



มหาวิทยาลัยมหิดล
คณะสาธารณสุขศาสตร์

ผศ. ดร. จิรลักข์ณ์ นนทาร์ักษ์
Asst.Prof. Jiraluck Nontarak

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ประวัติการศึกษา :

ปริญญาตรี	B.Sc. (Health Science): Environmental Health Science		
สถาบัน	Thammasat University	ประเทศ	ไทย
ปริญญาโท	วท.ม.	สาขา	โรคติดเชื้อและวิทยาการระบาด
สถาบัน	มหาวิทยาลัยมหิดล		
ปริญญาโท	M.Sc. (Health Security Financing and management)		
สถาบัน	มหาวิทยาลัยนเรศวร	ประเทศ	ไทย
ปริญญาเอก	Ph.D. (Epidemiology)		
สถาบัน	มหาวิทยาลัยสงขลานครินทร์	ประเทศ	ไทย

ตำแหน่งทางวิชาการ :

ผู้ช่วยศาสตราจารย์

ตำแหน่งบริหาร:

หัวหน้าภาควิชาระบาดวิทยา

สาขาวิชาที่เชี่ยวชาญ :

ระบาดวิทยา

ทักษะ :

Computer Skills: Microsoft office (Word, Excel, PowerPoint, Publisher), STATA, Zotero,
Stat transfer, Adobe Acrobat Professional

Language: English (speaking, writing, listening, reading)

งานวิจัย :

2026	Jürgen Rehm, Gianna Gayle H. Amul, Sawitri Assanangkornchai, Surasak Chaiyasong, Daniela Correia, Noran N. Hairi, Enjeline Hanafi, Ahmed S. Hassan, Kyaw Ko Ko Htet, Wah Yun Low, John Robert C. Medina, Jiraluck Nontarak , Sok King Ong, Pol Rovira, Kristiana Siste, Bundit Sornpaisarn, Vanphanom Sychareun, Wen Ting Tong, Polathep Vichitkunakorn, Siyan Yi, Nyi Nyi Zayar, Kevin Shield. Defining exposure for estimating the global burden of alcohol consumption: plausibility testing of WHO methodology using ASEAN countries as a case study. Subst Abuse Treat Prev Policy (2026). https://doi.org/10.1186/s13011-026-00703-y
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	Assanangkornchai Sawitri, Wichaidit Wit , Amul Gianna ,Gayle H,Ang lan Yi Han, Chhoun, Pheak,Chong Chean Lin,Chua Andrea Mong Rui ,Hairi Noran N,Hanafi Enjeline,Hassan Ahmed S, Htet Kyaw Ko Ko,Low Wah Yun, Medina John Robert Carabeo, Murtani Belinda J,My Hanh Hoang Thi ,Vinh Nguyen The, Nontarak Jiraluck ,Ong Sok King' Rovira Pol , Shield Kevin,Siste Kristiana, Somphet Vathsana' Sornpaisarn Bundit,Sychareun Vanphanom , Taikeophithoun Chansathit , Teo Yik-Ying, Thammavongsa Vassana,Tong Wen Ting,Vichitkunakorn Polathep,Wijaya Andreas Suryo ,Qian Yang,Yap Jason CH,Yi Siyan, Zakariah Nurhaliza, Zayar Nyi Nyi, Zulakmal Hafsa Alwafa,Rehm Jürgen: Alcohol Control Policy in Southeast Asia: A Descriptive Review. Asia-Pacific Journal of Public Health 2026;Doi 10.1177/10105395251414918
2025	Jürgen Rehm1, Sawitri Assanangkornchai, Gianna Gayle H. Amul, Pheak Chhoun, Noran N. Hairi, Ahmed S. Hassan, Enjeline Hanafi, Hoang Thi My Hanh, Kyaw Ko Ko Htet, Wah Yun Low, Belinda J. Murtani, Jiraluck Nontarak , Sok King Ong, Kevin Shield, Kristiana Siste, Vathsana Somphe, Vanphanom Sychareun, Chansathit Taikeophithoun, Vassana Thammavongsa, Wen Ting Tong, Polathep Vichitkunakorn, Nguyen The Vinh, Wit Wichaidit, Andreas Suryo Wijaya, Siyan Yi, Nurhaliza Zakariah, Ko Ko Zaw, Nyi Nyi Zayar, Hafsa Alwafa Zulakmal, Bundit Sornpaisarn. Protocol to study the role of alcohol consumption and alcohol control policies for economic development and health in 2000–2023 in Association of South East Asian Nations (ASEAN) countries: A modelling study. IJADR, 2025, 13(2), 31–37
	Athip Tanaree, Orratai Waleewong,Polathep Vichitkunakorn, Jiraluck Nontarak Association between caring for drinkers and the sociodemographic factors of caregivers in Thailand: data from the WHO-ThaiHealth project. BMC Public Health (2025) 25:3166
	Jiraluck Nontarak , Jürgen Rehm, Pol Rovira, Sawitr Assanangkornchai. Alcohol-tributable deaths in Thai people from 2015 to 2021using the comparative risk assessment approach. Alcohol: Clinical and Experimental Research 2025;49(1):142-152.
	Kanokwan Borwornphiphattanachai, Monchai Ruangchainikom, Jiraluck Nontarak , Yuwanda Thongpanich, Fuangfa Utrarachkij. Aerosol Bioburden and Antimicrobial Resistance in Orthopaedic Operating Unit in a Tertiary Hospital in Thailand. Siriraj Medical Journal 2025;77(3):220-232
	Sasiwimon Meenetkum , Sarinya Boongird , Piyatida Chuengsaman, Sirinapa Songsrakaew , Sirarat Katesomboon , Kanda Sriudom , Prapimporn Chattranukulchai Shantavasinkul , Wisit Chaveepojnkamjorn , Jiraluck Nontarak , Chagriya Kitiyakara . Recent Sarcopenia Definitions- Variability in Prevalence and Disability Associations in Peritoneal Dialysis Patients. Journal of Cachexia Sarcopenia and Muscle 2025; 16(4), e70018
2024	พิมพ์ดารามีสวรรณ, ณัฐนารี เอมยงค์, Jiraluck Nontarak, สันต์ สุวรรณมณี . Drowning Risk Among Children Aged 0-4 Years in Surin Province: Exploratory Research ความเสี่ยงจากการจมน้ำในกลุ่มเด็กอายุ 0-4 ปี ณ จังหวัดสุรินทร์ : การวิจัยขั้นสำรวจ. ววารสารควบคุมโรค.2024;50(4):678-687
	Sripaew Supakorn, Assanangkornchai Sawitri, Nontarak, Jiraluck ,Chariyalertsak Suwat, Kessomboon Pattapon Taneepanichskul Surasak Neelapaichit Nareemarn Aekplakorn Wichai Socioeconomic inequalities associated with Geriatric syndrome in Thailand: The results of Fifth National Health Examination Survey. PLoS ONE 2024;19: DOI: 10.1371/journal.pone.0311687

