

Asian Regional Association for Home Economics
celebrates

Feeding The FUTURE

You Are What You Eat

World Home Economics Day 2026

JOIN US

27 MAR 2026 online via Webex

Bangkok, Jakarta: 10 am - 11:30 am

Beijing, Brunei, Kuala Lumpur, Manila, Singapore: 11 am - 12:30 pm

Seoul, Tokyo: 12 noon - 1:30 pm

WEBEX details:

<https://bit.ly/ARAHE-WHED2026-webex>

Meeting number: 2518 777 4562

Meeting password: ARAHE2026

arahe.secretary@gmail.com

www.arahe.info

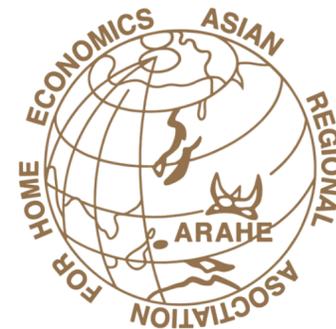
Register via this
link or QR code:

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Program

OPENING & WELCOME REMARKS

Sarunya Puakpong, PhD., ARAHE President

ARAHE-WHED MESSAGE

Amanda McCloat, PhD., IFHE President

THEMATIC MESSAGE 1

Atlas of the Eastern Diet: a novel healthful dietary pattern from China

Prof Shankuan Zhu, MD. PhD.

Qiushi Professor, Chair, Department of Nutrition and Food Hygiene/Founding Director, Chronic Disease Research Institute, Zhejiang University, Hangzhou, China

THEMATIC MESSAGE 2

From Childhood to Older Age: Healthy Eating Across the Life Course

Prae Charoenwoodhipong, RD. PhD.

Lecturer, Kasetsart University, Bangkok, Thailand

THEMATIC MESSAGE 3

Old Ways, New Days: Feeding the Vulnerable Through Local Wisdom

Prof Cecile Leah T. Bayaga, RND. PhD.

Department of Food Science and Nutrition, College of Home Economics, University of the Philippines Diliman, Manila, The Philippines

THEMATIC MESSAGE 4

Considering Healthy and Sustainable Diets: Characteristics of Japanese and Asian Diets Revealed by a Paraguayan Survey

Assoc Prof Yuko Caballero, PhD.

Faculty of Education, Utsunomiya University, Japan

UPDATE ON 23rd ARAHE BIENNIAL INTERNATIONAL CONGRESS 2027

CLOSING REMARKS

Mdm Soo Wee Leng, ARAHE Vice-President (Admin)

ARAHE World Home Economics Day 2026
FEEDING THE FUTURE



About our speakers:



Prof Shankuan Zhu, MD. PhD.
Zhejiang University, Hangzhou, China

Professor Shankuan Zhu is a Qiushi Distinguished Professor at Zhejiang University, a Distinguished Professor of the China Medical Board (CMB), and a Professor at the University of Toronto (Status Only). Prof. Zhu is Chair of the Department of Nutrition and Food Hygiene and Founding Director of the Chronic Disease Research Institute at the School of Public Health, Zhejiang University. He also serves as Founding Director of the Obesity and Body Composition Research Center at the School of Medicine, Zhejiang University; Director of the Zhejiang University–Stanford University Collaborative Laboratory for Health; and Deputy Director of the National Center for Child Health at the Children's Hospital, Zhejiang University School of Medicine, Hangzhou, China.

Prof. Zhu's research focuses on nutritional and chronic disease epidemiology, particularly the pathogenesis, prevention, and control of body composition (fat, muscle, bone) and related chronic diseases such as obesity, metabolic syndrome, cardiovascular and cerebrovascular diseases, diabetes, sarcopenia, and osteoporosis. Dr. Zhu has been the Most Cited Chinese Researchers by Elsevier for 12 consecutive years from 2014–2025.

Title of Thematic Message 1:

Atlas of the Eastern Diet: a novel healthful dietary pattern from China

Abstract:

Using dietary data from 8931 participants in the WELL-China cohort, this study identifies a new diet rooted in traditional Chinese food elements associated with better adherence, favorable gut microbial profiles, lower rates of central obesity and reduced incidence of major cardiovascular events and confirms these findings in an independent validation cohort.



