

Name:

Takayo Inayama, RD, Ph.D.

Position:

Professor

Degree:

Sports Medicine, University of Tsukuba

Field of Interest:

Applied Nutrition and Dietetics, Health Promotion, Community Nutrition

Education:

Faculty of Nutrition, Kagawa Nutrition University, BSc

Health and Sport Sciences, University of Tsukuba, MSc

Professional Experience:

Assistant Professor, Kagawa Nutrition University

Lecturer, Sendai Shirayuri Women's College

Associate Professor, Tokyo Metropolitan University

Professor, The University of Nagano

Publications: (articled in peer-reviewed journals, last 5 years)

- Saki Nakamura, Takayo Inayama, Kazuhiro Harada and Takashi Arao: Perceived food environment predicts vegetable intake according to income: a cross-sectional study. SAGE Open, 2019: 1-9, 2019
- Chiaki Tanaka, Takafumi Ando, Chiyoko Usui, Yuki Hikihara, Reiko Sasaki, Takayo Inayama and Shigeo Tanaka. Physical activity in young children during outdoor and indoor free playing time and in physical education lessons in preschools. The Japanese Journal of Physical Fitness and Sports Medicine, 68, 207-213, 2019
- Yuta Nemoto, Yoshinori Kitabatake, Takayo Inayama, Takashi Arao: Relationships between physical activity, screen time, and sleep duration and quality in children and adolescents: a cross-sectional study. J Association of Exercise Epidemiology, 21, 28-37, 2019

- Maki Nishinakagawa, Takayo Inayama, Yuta Nemoto, Yoshinori Kitabatake, Takashi Arao: Effects of dietary education intervention utilizing the Japanese Food Guide Spinning Top in the elementary school students: quasi-experimental design. *J Soc Health Promotion*, 20, 201-210, 2018
- Rie Akamatsu, Kumi Eto, Takayo Inayama, Mieko Kanbe, Etsu Kishida and Akemi Nanakanishi: Status of the Planning and Evaluation of Food and Nutrition Education at Schools in Japan. *Jap J Nutri Dietetics*. 76, 89-97, 2018
- Ryuji Takigawa, Takayo Inayama, Kengo Yamada, Yoshihiro Muraoka, Kazunori Ohkawara: Assessment of daily physical activities with sensors attached to the upper limbs in healthy adults using a manual wheelchair. *J Phys Fitness Sports Med*, 7, 193-202, 2018
- Maki Nishinakagawa, Takayo Inayama, Yoshinori Kitabatake, Yuta Nemoto, Takashi Arao: Association between enjoyment of meals and eating behaviors in elementary school students and junior high school students: a cross-sectional analysis. *J Soc Health Promotion*. 20, 27-34, 2018
- Saki Nakamura, Takayo Inayama, Kazuhiro Harada, Takashi Arao: Reducing vegetable intake disparities with a web-based nutrition education intervention among lower-income adults: a randomized-controlled trial. *J Med Internet Res*, 19(11):e377, 2017.
- Kikuko Hata, Takayo Inayama, Nobuo Yoshiike: The association between health related quality of life/dietary satisfaction and perceived food environment among Japanese individuals with spinal cord injury. *Spinal Cord*, 55, 788-793, 2017
- Saki Nakamura, Takayo Inayama and Takashi Arao: A randomized-controlled trial focusing on socio-economic status for promoting vegetable intake among adults using a web-based nutrition intervention programme: study protocol. *BMC Public Health*, 17:74, 1-13, 2017
- Yuta Nemoto, Takayo Inayama, Yoshinori Kitabatake, Takashi Arao: Impact of the intervention to increase physical activity in elementary school children. *Jap Association of Exercise Epidemiology*, 19, 12-23, 2017
- Saki Nakamura, Takayo Inayama, Kikuko Hata, Munehiro Matsushita, Masaki Takahashi, Kazuhiro Harada, Takashi Arao: Association between health literacy and eating vegetables and socioeconomic status in adults. *Jap Soc Health Promotion*. 18, 27-35, 2016
- Wakako Tatsuta, Takayo Inayama, Kikuko Hata: Neighborhood support associated with desirable food intake behavior in community-dwelling individuals with physical disabilities within the sports community. *Jap Soc Health Education and Promotion*, 24, 141-149, 2016

- Saki Nakamura, Takayo Inayama, Takashi Arao: Association of vegetable consumption with eating behaviors in Japanese adults: a cross-sectional analysis. Jap Soc Health Education and Promotion, 24, 65-80, 2016
- Kikuko Hata, Wakako Tatsuta, Takayo Inayama: Problem with dietary habits in community-dwelling individuals with spinal cord injury in Japan: A qualitative study. Int J Nutr & Food Sci, 5, 39-46, 2016
- Saki Nakamura, Takayo Inayama, Kikuko Hata, Munehiro Matsushita, Masaki Takahashi, Kazuhiro Harada and Takashi Arao: Association of household income and education with eating behaviors in Japanese adults: a cross-sectional study. BMC Public Health, 16:61, 1-14, 2016
- Kikuko Hata, Takayo Inayama, Munehiro Matsushita, Shoko Shinoda: The combined associations of social participation and support with self-rated health and dietary satisfaction in men with spinal cord injury. Spinal Cord, 54, 406-410, 2016