

## 杉原 規恵

### 2 学術論文

- 1) Sugihara N, Shirai Y, Imai T, Sezaki A, Abe C, Kawase F, Miyamoto K, Inden A, Kato T, Sanada M, Shimokata H. The Global Association between Egg Intake and the Incidence and Mortality of Ischemic Heart Disease-An Ecological Study. *Int J Environ Res Public Health* 25: 20(5), 4138, 2023. doi: 10.3390/ijerph20054138,
- 2) 阿部稚里、今井具子、瀬崎彩也子、宮本恵子、川瀬文哉、白井禎朗、眞田正世、位田文香、加藤匠、杉原規恵、下方浩史: 和食スコアと低骨密度率および60歳以上の骨密度との関連—10年間の国際比較研究. *名古屋学芸大学健康栄養研究所年報* 14; 1-8, 2022.
- 3) Sezaki A, Imai T, Miyamoto K, Kawase F, Shirai Y, Abe C, Sanada M, Inden A, Kato T, Sugihara N, Shimokata H: Association between the Mediterranean Diet Score and Healthy Life Expectancy: A Global Comparative Study. *J Nutr Health Aging* 26(6): 621-627, 2022. doi: 10.1007/s12603-022-1811-y
- 4) Abe C, Imai T, Sezaki A, Miyamoto K, Kawase F, Shirai Y, Sanada M, Inden A, Kato T, Sugihara N, Shimokata H. Global Association between Traditional Japanese Diet Score and All-Cause, Cardiovascular Disease, and Total Cancer Mortality: A Cross-Sectional and Longitudinal Ecological Study. *J Am Nutr Assoc* 11: 1-8. doi: 10.1080/27697061.2022.2130472. 2022. Online ahead of print.
- 5) Shirai Y, Imai T, Sezaki A, Miyamoto K, Kawase F, Abe C, Sanada M, Inden A, Kato T, Suzuki-Sugihara N, Shimokata H. Change in the association between coffee intake and ischemic heart disease in an international ecological study from 1990 to 2018. *Sci Rep* 12(1): 11319, 2022. doi: 10.1038/s41598-022-15611-x,

### 3 その他の著作

- 1) レビューブック管理栄養士 2023 第5版. 監修.

### 4 学会, 協会, 公的団体の委員など

- 1) 日本ポリフェノール学会, 評議員.
- 2) 公益社団法人日本栄養士会、栄養教諭の配置推進に関するワーキンググループ委員.

### 7 学会等での活動

- 1) Kato T, Imai T, Miyamoto K, Sezaki A, Kawase F, Shirai Y, Abe C, Sanada M, Ms. Inden A, Sugihara N, Shimokata H: Global longitudinal study of DASH diet score and ischemic heart disease mortality. The 8th Asian Congress of Dietetics, Yokohama, Aug 19-21, 2022.
- 2) Imai T, Abe C, Sezaki A, Miyamoto K, Kawase F, Shirai Y, Sanada M, Inden A, Kato T, Sugihara N, Shimokata H: Longitudinal global study of Traditional Japanese Diet Score and healthy life expectancy. The 8th Asian Congress of Dietetics, Yokohama, Aug 19-21, 2022.
- 3) Sezaki A, Imai T, Miyamoto K, Kawase F, Shirai Y, Abe C, Sanada M, Inden A, Kato

- T, Sugihara N, Shimokata H: Longitudinal global study of Mediterranean Diet Score and healthy life expectancy. The 8th Asian Congress of Dietetics, Yokohama, Aug 19-21, 2022.
- 4) Miyamoto K, Sezaki A, Imai T, Kawase F, Shirai Y, Abe C, Sanada M, Inden A, Kato T, Sugihara N, Shimokata H: Longitudinal relationship of dietary diversity with incidence and mortality of ischemic heart disease – a global ecological study. The 8th Asian Congress of Dietetics, Yokohama, Aug 19-21, 2022.
  - 5) Miyamoto K, Imai T, Sezaki A, Abe C, Kato T, Sugihara N, Shimokata H. The Association between Dietary Diversity and Ischemic Stroke Incidence and Mortality by a Global Comparative study. The 22nd IUNS-ICN International Congress of Nutrition, Tokyo, Dec 6-11, 2022.
  - 6) Abe C, Imai T, Sezaki A, Miyamoto K, Kato T, Sugihara N, Shimokata H. Global association between Traditional Japanese diet score and hypertension prevalence: a cross-sectional and longitudinal ecological study. The 22nd IUNS-ICN International Congress of Nutrition, Tokyo, Dec 6-11, 2022.
  - 7) Sezaki A, Imai T, Miyamoto K, Abe C, Kato T, Sugihara N, Shimokata H. Global changes in Mediterranean Diet Score: A Comparative study of 52 years using international database. The 22nd IUNS-ICN International Congress of Nutrition, Tokyo, Dec 6-11, 2022.
  - 8) Sugihara N, Imai T, Sezaki A, Miyamoto K, Abe C, Kato T, Shimokata H. A Longitudinal Study on the Relationship of Oranges and Mandarins Supply with Life Expectancy and Healthy Life Expectancy: An Ecological Study Using International Data. The 22nd IUNS-ICN International Congress of Nutrition, Tokyo, Dec 6-11, 2022.
  - 9) Kato T, Imai T, Miyamoto K, Sezaki A, Abe C, Sugihara N, Shimokata H. Global Longitudinal Study of the Association of Dietary Na/K Ratio with Ischemic Heart Disease Mortality and Incidence. The 22nd IUNS-ICN International Congress of Nutrition, Tokyo, Dec 6-11, 2022.
  - 10) Imai T, Miyamoto K, Sezaki A, Abe C, Kato T, Sugihara N, Shimokata H. Global ecological study on Traditional Japanese diet score and SDGs. The 22nd IUNS-ICN International Congress of Nutrition, Tokyo, Dec 6-11, 2022.

## 5 社会貢献

- 1) 栄養学科オープンキャンパス運営補助

## 8 学内教育活動

- 2) 前期：生化学実験、後期：食品学実験Ⅰ、食品学実験Ⅱ、通年：外書購読、卒業論文指導
- 3) 保健医療福祉論Ⅰ 現場訪問事前事後指導
- 4) 国家試験対策講義

9 学内各種委員会活動

- 1) 栄養学科 FD 担当者
- 2) 管理栄養士国家試験受験対策
- 3) 栄養学科臨地実習ワーキンググループ メンバー

10 科学研究費補助金, その他の補助金などの受託

- 1) 杉原規恵, ビタミン E のヒト体内での代謝特性と生理機能の検討, 日本学術振興会科学研究費補助金 若手(B) 研究代表者, 4160 千円, 2017 – 2022