# YOSHIKO Kasahara, PhD, RD

Department of Food and Health Sciences, Faculty of Health and Development, The University of Nagano 8-49-7 Miwa, Nagano City, Nagano 380-8525 JAPAN Phone: +81-(0)26-462-1464 E-mail: kasahara.yoshiko@u-nagano.ac.jp

## Position

Dean, Faculty of Health and Development Professor, Department of Food and Health

## Education

Faculty of Home Economics, Kochi Prefectural Kochi Women's University, Kochi, Japan. (Bachelor of Home Economics)

Graduate Schools of Nutrition, Tokushima University, Tokushima, Japan (Master of Nutrition) Graduate Schools of Nutrition, Tokushima University, Tokushima, Japan (Doctor of Health Science)

### Qualification

Registered Dietitian (Ministry of Health, Labor and Welfare, Japan) Medical Coach (Japan Coach Association, Japan)

#### ■ Career

Specialized Teacher and Assistant Professor, Gunma Women's Junior College Assistant Professor, Prefectural Niigata Women's College Professor, Kochi Prefectural Kochi Women's University Professor, Kiryu University Professor, Yamagata Prefectural Yonezawa University of Nutrition Sciences Professor, The University of Nagano

#### ■Key Words

Nutrition education, Shokuiku, Nutrition Coaching

#### ■ Charge

Career of Registered Dietitian Activity, Nutrition Education and Practice of Nutrition Education Nutrition Coaching, Nutrition and Dietetic Teacher related Subjects et.

#### Academic Paper

Kasamaki Junichi, Miyanishi Kunio, Kasahara Yoshiko et.: Household living arrangement and eating behavior influence nutrient intake among female students at universities, colleges and vocational schools: a 1-year longitudinal study, Health and Behavior Sciences 18(1),13-29(2019) et.

#### Membership

Participation, Japan Society of Nutrition and Food Science Council, The Japanese Society of Nutrition and Dietetics Delegate, Japanese Association of Nutritional Science Education Council, Japanese Society of Health Education and Promotion Council, The Japanese Clinical Nutrition Association

#### Social Activity

Deputy, Nagano Shokuiku Promotion Council Secretary General, The 8th Asian Congress of Dietetics; ACD2022 Planning Chair, Journal of The Japan Dietetic Assiciation, The Japan Dietetic Association Member, International Exchange Review Committee, The Japan Dietetic Association