Prae Charoenwoodhipong, RD. PhD.
Kasetsart University, Bangkok, Thailand

Prae Charoenwoodhipong, RD. PhD, is a Lecturer in the Food, Nutrition, and Dietetics Program at Kasetsart University. She earned her PhD in Nutritional Biology from the University of California, Davis, where her doctoral research focused on the clinical application of plant-based functional foods. She also holds an MS in Nutritional Science from the University of Michigan and a BS in Food Technology from Chulalongkorn University.

Her research expertise centers on the physiological impacts of bioactive-rich foods such as strawberries, mangoes, and red wine on vascular function, cardiometabolic health, and skin wellness. By bridging the gap between Nutritional Sciences as a scientist and the practical dietary interventions as a registered dietitian, she hopes her work can support the Home Economics community's mission to enhance consumer health and family well-being.

Title of Thematic Message 2:

From Childhood to Older Age: Healthy Eating Across the Life Course

Abstract:

This presentation discusses healthy eating across the life course, recognizing that nutritional needs and health risks evolve from childhood to older adulthood. Drawing on global nutrition and non-communicable disease priorities, including the WHO 2030 targets, it considers the coexistence of nutrient inadequacy and rising cardiometabolic risk in Southeast Asia. The session explores how nutrition science and policy intersect with everyday food practices, highlighting the role of Home Economists in translating evidence into contextually appropriate strategies that support long-term health and well-being.



About our speakers:



Prof Cecile Leah T. Bayaga, RND, PhD.
University of the Philippines Diliman, Manila, The Philippines

Cecile Leah T. Bayaga, RND, PhD is a Professor at the Department of Food Science and Nutrition, College of Home Economics, University of the Philippines Diliman. She holds a BS in Community Nutrition (cum laude) and MS and PhD degrees in Nutrition from UP Diliman and is a registered nutritionist-dietitian. Her research focuses on breast milk composition, maternal and clinical nutrition, and food safety, with projects funded by DOST, DA, UP Diliman, and industry partners. She has published in ISI-indexed and peer-reviewed journals and presented at national and international conferences. Dr. Bayaga serves as Principal Investigator of the Breastmilk Research Laboratory and co-faculty in charge of the CHE DFSN Nutrition Clinic. She is a recipient of national awards recognizing excellence in nutrition research and professional leadership.

Title of Thematic Message 3:

Old Ways, New Days: Feeding the Vulnerable Through Local Wisdom

Abstract:

In an era of rapid urbanization and globalized food systems, the most resilient solutions for nutrition security often lie in our past. This session explores the critical role of Nutritionist-Dietitians and Home Economists as bridge-builders between ancestral food wisdom and modern nutritional science. As vulnerable populations face the "double burden" of malnutrition, the shift toward ultra-processed diets has compromised both public health and environmental stability. This sharing focuses on "Eco-Nutrition"—a systemic approach that champions local biodiversity, seasonal eating, and heritage food practices as the ultimate tools for sustainability.



Assoc Prof Yuko Caballero, PhD.
Utsunomiya University, Japan

Associate Professor, Faculty of Education, Utsunomiya University. She also served as a member of the Japan Overseas Cooperation Volunteers in the Republic of Paraguay, and lectures part-time at a junior and a senior high school in Japan. Her research interest includes dietary habits in Paraguay, developing a universal nutrition labeling system, and food education.

Title of Thematic Message 4:

Considering Healthy and Sustainable Diets: Characteristics of Japanese and Asian Diets Revealed by a Paraguayan Survey

Abstract:

In the Republic of Paraguay, located in the center of South America, approximately 70% of the population is overweight or obese, and lifestyle-related diseases such as high blood pressure and diabetes are serious problems. Since volunteering in 1999, Prof Caballero has continued to research the challenges and solutions facing Paraguay's diet. Through her research, she has also deepened her understanding of Japanese and Asian diets, as well as the significance of home economics education. In this lecture, she will consider healthy and sustainable diets by comparing the food cultures and habits of Asia and South America.

