

# Asia Pacific Clinical Nutrition Society

## Award for 2009

### Dr Hee Young Paik

BS (Mississippi UW), MS (UC Berkeley), ScD (Harvard)



**Hee Young Paik, ScD** is a Professor in the Department of Food and Nutrition, College of Human Ecology, at the Seoul National University in Seoul, Korea. Dr Paik was born on September 30, 1950 in Seoul, Korea. She received the BS in food and nutrition from Mississippi University for Women in Columbus, Mississippi, the MS in food science from the University of California at Berkeley, and her ScD in nutrition from the Harvard School of Public Health in Boston, Massachusetts, U.S.A. Dr Paik's research interests have focused on dietary intake and the health and development of the Korean population. She developed computer software programs and questionnaires in the 1980s, which were utilized in large-scale surveys in Korea, including the first community-based health and nutrition survey which took place from 1993-1995. She continues to collect and analyze dietary data to understand the dietary and nutritional status of Koreans and related trends in Korea. Dr Paik also has a strong interest in the effects of long-term diet on bioavailability and metabolism of nutrients. She has investigated the effects of soy protein, phytate, high salt, and isoflavone—all of which are specific to the traditional Korean diet—on protein and mineral metabolism. She recently expanded her research interests, with studies of the dietary intake and nutritional status of Korean descendants living in China and the U.S., and in the cultural as well as health implications of changing dietary patterns which occur due to acculturation. Dr Paik was the President of the Korean Nutrition Society in 2005, and the Chair of the Committee for Dietary Reference Intakes of Koreans, 2002-2005, Chair of the Dietary Guidelines Committee in 2007 and 2009. She has served as President of the Korean Home Economics Association in 2003, and on various organizing committees of international meetings in nutrition and home economics held in Korea. She has also served on the editorial boards of the *Korean Journal of Nutrition* and the *Korean Journal of Home Economics*, and is currently on the editorial boards of *Nutrition Today*, *Asia Pacific Journal of Clinical Nutrition* and *Annals of Nutrition and Metabolism*. Dr Paik is a four-time recipient of the Excellence in Research award granted by the Korean Nutrition Society, and received the Outstanding Research Award of the Korea Federation of Science and Technology Association in April, 2005. She was selected for the Humboldt Fellowship from 1990-1991 to visit the Institute of Social Medicine at the Free University of Berlin in Germany. She was among the Twenty Leaders of Science in Korea in 2005 and received the National Medal for Promotion of Science and Technology by Ministry of Science, Korea in 2008. Dr Paik was selected to be a member of the National Academy of Medicine of Korea in 2009. She currently serves as a Councillor of the International Union of Nutritional Sciences and plays a major role in nutrition leadership training in the Asia Pacific Region.

The Asia Pacific Clinical Nutrition Society makes an annual Award to persons who have made exceptional contributions to the health, wellbeing and nutritional status of peoples in the Asia Pacific region. In 2009, Professor Hee Young Paik joins an illustrious line of Awardees since the first recipient in 1993, Professor Tu Giay of Vietnam.

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