	<p>Udomsak Saengow, Surasak Chaiyasong, Jiraluck Nontarak, Surasak Saokaew, Ali Artaman, Polathep Vichitkunakorn, Orratai Waleewon.</p> <p>Estimated cost of extra work hours from co-workers' drinking in Thailand. Drug and Alcohol Review 2024;43(1): 188 - 198</p>
	<p>Chumut Phanthunane, Sutatip Pongcharoen, Supasit Pannarunothai, Jureepon Roboon, Pudtan Phanthunane, Jiraluck Nontarak. Precision medicine in Asia enhanced by next-generation sequencing: Implications for Thailand through a scoping review and interview study. Clin Transl Sci. 2024;17:e13868. https://doi.org/10.1111/cts.13868</p>
	<p>Polathep Vichitkunakorn, Roongnapa Khampang, Pattara Leelahavarong, Jiraluck Nontarak, Sawitri Assanangkornchai. Cost-utility analysis of an alcohol policy in Thailand: a case study of a random breath testing intervention. BMC Health Services Research (2024) 24:739 https://doi.org/10.1186/s12913-024-11189-4</p>
2023	<p>Jiraluck Nontarak, Polathep Vichitkunakorn, Orratai Waleewong. Inequalities in access to new medication delivery services among non-communicable disease patients during the COVID-19 pandemic: findings from nationally representative surveys in Thailand. International Journal for Equity in Health (2023) 22:38</p>
	<p>Wichai Aekplakorn , Nareemarn Neelapaichit , Suwat Chariyalertsak, Pattapong Kessomboon , Sawitri Assanangkornchai , Surasak Taneepanichskul , Somkiat Sangwatanaroj , Wasin Laohavinij , Jiraluck Nonthaluck Ideal cardiovascular health and all-cause or cardiovascular mortality in a longitudinal study of the Thai National Health Examination Survey IV and V. Scientific Reports 2023;13:2781</p>
	<p>Jiraluck Nontarak, Kanitta Bundhamcharoen, Orawan Prasitsiriphon, Wichai Aekplakorn. The Association of Sociodemographic Variables and Unhealthy Behaviors With Limitations in Activities of Daily Living Among Thai Older Adults: Cross-sectional Study and Projected Trends Over the Next 20 Years. Asian Pac Isl Nurs J 2023;7:e42205</p>
	<p>Utoomporn Wongsin, Kwanpracha Chiangchaisakulthai, Warisa Suppradist, Numporn Samiphuk, Dichapong Pongpatrachai, Arnat Wannasri, Jiraluck Nontarak, Chen, Tuo-Yu. A Health Promotion Program for Improving Weights, Body Mass Indexes, and Body Compositions among Individuals with Non-communicable Diseases in Thailand: RE-AIM Model and Financial Feasibility Study. การศึกษาความเป็นไปได้ทางการเงินของโปรแกรมการส่งเสริมสุขภาพของสถานพยาบาลโดยปรับใช้กรอบการประเมิน RE-AIM. Journal of Health Systems Research 2023;17(3):442-454.</p>
2022	<p>Perawas Preampruchcha, Nattapong Suwanno, Butpetch Petchana, Tirada Kuemee, Athip Tanaree, Jiraluck Nontarak, Karnsunaphat Balthip, Khemanat Ratworawong, Narisa Hayiyani, Nurtasneam Oumudee, Ongart Maneemai, Orratai Waleewong, Rassamee Chotipanvithayakul, Sopit Nasueb, Supeecha Rungruang, Surasak Chaiyasong, Surasak Saokaew, Tanomsri Intanont, Teerohah Donraman, Udomsak Saengow, Warangkha Duangpaen, Warintorn Bunyanukul, Polathep Vichitkunakorn The effects of others' drinking on the harms to children in Thailand: Lessons from the WHO Thai Health project. PLOS ONE 2022; 17(3): e0265641</p>
	<p>Jiraluck Nontarak , Alan Frederick Geater , coSawitri Assanangkornchai , Wichai Aekplakorn . Expected Years Of Life Lost Due To Alcohol Consumption In Thai Adults: A 16-Year Follow-Up Cohort Of National Health Examination Survey 2004-2019. Alcohol and Alcoholism. 2022; inpress</p>

