



Mahidol University
Academy of the Land

ASSOCIATE PROFESSOR DR. KITTI SRANACHAROENPONG

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Associate Professor Dr. Sranacharoenpong has profoundly influenced nutrition science over his 25-year tenure at the Institute of Nutrition, Mahidol University, Thailand, from 1998 to 2023. In 2023, he joined the ASEAN Institute for Health Development, Mahidol University, continuing his commitment to public health nutrition in Thailand and Southeast Asian countries.

He earned his Bachelor's and Master's degrees in Nutrition Science from Mahidol University, Thailand followed by a Ph.D. in Applied Health Sciences from the University of Waterloo in Canada in 2009. He enhanced his expertise with a postdoctoral fellowship in Environmental Nutrition at Loma Linda University in USA from 2009 to 2011.

A key architect of the Thai Food-Based Dietary Guidelines (Thai-FBDGs), Dr. Sranacharoenpong has successfully translated these guidelines into actionable programs. His Thai diabetes prevention initiative stands out as a groundbreaking effort to empower community health care workers in chronic disease prevention across Thailand. This program not only marks a significant advancement in community health strategies but also builds on his prior efforts to implement national dietary guidelines effectively.

Moreover, he initiated a school lunch program that connects the core principles of Thai-FBDGs to broader issues of food systems, climate change, and sustainability. Since 2015, he has partnered with the Lao Ministry of Health on critical research projects aimed at crafting their own FBDGs, utilizing Lao National Consumption Data while focusing on maternal and child health initiatives. Currently, as an advisor for UNICEF, he is helping establish guidelines for healthcare professionals in 11 Southeast Asian countries, ensuring that nutritional needs are met across the region.

POSITIONS

- 2026-present:** Associate Professor at Department of Nutrition, Faculty of Public Health, Mahidol University, Thailand
- 2024-2026:** Advisory committee for UNICEF EAPRO:
for the development of ASEAN Guidelines and Minimum Standards on Nutrition Preservice Education for Frontline Health Workers
- 2023-present:** Advisory committee of the Southeast Asian School-based Nutrition Promotion, SEAMEO RECFON
- 2023-present:** Associate Professor at ASEAN Institute for Health Development (AIHD), Mahidol University, Thailand
- 2021-present:** Committees of the evaluation for 1,000 days of early childhood development



- 2020-present:** Invited instructor of the program, Graduate Programs in Science Innovation (Special Program International program) School of Bioinnovation and Bio-based Product Intelligence, Faculty of Science, Mahidol University, Thailand
- 2020-present:** Committees of the Thai policy implementation for 1,000 days of early childhood development
- 2020-2023:** Head of community nutrition unit
- 2019-2023:** **Associate Professor at INMU, Thailand**
- 2018-2021:** Governing Board Member of Southeast Asian Ministers of Education Organization, Regional Centre for Food and Nutrition (Seameo Recfon)
- 2016-2019:** **Assistant Professor: INMU, Thailand**
- 2015-2019:** Deputy Director for Research and International Relations: INMU
- 2012-2016:** **Instructor: INMU, Thailand**
- 1998-2011:** **Researcher: Institute of Nutrition, Mahidol University (INMU), Thailand**

EDUCATION

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|-------------|----------------------------|---|
| 2011 | Postdoctoral Fellow | Environmental Nutrition
School of Public Health, Loma Linda University, USA |
| 2009 | PhD | Applied Health Sciences
School of Public Health and Health Systems,
University of Waterloo, Canada
<i>(Thesis: Application of learning technologies to support community-based health care workers and build capacity in chronic disease prevention in Thailand)</i> |
| 1998 | MSc | Food and Nutrition for Development
Institute of Nutrition, Mahidol University, Thailand
<i>(Thesis: The development of Thai food based dietary guidance: Quantification of food for daily consumption)</i> |
| 1994 | BSc | Nutrition
Faculty of Public Health, Mahidol University, Thailand |

HONORS AND AWARDS

- 2024-2025** DAAD: Research Stays for University Academics and Scientists, 2024 at the University of Bonn, Germany: November, 2024 – January, 2025.
- 2023** International Fellowship Award at University of Bonn, Germany, March-April, 2023
- 2019** NFP-KOP Fellowship for the short course on “Facilitating MSPs to foster sustainable and inclusive food system” at Wageningen Centre for Development Innovation, November, 2019
- 2018** Fellow of the Newton Fund at the University of Glasgow, UK. April-June, 2018



