

C.V.

Full Name: Shigeho Tanaka

Organization: National Institutes of Biomedical Innovation, Health and Nutrition

Position & Title: Chief, Ph.D.

Full title of your presentation:

Importance of self-monitoring of physical activity and other health conditions

Educational background & professional experience (in sequence of the latest year)

2015- National Institute of Health and Nutrition, National Institutes of Biomedical Innovation, Health and Nutrition Chief
2012-2015 National Institute of Health and Nutrition, Chief
2011-2012 National Institute of Health and Nutrition, Head
2006-2011 National Institute of Health and Nutrition, Project Leader
2001-2006 National Institute of Health and Nutrition, Head
1995-2001 Ibaraki University, Associate Professor,
1994-1995 Ibaraki University, Lecturer
1993-1994 University of Tokyo, Assistant Professor
1989-1993 Graduate School of Education, University of Tokyo (Doctoral course)
1987-1989 Graduate School of Education, University of Tokyo (Master course)
1983-1987 University of Tokyo (Undergraduate)

Research Interests

Methodology for evaluation of energy expenditure and physical activity, Determinants of energy metabolism.

Shigeho Tanaka, Ph.D., graduated from the Faculty of Education, the University of Tokyo and earned his Ph.D. from Graduate School of education, the University of Tokyo. After working as a research assistant at the University of Tokyo for one year, he became an assistant professor at the College of Liberal Arts at Ibaraki University in 1994 and moved to the Faculty of Education as an associate professor in 1996. In 2000, he studied under Dr. C Bouchard at the Pennington Biomedical Research Center (Baton Rouge, LA) for ten months as a visiting scientist. After returning to Japan, Dr. Tanaka joined in the Division of Health Promotion and Exercise at the NIHN in 2001. Now, he serves as Chief of Department of Nutrition and Metabolism.

Since moving to the institute, Dr. Tanaka's main research area has been energy metabolism, in particular research using metabolic chambers. His main area of interest is in developing methodologies to predict total energy expenditure and physical activity level. Recently his team developed a new accelerometer with the novel algorithm in cooperation with the Omron Healthcare Co., Ltd. with a novel algorithm. Dr. Tanaka is also interested in the determinants of each component of total energy expenditure, such as basal or sleeping metabolic rate and physical activity, especially nonexercise activity thermogenesis (NEAT).