2021	Jiraluck Nontarak, Alan Frederick Geater, Sawitri Assanangkornchai, Wichai Aekplakorn .Expected years of life lost due to alcohol consumption in Thai adults a 16-year follow-up cohort of National Health Examination Survey 2004 – 2019. Alcohol and Alcoholism. 2021, 00,1–11
2020	Sawitri Assanangkornchai, Jiraluck Nontarak, Wichai Aekplakorn, Suwat Chariyalertsak,Pattapong Kessomboon, Surasak Taneepanichskul. Socio-economic inequalities in the association between alcohol use disorder and depressive disorder among Thai adults: a population-based study. BMC Psychiatry (2020) 20:553
Research reports :	
2019	NONTARAK, Jiraluck, PHONPAK, Aungsumalee, WANNASRI, Arnat, et.al, (2019). Situation and guidance of migrant friendly services in Thailand.
	INMAI, Phattanawilai, VICHATHAI, Charay, NONTARAK, Jiraluck, et.al. (2019). Model of emergency medical services for sporting events in Thailand.
2014	NIPAPORN, Sirinard, NONTARAK Jiraluck, MUNGTAWEEPANSA Sombat, et.al.(2014). Performance assessment of Health insurance in Ischemic stroke patient: case study of Thammasat University Hospital. Health Insurance System Research office.
2012	AEKPLAKORN, Wichai, et al. (2012). Cause of Death Report: case study in National health examination survey III (2003-2004) population. Thailand, The Graphico system co,ltd.
2011	AEKPLAKORN, Wichai, et al. (2011). Child Health report: National health examination survey IV 2008-2009. Thailand, The Graphico system co,ltd.
	AEKPLAKORN, Wichai, et al. (2011). Food and Nutritional Survey report: National health examination survey IV 2008-2009. Thailand, The Graphico system co,ltd.
2010	AEKPLAKORN, Wichai, et al. (2010). National health examination survey IV report 2008-2009. Thailand, The Graphico system co,ltd.
Research Articles:	
2020	Nontarak J, Assanangkornchai S, Callinan S. Patients’ Self-Reported Disability Weights of TopRanking Diseases in Thailand: Do They Differ by Socio-Demographic and Illness Characteristics? International Journal of Environmental Research and Public Health. 2020 Jan;17(5):1595.
2018	Tanaree A, Assanangkornchai S, Nontarak J. The parameters for calculating the burden of alcohol and drug use disorders in Thailand. Journal of Mental Health of Thailand. 2018 Jan 31;26(1):34–49.
2017	Srithanaviboonchai K, Chariyalertsak S, Nontarak J, Assanangkornchai S, Kessomboon P, Putwatana P, et al. Stigmatizing attitudes toward people living with HIV among general adult Thai population: Results from the 5th Thai National Health Examination Survey (NHES). PLOS ONE. 2017 Nov 16;12(11):e0187231.
2015	SATHEANNOPPAKOA Warapone, Rachada Kasemsup, Jiraluck Nontarak et al. Energy and Macronutrient Intakes and Food Sources in Preschool Children: Thai NHES IV. J Med Assoc Thai 2015; 98 (10): 957-67

