



TRUONG CONG HAU, MD

Medical Doctor
Clinical Nutrition
Specialisation



CONTACT



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Vietnam



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AREAS OF EXPERTISE



Nutrition systems &
programme development



Professional leadership &
organisational development



Clinical nutrition & nutrition
management



Research & evidence-based
practice



Speaking, knowledge sharing
& team training



Community & school nutrition



Digital health & AI in nutrition

PROFESSIONAL & PARTNERSHIP PROFILE

Founder & CEO, HINU

Secretary General, Vietnam Association of Nutrition and Sleep Medicine

MSc candidate in Nutrition — UMP HCMC

3 journal articles + 1 international conference paper

Network of 60+ professionals



PROFESSIONAL PROFILE

Medical doctor specialising in clinical nutrition, with postgraduate training at the University of Medicine and Pharmacy at Ho Chi Minh City and currently completing a Master's programme in Nutrition.

Works at the intersection of clinical nutrition, healthcare, education, scientific research and organisational development. Experience spans establishing a hospital nutrition unit, building professional systems and teams at company scale, designing and delivering nutrition programmes for schools and organisations, and conducting research that generates scientific evidence for nutritional products.

Professional focus: evidence-based practice, nutrition in non-communicable diseases, school and community nutrition, and artificial intelligence applications in nutrition.



PROFESSIONAL & INSTITUTIONAL ROLES

- **Founder & Chief Executive Officer** — HINU Nutrition Science Application & Development Company · since 10/2022
- **Secretary General** — Vietnam Association of Nutrition and Sleep Medicine, under the Vietnam Society of Sleep Medicine · since 12/2024
- **Medical Doctor, Department of Nutrition** · Ba Ria Hospital (03/2023 – 04/2024) · Thien Hanh General Hospital (10/2019 – 03/2020)
- **Co-founder & Deputy Director** — LMS Joint Stock Company, Medical Weight Management · 05/2020 – 09/2022
- **Scientific advisor** — organisations in the nutrition and food sectors



SELECTED ACHIEVEMENTS

- ✓ **Built and leads HINU** — a professional nutrition organisation with over 50 staff and associates and a nationwide network of more than 60 physicians and nutrition specialists; developed its clinical protocols and internal training system.
- ✓ **Generated scientific evidence for a nutritional product** — co-author of a study determining the glycemic index (GI) under TCVN 10036:2013 (equivalent to ISO 26642:2010), a clinical trial using continuous glucose monitoring; published in the Vietnam Medical Journal, 2026.
- ✓ **School nutrition programme for ~1,950 pupils** — programme director for a full academic year: growth and body-composition assessment, menu improvement, kitchen-staff and teacher training, parent communication, and a start-of-year to end-of-year data system to evaluate outcomes.
- ✓ **Outpatient Nutrition Clinic — Ba Ria Hospital** — contributed to the establishment proposal and led implementation from service model design and equipment specification through clinical workflows to operation.
- ✓ **“Dinh Duong Dung” book series — 5 titles, Women's Publishing House** — project director, coordinating authorship, expert review and publication.
- ✓ **Medically standardised weight-management model — LMS** — co-developed a model combining nutrition, physical activity and behaviour change.



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PARTNERSHIP CAPABILITIES



Scientific & medical advisory



Product evidence generation



Programme design & delivery



Speaking & partner training



Protocols & systems
development



Content development &
publishing



Collaborative research



SELECTED COLLABORATIONS

Medical technology

InBody

Food & nutrition

WinEco · PharmaDi · SANAN

Education

FPT University Quy Nhon · HCMC
University of Industry and Trade ·
Industrial University

Professional associations

Vietnam Association of Nutrition &
Sleep Medicine

Publishing

Women's Publishing House



EDUCATION & TRAINING

Degree

Doctor of Medicine (MD) — Tay Nguyen University (2013–2019)

Postgraduate

Master of Science in Nutrition — University of Medicine and Pharmacy
at Ho Chi Minh City (2024–2026), in progress, expected completion
12/2026

Postgraduate training

Clinical Nutrition — University of Medicine and Pharmacy at Ho Chi
Minh City, 690 credit hours (2022)

Certificates

Basic Medical Pedagogy — Institute for Continuing Medical Research and
Training, Vietnam Medical Association, 80 hours, Excellent (2021)
Hospital Management — Course K15, University of Medicine and
Pharmacy at Ho Chi Minh City (2023)
Food Safety Management, ISO 22000:2018 & HACCP (2023) · Nutrition
Coach — NASM

Languages

Vietnamese (native) · English — B2, Saigon University (2026)



RESEARCH & SCIENTIFIC CONTRIBUTION

3 peer-reviewed journal articles · 1 international conference paper

- *Determination of Glycemic Index (GI) of a Nutritional Product: Nutridream Chocolate and Vanilla Flavor in Vietnam.* Vietnam Medical Journal, 2026;562(1):14–18.
- *Prevalence and characteristics of obesity in 6- and 7-year-old children in Buon Ma Thuot.* Vietnam Journal of Diabetes and Endocrinology, 2021 — **first author**.
- *Effects of combined resistance training and nutritional therapy on body fat percentage and visceral fat level.* Vietnam Journal of Diabetes and Endocrinology, 2021.
- *The Interaction Between Personalized Wellness Coach and Participant in An Online Commercial Weight Loss Intervention Program.* European Congress on Obesity – ZoomForward 2022, Obesity Facts.

Ongoing research: a scoping review of artificial intelligence applications in nutritional assessment and monitoring among adults with non-communicable diseases (Master's thesis, 2024–2026).



PRODUCT DEVELOPMENT & REVIEW

- ✓ Contributing to nutritional product formulation.
- ✓ Reviewing product labels and supplementary labels.
- ✓ Assessing nutrition claims against scientific evidence.
- ✓ Designing product evaluation studies to national and international standards.



SPEAKING, KNOWLEDGE SHARING & TRAINING

- ✓ **Scientific conference speaker** — “Green Nutrition for Physical Health and Healthy Sleep” symposium, organised by the Vietnam Society of Sleep Medicine and the Vietnam Association of Nutrition and Sleep Medicine (01/2025); paper: “The relationship between gut microbiota and sleep”.
- ✓ **University guest speaker** — FPT University Quy Nhon, Ho Chi Minh City University of Industry and Trade, Industrial University: healthcare entrepreneurship, sports nutrition, nutrition for cognitive performance and sleep, careers in nutrition.
- ✓ **Team and partner-network training** — designing and delivering training programmes that build professional capability across specialist networks, corporate teams and distribution partners.
- ✓ **Health communication** — three health features on Ba Ria – Vung Tau Radio and Television, and community health education programmes.