- 2018** NFP-KOP Fellowship for the short course on “Making Agriculture Work for Food and Nutrition Security” at Wageningen Centre for Development Innovation, November, 2018
- 2018** NFP-KOP Fellowship for the short course on “Food Security in an Urbanising Society” at Wageningen Centre for Development Innovation, September, 2018
- 2018** NFP-KOP Fellowship for the short course on “Market Access for Food Security” at Wageningen Centre for Development Innovation, March, 2018
- 2015** Fellowship Award of the Newton Fund, London, United Kingdom
- 2014** Fellowship of the “IUNS Workshop on Capacity and Leadership Development in Nutrition Sciences” at the National Institute of Health and Nutrition in Japan, March, 2014
- 2010** Fellowship of the “IUNS Workshop on Capacity and Leadership Development in Nutrition Sciences” at the National Institute of Health and Nutrition in Japan, September, 2010
- 2009** Postdoctoral Fellowship at Loma Linda University, USA
- 2007-2004** Excellent PhD Student Award, at the University of Waterloo, Canada
- 2004** International scholarship for PhD program at the University of Waterloo, Canada

RESEARCH EXPERIENCES (SELECTED)

- 2023-present:** Curriculum development, strengthening and sustainability of the Thai school lunch model to present double burden malnutrition problems
- 2023-2024:** Resilient cities enabled by multiple approaches to plan for sustainable urban food and nutrition security: REMAPS
- 2023-present:** Smart communities and schools to prevent childhood obesity in Thailand: Impact evaluation of the nutrition training program
- 2023-present:** Comparison of nutrient density and environmental impacts of Thai street foods
- 2023-present:** Thai school lunch program: SMART model school
- 2022-present:** Effects of chitooligosaccharides on serum lipid in Thai overweight and obese people
- 2021-present:** Improving technology of indoor plant factory to produce vegetables, herbs and spices using as ingredients for innovative healthy food products from dietary fiber and essential plant substances
- 2022-2024:** Mixed natural prebiotic-fibers impact on stool frequency and fecal microbiota in constipated Thai adults: A randomized clinical trial
- 2021-2023:** Readvertisement-Assessment on Nutrition Surveillance and Mechanisms to Reduce Malnutrition in CLMV Countries
- 2020-2023:** Quantity and quality of breast milk of a group of Laotian lactating women
- 2020-2023:** The impact assessment of daycares in the community for low income families in Thailand



- 2017-2023:** Effect of nutrigenomics on glucose and lipid homeostasis in metabolic syndrome and malnutrition in Thai children and in adults
- 2016-2022:** Thai School Lunch Program: Develop, implement and evaluation the program

PUBLICATIONS (SELECTED)

- Kitti Sranacharoenpong**, Bang-On Thepthien, Pyae Phyo Kyaw, Mathuros Tipayamongkhogul. Multi-Stakeholder Primary Health Care for Migrant Populations in Thailand's Border Regions: A Qualitative Study of Barriers and Opportunities. *Journal of Immigrant and Minority Health*, 2026; <https://doi.org/10.1007/s10903-025-01845-0>
- Natnaree Mayang, **Kitti Sranacharoenpong***, Siriyupa Netramai, Korapat Mayurasakorn, Magnus Bergkvist. Effects of Chitosan Oligosaccharide Supplementation on Lipid Profiles in Overweight and Obese Thai Women: A Randomized Controlled Trial. *Food Science and Nutrition*, 2025; <https://doi.org/10.1002/fsn3.71369>.
- Wannaporn Hatongkham, **Kitti Sranacharoenpong***, Unchalee Suwanmanee. Comparing of Nutritional and Environmental Aspects of Soilless and Nonchemical Farming Food Production Systems. *Journal of Sustainable Agriculture and Environment*, 2025; 4:e70060 1 of 12. <https://doi.org/10.1002/sae2.70060>
- Sirirat Luk-In, Chaniya Leepiyasakulchai, Chutipphon Saelee, Arisa Keeratichamroen, Nuttarat Srisangwan, Punnee Ponprachanuvut, Kantanit Chammari, Tanittha Chatsuwan, Dhammika Leshan Wannigama, Aye Mya Sithu Shein, Naris Kueakulpattana, Sukrit Srisakul & **Kitti Sranacharoenpong***. Impact of Resistant Starch Type 3 on Fecal Microbiota and Stool Frequency in Thai Adults with Chronic Constipation Randomized Clinical Trial. *Scientific reports*. 2024, | <https://doi.org/10.1038/s41598-024-79465-1>.
- Bonggochpass Pinsawas, Apinya Surawit, Pichanun Mongkolsucharitkul, Tanyaporn Pongkunakorn, Sophida Suta, Thamonwan Manosan, Suphawan Ophakas, Sureeporn Pumeiam, **Kitti Sranacharoenpong***, Korapat Mayurasakorn. Asian Low-Carbohydrate Diet with Increased Whole Egg Consumption Improves Metabolic Outcomes in Metabolic Syndrome: A 52-Week Intervention Study. *Journal of Nutrition*. 2024, <https://doi.org/10.1016/j.tjnut.2024.08.027>
- Arisa Keeratichamroen, Panrawee Praditsorn, Piyanit Churak, Nuttarat Srisangwan, **Kitti Sranacharoenpong**, Punnee Ponprachanuvut, Kantanit Chammari. Applying the concept of Thai nutrient profiling as a model for the Thai school lunch planner. *Journal of Public Health and Development*. 2024, 22(1): 224-236.



