04
35. Journal Articles Cohort study examining the association between vegetable consumption and weight gain in a single year among Japanese employees at a manufacturing company (Collaboration) 2015/09
36. Journal Articles Comparison of current frequency of breakfast and recollections of childhood dietary habits among young single males (Collaboration) 2015/08
37. Journal Articles Development and evaluation of a nutrition program focused on "enjoyable learning" for home economics in junior high school (Collaboration) 2015/08
38. Journal Articles Association between Workers' Perception of Their Workplace Food Environment and Eating Habits (Collaboration) 2015/07
39. Journal Articles The Association between Economic Status and Diet-related Attitudes and Behaviors, as Well as Diet-related Quality of Life in Adults (Collaboration) 2015/07
40. Journal Articles Effects of an intervention program for community-dwelling elderly to improve frailty and dietary habits (Collaboration) 2015/06
41. Journal Articles Implementation and evaluation of the "Diet-Lifestyle Support Guide" in the intensive lifestyle modification program of Specific Health Guidance (Collaboration) 2015/05
42. Journal Articles Association of Self-reported Meal Preparation Competency and Cooking Skills among Female University Students (Collaboration) 2015/05
43. Journal Articles Why Is Creating a Healthy Food Environment So Crucial to Making Improvements in Diet-Related NCDs? (Collaboration) 2015/05
44. Journal Articles How to proceed with environmental improvement towards healthier behaviors? nutrition and diet, physical ativity, and tabacco issues. (Collaboration) 2023/11 Link
45. Journal Articles Evaluation of school-based nutrition education in health education and promotion (Single) 2014/08
46. Journal Articles Utilizing a card method to promote the involvement in discussion during a Shoku-iku workshop for nursery school staff (Collaboration) 2014/08
47. Journal Articles Associations between Family Dinner Frequency and Voluntary Mealtime Communication with Dietary Attitudes, Dietary Behaviors, and Quality of Life: A Cross-sectional and Longitudinal Study of 5th and 8th Grade Students (Collaboration) 2014/06
48. Journal Articles IUNS Workshop on Capacity and Leadership Development in Nutritional Sciences Held in Tokyo 2014 (Collaboration) 2014/05
49. Journal Articles Reconsidering participation in health promotion (Single) 2014/05
50. Journal Articles Development of a Questionnaire to Assess the Meal Preparation Competency of Female University Students - Study for Female Students Majoring in Nutrition (Collaboration) 2014/02
51. Journal Articles The Association between Vegetable Intake and Nutrient Intakes in Middle-Adults: A Secondary Analysis of the Saitama Prefecture Health and Nutrition Survey, 2011 (Collaboration) 2014/01
52. Journal Articles Correlation between Self-reported Vegetable Dish Consumption and Dietary Record Data in Middle-aged Adults (Collaboration) 2013/12
53. Journal Articles Changes in Vegetable Consumption Following Intervention of a Food Environment Intervention Program in the Employee Cafeteria (Collaboration) 2013/10
54. Journal Articles Eating Behaviors for Weight Loss Success among Male Japanese Workers in a Specific Health Guidance Program: A Qualitative Study (Collaboration) 2013/10
55. Journal Articles The Association between Subjective Diet-related Quality of Life (SDQOL) Scores and Food Knowledge and Eating Habits in Japanese Adults: Gender-based Diffrences (Collaboration) 2013/06

5 display

■ Social Contributions

1. 2016/09～2022/12 22nd IUNU-ICN Organizing Committee, Vice chair

■ Grants

1. 2026/04～2029/03 Development of a Japanese Sodium Benchmark in Processed Foods and a Implementation Strategy Through Academic-Private Partnerships

■ Memberships

1.	1986/11～	The Japanese Society of Nutrition and Dietetics Link
2.	2015/11～2019/10	∟ Past President
3.	1991/04～	Japanese Society of Health Education and Promotion Link
4.	2019/07～	∟ President
5.	2001/04～	Japanese Society of Public Health Link
6.	2016/07～	Soceity for Nutrition Education and Behavior: SNEB Link
7.	2021/08～2024/07	∟ Trustee

5 display