CURRICULUM VITAE

임현정

경희대학교 의학영양학과

[학력]

2002	경희대학교 생활과학대학 식품영양학과/ 호텔관광대학 조리과학과 학사
2004	경희대학교 동서의학대학원 의학영양학과 석사
2009	경희대학교 동서의학대학원 의학영양학과 박사

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2010-2013	Johns Hopkins University, Center for Human Nutrition, Research fellow
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[관심분야]

- Development and application of nutritional intervention protocol for chronic diseases caused by dietary factors
- Epidemiological study of the relationship between dietary risk factors and non-communicable diseases
- Evaluation of nutritional status of inpatients by disease, customized nutrition management, research on nutritional intervention methods
- Development of a precision nutritional care platform

[논문]

1. Sun X, Yon DK, Nguyen TT, Tanisawa K, Son K, Zhang L, Shu J, YangY, Branca F, Wahlqvist ML, Lim H, Wang Y. Influence of dietary and other lifestyle factors on non-communicable diseases in the Western Pacific region and policy implications. The Lancet Regional Health - Western Pacific 43:100842, 2024
2. Bae JH, Lim H, Lim S. The Potential Cardiometabolic Effects of Long-Chain Omega-3 Polyunsaturated Fatty Acids: Recent Updates and Controversies. Advances in Nutrition 14(4): 612-628, 2023
3. Park S, Kim HJ, Kim S, Rhee SY, Woo HG, Lim H, Cho W, YonDK. National trends in physical activity among adults in South Korea before and during the COVID-19 pandemic, 2009-2021. JAMA Network Open 6(12): e2349249, 2023
4. Lim H, Son K, Lim H. Association between Skeletal Muscle Mass-to-Visceral Fat Ratio and Dietary and Cardiometabolic Health Risk Factors among Korean Women with Obesity. Nutrients 15(7): 1574, 2023
5. Woo S, Song HJ, Kong JK, Kim Y, Lim H, Park KH. Parent and child characteristics associated with treatment non-response to a short- versus long-term lifestyle intervention in pediatric obesity. European Journal of Clinical Nutrition 77(1):127-134, 2023

Impact of lifestyle modifications in preventing and managing cardiovascular diseases

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Cardiovascular diseases (CVDs) constitute a major global health challenge, contributing significantly to morbidity and mortality. This presentation delves into the critical role of lifestyle modifications as potent tools in both preventing and managing CVDs. A comprehensive review of current literature reveals compelling evidence supporting the efficacy of lifestyle interventions in reducing the risk factors associated with cardiovascular ailments.

First of all, dietary modifications, emphasizing a balanced and heart-healthy nutrition plan, play a pivotal role in reducing cholesterol levels, controlling blood pressure, and preventing the development of atherosclerosis. Furthermore, engaging in regular physical activity emerges as a cornerstone of preventive measures, promoting optimal cardiovascular health by enhancing blood circulation, managing weight, and improving overall fitness. Smoking cessation is identified as a paramount lifestyle change, with its profound impact on lowering the risk of coronary artery disease and stroke. Additionally, stress management techniques contribute significantly to mitigating the detrimental effects of chronic stress on the cardiovascular system.

Public health initiatives aimed at promoting awareness and education on the importance of lifestyle modifications are crucial in fostering sustainable behavioral changes. These initiatives empower individuals to make informed choices and embrace heart-healthy habits throughout their lives. The presentation highlights the need for tailored interventions considering cultural, socioeconomic, and individual factors to maximize the adoption of these lifestyle changes. In addition, by emphasizing the transformative potential of lifestyle modifications, this presentation underscores their integral role in the comprehensive prevention and management of cardiovascular diseases.