

Kazuko Ishikawa-Takata

PhD, RD, sports dietitian, ISAK3

Research specialisation: Nutritional physiology (especially about energy and protein metabolism), sports nutrition, epidemiology and kinanthropometry.

Experience: 20 years' experience at National Institute as research fellow or head researcher, head of section. Before working as a researcher, working as a health and exercise instructor at a public health care centre. 2007 Complete the International Olympic Committee Diploma of Sports Nutrition. 2009 Registered sports nutrition of Japan Sports Association and Japan Dietetic Association. 2015 president of Japan Sports Nutrition Association.

Research overview: Starting with the study on protein and energy metabolism. Participated the study on exercise therapy to improve non-communicable diseases and being a committee member of exercise guideline. From 2000, working as a head researcher for the study on energy metabolism using the double labelled water method in Japan to settle the dietary reference intake. Recent topics are energy and protein requirements for clinical patients and frail elderly, prevention of functional decline among elderly subjects, and sports nutrition

Postgraduate supervision: 3 PhD research students and 5 postdoctoral fellow ships to completion. Topics ranged nutrition and physical activity of athletes, children, patients and frail elderly.

Research publications: 113 peer reviewed publications and 30 invited book chapters. Example publications:

Ndahimana D., Lee S., Kim Y., Son H., Ishikawa-Takata K., Park J., Kim E. (2017). Accuracy of dietary reference intake predictive equation for estimated energy requirements in female tennis athletes and non-athlete college students: comparison with the doubly labeled water method. *Nutrition Research and Practice* 11,51-56.

Shimizu T., Ishikawa-Takata K., Sakata A., Nagaoka U., Ichihara N., Ishida C., Nakayama Y, Komori T., Nishizawa M.(2017). The measurement and estimation of total energy expenditure in Japanese patients with ALS: a doubly labelled water method study. *Amyotrophic Lateral Sclerosis and Frontotemporal Degeneration* 18, 37-45.

Murakami H., Kawakami R., Nakae S., Nakata Y, Ishikawa-Takata K, Tanaka S, Miyachi M. (2016). Accuracy of Wearable Devices for Estimating Total Energy Expenditure: Comparison With Metabolic Chamber and Doubly Labeled Water Method. *JAMA Intern Med* 176, 702-703.

Park J., Ishikawa-Takata K., Lee S., Kim E., Lim K., Kim H., Lee I-S.(2016). Association between daily step counts and physical activity level among Korean elementary schoolchildren. *J Exerc Nutrition Biocem* 20,51-55.

Park J., Ishikawa-Takata K., Tanaka S., Bessyo K., Tanaka S., Kimura T. (2016). Accuracy of estimating step counts and intensity using accelerometers in older people with or without assistive devices. *Journal of Aging and Physical Activity* 25, 41-50.

Ishikawa-Takata K., Nagaya M., Nakazawa M., Ohta T.(2015) Exercise without digestive enzyme supplementation worsens the nutritional status of frail older women. *Am J Geriatr Soc* 63,386-388.

Sogabe N., Sawada SS., Lee I-M., Kawakami R, Ishikawa-Takata K., Nakata Y., Mitomi M., Noguchi J., Tsukamoto K., Miyachi M., Blair SN. (2015). Weight change after 20 years of age and the incidence of dyslipidemia: a cohort study of Japanese male workers. *J Public Health* 38, e77-e83.

Yoshida A., Ishikawa-Takata K., Taguchi M., Nakae S., Tanaka S., Higuchi M. (2014). Contribution of training and non-training physical activity to physical activity level in female athletes. *J Phys Fitness Sports Med* 3, 261-268.



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