

Asia Pacific Clinical Nutrition Society Award for 2022

Professor Shaw Watanabe MD, PhD

Immediate past president, Asia Pacific Clinical Nutrition Society



Shaw Watanabe was born in Pyongyang on January 18th 1941 and graduated from Keio University School of Medicine in 1965. After completing his internship, he entered Keio Graduate School and majored in human pathology. As a distinguished haematopathologist at the National Cancer Institute (U.S.A.) and the Pathology Division, National Cancer Center (Japan), he defined criteria for T-cell lymphoma/leukemia and Letterer Siwe disease by defining dendritic cells with the S-100 protein. He was then appointed Director of the Epidemiology Division, National Cancer Center (1985–1996), where he established a population-based cohort study (JPHC), in which 140,000 residents in eleven health center districts participated. As a consultant, he also contributed to the success of the WHO Framework Convention on Tobacco Control and the IARC Fellowship Selection Committee member.

After being diagnosed with diabetes at the age of fifty, he moved to Tokyo University of Agriculture (1995–2005) to promote diabetic control through appropriate diet and physical activity. As a professor of public nutrition, he became one of the pioneers of the use of functional foods. He was promoted Director General, National Institute of Health and Nutrition (2005–2009), and commissioned by the Cabinet Office to develop a national policy on Shoku-iku (Eating education). After retirement he became the President of the Life Science Promoting Association (2009–2020) and the President of the Japanese Society of Integrative Medicine (2011–2020). He chaired the Asia Pacific Conference on Clinical Nutrition 2014 in Tokyo and the East Asia Conference on Standardization of Rice Function in Kyoto.

At the age of eighty, he moved to the Life Science Promotion Association at the Louis Pasteur Medical Research Institute in Kyoto. He has concentrated on the research and popularization of brown rice, and establishing the Medical Rice Association aimed at "health promotion with brown rice." He has registered the platform, a "Place for Accumulation and Utilization of Knowledge" with the Ministry of Agriculture, Forestry and Fisheries and launched a consortium for the use of processed low-protein brown rice for kidney disease patients and organic brown rice for healthy longevity.

He was Editor of the Journal of Epidemiology from 1996 to 2005 and is currently an associate editor of the 'Asia Pacific Journal of Clinical Nutrition' with editorial roles for 'Clinical & Functional Nutriology', 'Life Science', 'Diabetes Research Open' and 'Nutrients'. He is an emeritus member of the Japan Pathological Society, the Japan Epidemiology Society, the Society of Functional Food Factors, and other academic societies. He has been a member of scientific boards of the Ministry of Health, Labour and Welfare; the Ministry of Agriculture, Forestry and Fishery; and the Cabinet Office and Environmental Agency in Japan. Internationally, he has worked with WHO (Tobacco control) and IARC (the International Agency for Research on Cancer Dioxin report).

He has been recognised with the WHO Tobacco or Health Medal (1991), the Japan Medical Association Award (1993), the Japan Epidemiological Association Award (2000), and the Award for Contribution to Society from Keio University Medical School (2014).

He is currently the President of the Life Science Promotion Foundation in Japan and was President of the Asia Pacific Clinical Nutrition Society from 2018 to 2021

His academic career has been distinguished by notable appointments:

- Lecturer, Department of Pathology, Keio University School of Medicine (1970-73)
- Assistant Professor, Department of Pathology, Keio University School of Medicine (1973-77)
- Visiting Scientist, Pathology Division, National Cancer Institute, USA (1975-76)
- Section Head, Pathology Division, National Cancer Center Research Institute, USA (1977-1985)
- Chief, Epidemiology Division, National Cancer Center Research Institute (1985-1996)
- Director, Tobacco or Health Research Collaborating Center (1985-1995)
- Professor of Pathology, Keio University School of Medicine (1985-present)
- Professor and Chairman, Department of Nutrition and Epidemiology, Tokyo University of Agriculture (1995-2005)
- Director General, National Institute of Health and Nutrition (2005-2009)
- President, Life Science Promotion Foundation (2009- 2020)
- President, Asia Pacific Clinical Nutrition Society (2018-2021)

and further responsibilities as:

- Board member, Shokuiku Promotion Committee, Cabinet Office, Japan (2005-2010)
- Chemical Substance Regulation Law (2006-2007)
- Board member of Health and Science Council, Ministry of Health, Labour and Welfare (2005- 2009)

- Board member, Japan Anti-Aging Medicine (2005-present)
- Board member, Japanese Society of Clinical Nutrition (2004-2010)
- Board member, Japan Antioxidant Unit Study Group (2005-present)

The Asia Pacific Clinical Nutrition Society Award for 2022 is made to Shaw Watanabe in recognition of his contributions to the nutritional well-being of peoples in the Asia Pacific region.

Citation by

Professor Duo Li MD, PhD

Chair of Nomination Committee
Asia Pacific Clinical Nutrition Society Award