- Kantanit Chammari, Arisa Keeratichamroen, **Kitti Sranacharoenpong**, Punnee Ponprachanuvut, Nuttarat Srisangwan, Piyanit Churak, Panrawee Praditsorn. Development and Implementation of a Unique, Tailored School Lunch Training Program for Teachers and their Stakeholders at Public Primary Schools in Thailand. *Journal of Health Research*. 2024, 38(2):116-124.
- Nuttarat Srisangwan, Piyanit Churak, Panrawee Praditsorn, Punnee Ponprachanuvut, Arisa Keeratichamroen, Kantanit Chammari, **Kitti Sranacharoenpong***. Using SWOT Analysis to create strategies for solving problems in implementing school lunch programs in Thailand. *Journal of Health Research*. 2023, 37(6): 406-413.
- Sophida Suta, Apinya Surawit, Pichanun Mongkolsucharitkul, Bonggochpass Pinsawas, Thamonwan Manosan, Suphawan Ophakas, Tanyaporn Pongkunakorn, Sureeporn Pumeiam, **Kitti Sranacharoenpong**, Sawanee Sutheeworapong, Patcha Pongsombat, Sakda Khoomrung, Pravit Akarasereenont, Iyarit Thaipsisuttikul, Bhoom Suktitipat, Korapat Mayurasakorn. Prolonged Egg Supplement Advances Growing Child's Growth and Gut Microbiota. *Nutrients* 2023, 15: 1143-
- Yuparat Odglun, **Kitti Sranacharoenpong***, Nattvara Nirdnoy. Effects of a Culturally Tailored Diabetes Prevention Program for At-risk Thai Muslim People in Semi-urban Areas. *Journal of Health Research* 2023, 37(4): 192-200.
- Nattvara Nirdnoy, **Kitti Sranacharoenpong**, Apinya Surawit, Bonggochpass Pinsawas, Pichanun Mongkolsucharitkul, Tanyaporn Pongkunakorn, Thamonwan Manosan, Suphawan Ophakas, Sophida Suta, Sureeporn Pumeiam, Korapat Mayurasakorn and Siriraj Health Study Group. Validation of a Thai semiquantitative food frequency questionnaire (semi-FFQ) for people at risk of metabolic syndrome. *Journal of Health, Population and Nutrition*. 2023, 42:13-28.
- Nattvara Nirdnoy, **Kitti Sranacharoenpong***, Korapat Mayurasakorn, Apinya Surawit, Bonggochpass Pinsawas, Pichanun Mongkolsucharitkul, Tanyaporn Pongkunakorn, Sophida Suta. Development of the Thai semiquantitative food frequency questionnaire (semi-FFQ) for people at risk for metabolic syndrome. *Journal of Public Health*. 2023, 31: 1-8.
- Yamaguchi M., Praditsorn P., Purnamasari S.D., **Sranacharoenpong K.**, Arai Y., Sundermeir S.M., Gittelsohn J., Hadi H., Nishi N. Measures of Perceived Neighborhood Food Environments and Dietary Habits: A Systematic Review of Methods and Associations. *Nutrients*. 2022, 14: 1788.
- Churak, P., **Sranacharoenpong, K***. & Mungcharoen, T. Environmental consequences related to nutritional status of Thai populations. *Journal of Public Health*. 2021, 29: 879-884