2014	MO-SUWAN Ladda, NONTARAK Jiraluck, AEKPLAKORN Wichai, SATHEANNOPPAKOA, Warapone. Computer Game Use and Television Viewing Increased Risk for Overweight among Low Activity Girls: Fourth Thai National Health Examination Survey 2008-2009. International Journal of Pediatrics, Volume 2014, Article D 364702.
	NONTARAK J et al.: How can stroke patients have better accessibility to stroke fast track system in Thailand? BMC Public Health 2014 14(Suppl 1):P4.
	Srithanaviboonchai K, Moongtui W, Panpanich R, Suwanteerangkul J, Chariyalertsak S, Sangthong R, Putwatana P, Nontarak J, Aekplakorn W; NHES IV Study Group. Characteristics and determinants of Thailand's declining birth rate in women age 35 to 59 years old: data from the Fourth National Health Examination Survey. J Med Assoc Thai. 2014 Feb;97(2):225-31.
Conference posters :	
2018	Conference posters Nontarak J, Assanangkornchai S. The Association between Alcohol Use Disorders and HealthRelated Quality of life among Thai adult population using the 2013-2014 National Health Examination Survey Data. The International Symposium on Bioinformatics Research and Applications (ISBRA) Sep 2018, KYOTO, JAPAN.
2013	Sep 2018, KYOTO, JAPAN. NONTARAK,J., et.al. How can stroke patients have better accessibility to stroke fast track system in Thailand (Abstract). The 7th Postgraduate Forum on Health Systems and Policies in Phitsanulok, Thailand June 2013.
	NONTARAK,J., AEKPLAKORN,W., Health Status by health scheme in Thailand, Data from the 4th National Health Examination Survey (2008-2009). Symposium on Health Systems Research 25-26 April 2013.
	AEKPLAKORN,W., NONTARAK,J., Prevalence of chronic diseases and risk factors by socioeconomic status in Thailand, Data from the 4th National Health Examination Survey(2008-2009). Symposium on Health Systems Research 25-26 April 2013.
2012	NONTARAK,J., AEKPLAKORN,W., et.al, Differentials in cardiovascular health by socio-economic status in Thai population 2012. The 6th Postgraduate Forum on Health Systems and Policies in Malaka, Malaysia 2012
2010	AEKPLAKORN,W., PORAPAKKHAM,Y., INTAWONG,R., Thai's Elderly Health Status, National Health Examination Survey IV :Posters presentation on the 1st Thai Health Information System Conference 2010.
2009	SATHEANNOPPAKOA, W., AEKPLAKORN, W. ,INTAWONG, R., Dietary patterns and fruit and vegetable consumption related with abdominal obesity in older Thais, National Health Examination Survey III (2003-2004) :Poster presentation on the International Conference of Nutrition 2009.
Oral presentations:	
2024	Jiraluck Nontarak , Jürgen Rehm, Pol Rovira, Sawitri Assanangkornchai, The trend of alcohol-attributable hospitalization rate in Thai people from 2015 to 2021 using the Comparative Risk Assessment approach. 49th Annual Alcohol Epidemiology Symposium of the Kettil Bruun Society. Perth, Western Australia, Australia. 27-31 May 2024

