

# Speaker's Biosketch

ICoLA 2024

## **Saningun Lee (Dr. Diary, Republic of Korea)**

Dr. Saningun Lee is the Director of the Healthcare Research Institute and Chief Research Officer (CRO) at Dr. Diary in South Korea. He earned his Ph.D. in Medical Nutrition at Kyung Hee University in 2019, following a Master's degree in the same field in 2009 and undergraduate degrees in Food and Nutrition and Culinary Science in 2007, all from Kyung Hee University. After completing his Ph.D., Dr. Lee served as a Senior Researcher at the Convergence Research Institute for Exercise Rehabilitation at Gachon University from 2019 to 2020. In 2020, he joined Dr. Diary, where he leads research initiatives focused on improving healthcare outcomes through advanced nutrition research and digital health technologies. Previously, he worked as the Head Coach and Supervisor at Noom Korea from 2014 to 2019, where he assisted individuals in achieving healthier lifestyles through personalized coaching programs. His research interests include the mechanisms of nutrition-related health conditions, the role of diet in disease prevention, promoting healthy eating behaviors, and integrating nutrition science into clinical practice. At Dr. Diary, Dr. Lee is dedicated to leveraging the app's digital healthcare AI platform to drive innovative changes in user health behaviors. By utilizing advanced AI and data analytics, he aims to provide personalized health insights and recommendations, empowering users to make informed decisions about their health. This approach fosters better health outcomes and supports sustainable behavior changes that can prevent chronic diseases and improve overall well-being. Dr. Lee is committed to using digital health technologies to create a more proactive and preventative healthcare model.