- Rofiqah Noor Rahai, Nongnuch Poolsawad, **Kitti Sranacharoenpong**. Environmental impacts related to food consumption of Indonesia adults. *Journal of Nutritional Science and Vitaminology*. 2020, 66: S149-S154.
- Sranacharoenpong K***. The environmental impacts of 12 country-specific food-based dietary guidelines. *Journal of Public Health*. 2020, 28:719-727
- Korapat Mayurasakorn, Bonggochpass Pinsawas, Pichanun Mongkolsucharitkul, **Kitti Sranacharoenpong**, Sa-nga Damapong. School closure, COVID-19 and lunch programme: Unprecedented undernutrition crisis in low-middle income countries. *Journal of Paediatrics and Child Health*. 2020, 56:1013–1017.
- Pichanun Mongkolsucharitkul, **Kitti Sranacharoenpong**, Worapan Kusakunniran, Bonggochpass Pinsawas, Sineerat Pornkasemsuk, Nantaporn Sittikho. Development of the integrated nutrition learning tools for Thai primary school children. *Journal of Nutrition Association of Thailand*. 2019, 54: 34-45.
- Bonggochpass Pinsawas, **Kitti Sranacharoenpong**, Suwimol Supwarobol, Sineerat Pornkasemsuk, Pichanun Mongkolsucharitkul, Nantaporn Sittikho. Development of Food Service Management Course Curriculum for Lay Chefs in Primary Schools in Bangkok. *Journal of Nutrition Association of Thailand*. 2019, 54: 23-33.
- Nipawan Thatthong, **Kitti Sranacharoenpong***, Panrawee Praditsorn, Piyanit Churak, Punnee Ponprachanuvut, Nuttarat Srisangwan, Arisa Keeratichamroen. Innovative tool for health promotion for at-risk Thai people with hypertension. *Journal of Public Health*. 2020, 28:437–443.
- Maenum Chirdkiatisak, **Kitti Sranacharoenpong***, Piyanit Churak, Panrawee Praditsorn. Thai diabetes prevention education program: development and validation of the Thai physical activity questionnaire for at-risk people. *Journal of Public Health*. 2018, 27: 659-667.
- Kitti Sranacharoenpong***, Panrawee Praditsorn, Piyanit Churak. Developing a diabetes prevention education program for community health care workers in Thailand: translation of the knowledge to at-risk people. *Journal of Public Health*. 2018, 26: 515-522.
- Chupeerach C, Yothakulsiri C, Chamchan R, Suttisansanee U, **Sranacharoenpong K**, Tungtrongchitr A, On-Nom. The effect of coconut jelly with natural sweeteners stevia (*Stevia rebaudiana* Bertoni) replacement on blood glucose, insulin, and C-peptide responses. *Recent Pat Food Nutr Agric*. 2018, (2):127-133.
- Alfredo Mejia, Helen Harwatt, Karen Jaceldo-Siegl, **Kitti Sranacharoenpong**, Samuel Soret & Joan Sabaté. Greenhouse Gas Emissions Generated by Tofu Production: A Case Study. *Journal of Hunger & Environmental Nutrition*. 2017, 1932-0248



Kitti Sranacharoenpong, Sam Soret, Helen Harwatt, Michelle Wien, Joan Sabaté. The Environmental cost of protein food choices. Public Health Nutrition. 2015, 8(11): 2067-2073 (Published online by Cambridge University Press 06 November 2014, doi 10.1017/S1368980014002377) (Remark: The Environmental Cost of Protein Food Choices – CORRIGENDUM, doi:10.1017/S1368980014003176)

Sranacharoenpong K*, Hanning RM. Diabetes prevention education program for community health care workers in Thailand. Journal of Community Health. 2012, 37: 610-618.

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Prapaisri P. Sirichakwal, **Kitti Sranacharoenpong**, Kraissid Tontisirin. Food based dietary guidelines (FBDGs) development and promotion in Thailand. Asia Pacific Journal of Clinical Nutrition. 2011, 20(3): 1-7.

Sranacharoenpong K*, Hanning RM, Sirichakwal PP, Chittchang U. Process and outcome evaluation of a diabetes prevention education program for community health care workers in Thailand. Education for Health. 2009, 22(3):335 (Epub Dec 1).

Prapaisri P Sirichakwal, **Kitti Sranacharoenpong**. Practical experience in development and promotion of food based dietary guidelines in Thailand. Asia Pacific Journal of Clinical Nutrition. 2008, 17 Suppl 1:63-65.

Emorn Wasantwisut, Pattanee Winichagoon, Chureeporn Chitchumroonchokchai, Uruwan Yamborisut, Atitada Boonpradern, Tippawan Pongcharoen, **Kitti Sranacharoenpong**, and Wanphen Russameesopaphorn. Iron and Zinc Supplementation Improved Iron and Zinc Status, but Not Physical Growth, of Apparently Healthy, Breast-Fed Infants in Rural Communities of Northeast Thailand. Journal of Nutrition. 2006, 136: 2405- 2411.

Orapin Banjong, Andrea Menefee, **Kitti Sranacharoenpong**, et.al. Dietary assessment of refugees living in camps: A case study of Maela Camp, Thailand. Food and Nutrition Bulletin. 2003, 4: 360-367.

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