2018	NONTARAK,J., Geater A., Assanangkornchai S., et.al. EXPECTED YEARS OF LIFE LOST DUE TO ALCOHOL CONSUMPTION IN THAILAND USING DATA FROM NATIONAL HEALTH EXAMINATION SURVEY 2003-2004. Malaysian Journal of Public Health Medicine, Vol. 18(Suppl 3) 2018.
	NONTARAK,J., Geater A., Assanangkornchai S., et.al. EXPECTED YEARS OF LIFE LOST DUE TO ALCOHOL CONSUMPTION IN THAILAND USING DATA FROM NATIONAL HEALTH EXAMINATION SURVEY 2003-2004. 44th Annual Alcohol Epidemiology Symposium of the Kettil Bruun Society, Chaingmai, Thailand May 2018.
2014	NONTARAK, J, PHANTUNANE, P., PANNARUNOTHAI, S., The Current demand of nurse in Community hospitals in Thailand. The 8th Postgraduate Forum on Health Systems and Policies in Yogyakarta, Indonesia 2014.
2011	NONTARAK,J. Health Status by health scheme in the 4th National Health Examination Survey: Annual Meeting of Health Policy Research Network of Thailand 2011, Songkla, Thailand.

PUBLICATIONS: Thesis

NONTARAK, J. (2020). Comparison of disability weights for top ranking health conditions measured by different methods in Thailand.

NONTARAK, J. (2015). The current nurse requirement in community hospitals in Thailand. Naraesuan University.

NONTARAK, J. (2006). Factor related to not wearing denture in the 30 baht health care program at Bangkok and perimeter. Mahidol University.

ประสบการณ์ :

Oct 2011 – Present	Epidemiologist (Data analysis and researcher) Health Insurance System Research Office, Health System Research Institute (National Health Examination Survey, Health Insurance System Research, Emergency medical service in sport events, Migrant Health) Teacher Assistant (2012-2013) Faculty of Public Health, Mahidol University Assisted teacher in topic “The publishing of health information by social media and public communication”
Aug 2004 – Oct 2011	Research Assistant 1/550 Condo Udelight Rattanatibet Soi Rattanatibet 1 Rattanatibet Rd. Bangkasor Muang Nonthaburi 11000 E-mail: jiraluck@hisro.or.th Tel. +66 84-139-7474 +66 2-965-9616 Setting Priorities using Information on Cost-Effectiveness (SPICE Project) - Cardiovascular disease: worked on the burden of disease in CVDs risk factors and related. - Tobacco: conducted the Tobacco model mortality rate in Thailand to determine mortality rate and life expectancy gained when quitting smoking (Markov model)
May - Apr 2004	Field training in Epidemiology - Health Surveillance system and Investigation in the Center of Epidemiology, North Region
Oct – Nov 2002	Klonglaung Municipality Interned in Department of Public Health and Environment - Done SWOT Analysis for development planning. - Done project “The Prevention and Control of Dengue fever in Mit Tae community” - Done Planning of water supply in Klonglaung municipality

Mar 2002 The Ministry of Public Health Interned in Department of Communicable Disease Control - Secretary of the Conference in Health Collaboration Development along Thailand - Myanmar border area.

การฝึกอบรม :

Jun 2015 Bridging Evidence to Policy Program: International Health Policy Program (IHPP), Nonthaburi, Thailand

Mar 2015 Introduction to Nursing in Healthcare : E-learning in Open Universities Australia

Dec 2014 Professional project management with Microsoft Project: Health Insurance System Research Office, Nonthaburi, Thailand

Oct 2014 Research management program: Health System research Institute, Nonthaburi, Thailand

Jan to Feb 2014 E-learning course on basics of health Economics (Cohort 3) : The World Bank Institute

Sep 2013 Survey Design Methodology and data analysis: National Statistic Office, Bangkok, Thailand

May 2013 INMUCAL-Nutrients Program Training for assessing food consumption (Version 3) :The Institute of Nutrition, Mahidol university, Thailand

Jul 2012 Capacity Building to support the movements in achieving Universal Health Coverage: Health System Research Institue, Bangkok, Thailand

Sep 2012 Demographic Analysis and Computer Application: College of Population studies, Chulalongkorn University, Bangkok, Thailand

Nov 2012 Health Equity Analysis and Computer Program: The Donmuang Amari Airport Hotel, Bangkok, Thailand

Jan 2012 Measuring and Monitoring Health Equity: The Prince Mahidol Award Conference 2012

Jul 2011 INMUCAL-Nutrients Program Training for assessing food consumption: The Institute of Nutrition, Mahidol university,Thailand

Jan – Feb 2005 Introduction to Health Economic Evaluation: Concept to Reality Theory to Practice, International Health Policy Program, Ministry of Public Health, Bangkok, Thailand. Modeling Methods for Health Economic Evaluation, International Health Policy Program, Ministry of Public Health, Bangkok, Thailand Cost-effectiveness modeling, Theo Vos and Stephen Lim, University of Queensland, Bangkok, Thailand