



AKIRA SITTIKHO

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Working Experience:

- 2022 - present **Assistant researcher** at Division of Nutrition and Biochemical Medicine,
Department of Medicine, Faculty of Medicine, Ramathibodi Hospital, Mahidol University
- 2020 - present **Sports dietitian** at the Sports Authority of Thailand (Part-time)
- 2019 - 2021 **Assistant researcher** (Fat Consumption Project, Thai Health Promotion Foundation)

Education and Training:

- 2014 - 2018 **Master of Science in Nutrition and Dietetics program (International program)**
Institute of Nutrition, Mahidol University.
- 2016 - 2017 Training:
- Development of a 3-dimensional food model
Vejnitatphattana School, Medical Educational Technology, Faculty of Medicine, Siriraj Hospital
- Internship:
- 2016 - Professional Practice in Metabolic Syndrome
Division of Endocrinology and Metabolism, Faculty of Medicine, Ramathibodi Hospital
- 2016 - Practice in Enteral and Parenteral Nutrition
Department of Pediatrics, Faculty of Medicine, Ramathibodi Hospital
- 2015 - Practice in Advanced Food Service Management
Department of Nutrition, Ramathibodi Hospital
- 2015 - Practice in Weight Management and Diabetes Mellitus
Paolo Hospital, Bangkok, Thailand
- Thesis:
- Development and validation of a food photo booklet and 3-dimensional food models for portion size estimation.
- 2010 - 2013 **Bachelor of Science in Sports and Health Science (International program)**
School of Health Science, Mae Fah Luang University.
- Internship:
- 2013 - Practice in physical fitness test, biomechanics, drug abuse, doping, and research
Sports Science Center, Sports Authority of Thailand (SAT), Bangkok
- 2012 - Practice in sports and exercise training, research, and sports medicine
Siriraj Fitness Center, Siriraj Hospital
- Research:
- Pilates training for overweight people (Randomized controlled trial)
- 2021 - present **Registered Dietitian (กนด.143)**

Award

- 2021 - Best Abstract Award 3rd Prize (Poster presentation) in the topic of “The Association between Saturated Fat Consumption and Long-term Cardiovascular and All-Cause Mortality” at the Silver Jubilee of The Parenteral and Enteral Nutrition Society of ASIA (PENSA), the 21st PENSA Congress 2021 on October 14-16, 2021

Publication (Selected)

- 2021
 - Taemkaew K, Sumritpradit P, Putadechakum S, Lapananon T, Taonam N, Sittikho N, et al. Pre-operative phase angle predicts body composition after bariatric surgery. *Clinical Nutrition ESPEN*. 2021;46:S583.
 - Phanachet P, Shantavasinkul PC, Lapananon T, Taonam N, Tongchom W, Boonpattaraksa J, et al. Efficacy and Safety of a Diabetes Specific Formula in Patients with Type 2 Diabetes Mellitus: A Randomized, Open-label, Crossover Study. *Journal of Nutrition Association of Thailand* 2021;56(1);1-12.
- 2019
 - Pinsawas B, Sranacharoenpong K, Supwarobol S, Pornkasemsuk S, Mongkolsucharitkul P, and Sittikho N. Development of Food Service Management Course Curriculum for Lay-Chefs in Primary Schools in Bangkok. *Journal of Nutrition Association of Thailand* 2019;54:24-33.
- 2019
 - Mongkolsucharitkul P, Sranacharoenpong K, Kusakunniran W, Pinsawas B, Pornkasemsuk S, and Sittikho N. Development of the integrated nutrition learning tool for Thai primary school children. *Journal of Nutrition Association of Thailand* 2019;54:34-45.
- 2018
 - Sittikho N, Sranacharoenpong K, Pongcharoen T, Mongkolsucharitkul P, Pinsawas B, and Pornkasemsuk S. Development of a food photo booklet and a 3-dimensional food model. The 8th National and International Graduate Study Conference “Thailand 4.0 Creative Innovation for Sustainable Development” (NGSC&IGSC 2018) [Abstract] 2018.

Experience (Extra-curricular activities: selected)

The Life-Long Learning (LLL) Programme in Clinical Nutrition and Metabolism (Certificate)

- 2020
 - Nutritional support in intensive care unit (ICU) patients
- 2020
 - Nutritional support for older adults
- 2020
 - Approach to parenteral nutrition
- 2020
 - Nutritional support in GI diseases
- 2020
 - Speaker on “The effect of lard and saturated fat intake on cardiovascular events and mortality”. PMAC2020, The EGAT STUDY: Impact of social disparity on health and ways to minimize it on January 29th, 2020, at Centara Grand Hotel, Bangkok, Thailand.
- Conference:
 - 2020
 - PMAC2020, The EGAT STUDY: Impact of social disparity on health and ways to minimize it on January 29th 2020, at Centara Grand Hotel, Bangkok, Thailand.
 - 2019
 - The ESPEN Leonardo da Vinci Life Long Learning Project 2019 in Bangkok
 - 2018 - present
 - SPENT Nutrition Interhospital Conference
 - 2017
 - The 3rd annual meeting food and nutrition policy for health promotion program (FHP) in the topic of “Information system for food and nutrition policies.” Pullman Hotel, Bangkok, Thailand
 - 2015
 - Staff on the 2nd workshop on nutrition of the school lunch program in the project of “Ajinomoto for Thais: better nutrition, stronger nation” at Chiangmai province
 - 2014 - present
 - The annual conference of Thailand Congress of Nutrition (TCN)
 - 2014 - present
 - The annual conference of Thai Dietetic Association (TDA)
- Self-skill activity:
 - 2017
 - The development of online education with SPOC and MOOC in the project of MUx and ThaiMOOC”
 - Workshop: creating infographics for academic purpose
 - Special lecture on brain coaches for innovative ideas
 - Mahidol University Graduate Student Union member
 - 2016
 - Mahidol University Grad student Council member
 - 2015
 - Mahidol University brand ambassador