



Assistant Professor Dr. Chanchira Phosat

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Education

Degree	Field of study	University or institute (Country)	Graduation year
Ph.D. (Tropical Medicine)	Tropical Nutrition and Food Science	Mahidol University (Thailand)	2017
B.Sc. (Public Health) Second Class Honors	Nutrition and Dietetics	Mahidol University (Thailand)	2013

Research expertise

- Nutritional Epidemiology
- Community Nutrition

Research interests

- Nutritional Epidemiology
- Community Nutrition
- Biochemical Nutrition

Research projects

1. On-going project

- Multifaceted Assessment of the Food Environment in and around Mahidol University (Co-investigator)

2. Completed project

- The analysis of antioxidant activity of nine mango varieties cultivated in Thailand (Principal Investigator)

- The effect of whey protein consumption on health of overweight and obese adults (Principal investigator)
- Nutrition and environmental management of street food (Co-investigator)
- Development of street food management model (Co-investigator)
- The effect of goat milk consumption on health of adult with lactose intolerance (Principal investigator)
- Inflammatory markers and their polymorphisms in relation to type 2 diabetes in rural Thais (Co-investigator)

Publications

1. International publication

- 2022 **Phosat C**, Phosat C, Hudthagosol C, Phienlupol PP, Kwanbunjan K. Whey protein positively alters inflammatory markers and metabolic parameters of overweight and obese adults. *Mal J Nutr.* 2022; 28(3): 369-382.
- Phosat C**, Phosat C, Hudthagosol C, Phienlupol PP, Kwanbunjan K. The effect of goat's milk consumption on the clinical health of middle-aged adults with lactose intolerance. *Mal J Nutr.* 2022; 28(2): 263-274.
- 2019 Lainampetch J, Panprathip P, **Phosat C**, Chumpathat N, Prangthip P, Soonthornworasiri N, et al. Association of Tumor Necrosis Factor Alpha, Interleukin 6, and C-Reactive Protein with the Risk of Developing Type 2 Diabetes: A Retrospective Cohort Study of Rural Thais. *J Diabetes Res.* 2019. <https://doi.org/10.1155/2019/9051929>.
- 2018 Noppanath C, **Phosat C**, Uttamachai C, Panprathip P, Kwanbunjan K. Association between waist circumference at two measurement sites and indicators of metabolic syndrome and cardiovascular disease among Thai adults. *Mal J Nutr.* 2018;24(3):371-80.
- Bumrungpert A, Chongsuwat R, **Phosat C**, Butacnum A. Rice Bran Oil Containing Gamma-Oryzanol Improves Lipid Profiles and Antioxidant Status in Hyperlipidemic Subjects: A Randomized Double-Blind Controlled Trial. *J Altern Complement Med.* 2018: 1-6 doi: 10.1089/acm.2018.0212.
- Kwanbunjan K, Panprathip P, **Phosat C**, Chumpathat N, Wechjakwen N, Puduang S, et al. Association of retinol binding protein 4 and transthyretin with triglyceride levels and insulin resistance in rural Thais with high type 2 diabetes risk. *BMC Endocr Disord.* 2018; 18: 26. doi: 10.1186/s12902-018-0254-2.
- 2017 **Phosat C**, Panprathip P, Chumpathat N, Prangthip P, Chantratita N, Soonthornworasiri N, et al. Elevated C-reactive protein, interleukin 6, tumor necrosis factor alpha and

glycemic load associated with type 2 diabetes mellitus in rural Thais: a cross-sectional study. BMC Endocr Disord 2017; 17: 44. doi: 10.1186/s12902-017-0189-z.

2. National publication

- 2015 **Phosat C**, Soontornnon S, Suansawang W, Satheannoppakao W, Tipayamongkhogul M, Chompooseang T. Self- Dietary Assessment Tool Development for Gastrointestinal Surgery Patients, Pre/Post-Operative. J Public Health 2015; 45(1): 28-45.

Academic conferences

1. International conference

- 2016 **Phosat C**, Panprathip P, Chumpathat N, Puduang S, Kwanbunjan K. Predictive markers for coronary heart disease and abnormal blood-sugar levels among a group of rural Thais. Prehypertension, Hypertension and Cardio Metabolic Syndrome Conference 2016 "The 4 th International Conference on Prehypertension, Hypertension and Cardio Metabolic Syndrome", 3-6 March, 2016, Venice, Italy.
- Kwanbunjan K, Panprathip P, **Phosat C**, Chumpathat N, Puduang S, Henkel I, et al. Association of retinol binding protein 4 and triglyceride level in rural Thais with type-2 diabetes risk. Prehypertension, Hypertension and Cardio Metabolic Syndrome Conference 2016 "The 4th International Conference on Prehypertension, Hypertension and Cardio Metabolic Syndrome", 3-6 March, 2016, Venice, Italy.

2. National conference

- 2023 **Phosat C**. Current research in Community Nutrition. The 16th Thailand Congress of Nutrition, 16 March 2023, Bangkok International Trade and Exhibition Centre, Bangkok, Thailand.
- 2017 Phosat Ch and **Phosat C**. A Study of Syndrome Characteristic of Diabetic Nephropathy Stage 3 and Stage 4 Based on Traditional Chinese Medicine. The 5th National and International Conference, 26 May 2017, Huachiew Chalermprakiet University, Samutprakan, Thailand.