

**ILSI Japan**  
**The 7th International Conference**  
**on Nutrition and Aging**

“To stretch our healthy life expectancy” will be the main theme, and “Traditional Japanese cuisine”, “Optimization of Nutritional Status”, “Diet and Cranial Nerve Function”, “Research Perspective of Intestinal Microorganism”, “Physical Activity and Nutrition” will be the areas discussed by leading scientists from industry, government, and academia.

- Session 1: [Traditional Japanese Cuisine \(Intangible Cultural Heritage\)](#)
- Session 2: [Optimization of Nutritional Status as a Preemptive Measure for Medical Care](#)
- Session 3: [Diet and Cranial Nerve Function](#)
- Session 4: [Research Perspectives on Intestinal Microorganisms](#)
- Session 5: [Physical Activity and Nutrition](#)

**September 29, 30, 2015**

**The University of Tokyo, Yayoi Auditorium, Ichijo Hall**

**Organized by:**

**International Life Sciences Institute Japan  
(ILSI Japan)**

**Supported by :**

**Ministry of Agriculture, Forestry and Fisheries**  
**National Institute of Biomedical Innovation, Health, and Nutrition**  
**Japan Society of Nutrition and Food Science**  
**The Japan Dietetic Association**  
**Society for Applied Gerontology – Japan**  
**Japan Society for Biomedical Gerontology**  
**The Japan Society of Clinical Nutrition**  
**The Vitamin Society of Japan**

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**◆ Meeting Objective**

Founded in 1978, the International Life Sciences Institute (ILSI) is a nonprofit, worldwide foundation that seeks to improve the well-being of the general public through the advancement of science. Its goal is to further the understanding of scientific issues relating to nutrition, food safety, toxicology, risk assessment, and the environment. International Life Sciences Institute Japan (ILSI Japan) was established in 1981 as a regional branch, and held the first International Conference on Nutrition and Aging in 1991 on the 10<sup>th</sup> anniversary of its foundation. From that time, this international conference has been held once every four years. A total 6 conferences have been held and the conference has attained a high international reputation.

Though Japan is a country with the lowest life expectancy among major industrial countries in 1950's, Japan overtook all countries and attained the world's longest life expectancy in the 1970's and 1980's. Since then, the transition to a super-aging society has happened very quickly and the average life expectancy for both men and women is over 80 years old. "Extension of healthy life expectancy and reduction of health disparities" was proposed in the "A Basic Direction for Comprehensive Implementation of National Health Promotion" report from the Ministry of Health, Labour and Welfare released in 2012. In order to achieve "healthy longevity" not an unsure longevity, it is important to maintain both physical and mental health by eating a good diet and being regularly physically active. Since the role of diet and nutrition differs in every stage of life, it is difficult to determine optimum nutrition. Preemptive healthcare management is very important, especially healthcare focused on the prevention of metabolic syndrome in order to maintain highly active daily lives in later stages of life.

It is necessary to keep up to date on the latest information and other perspectives concerning the relation between diet and activity, and physical and mental health in order to enable timely and concrete action.

Therefore in the 7<sup>th</sup> International Conference on Nutrition and Aging, "To stretch our healthy life expectancy" will be the main theme, and "Traditional Japanese cuisine", "Optimization of Nutritional Status", "Diet and Cranial Nerve Function", "Research Perspective of Intestinal Microorganism", "Physical Activity and Nutrition" will be the areas discussed by leading scientists from industry, government, and academia.

Through the knowledge gained during this conference, it is hoped that new ideas what can help in the development of new products and food services leading to improved health and longevity will be discussed.

**◆ International conference Details**

The conference's program will consist of 5 sessions. Presentations from industry at each session provide details of the latest research achievements in applied research and foster vigorous debate on the following issues:

**Session 1: Traditional Japanese Cuisine (Intangible Cultural Heritage)**

Washoku has been designated as an Intangible Cultural Heritage. It has started to garner wide attention internationally as a diet to help maintain health and enhanced benefit. This session will offer examples for understanding the links between Washoku and healthy life expectancy in the context of traditional Japanese dietary culture.

**Session 2: Optimization of Nutritional Status as a Preemptive Measure for Medical Care**

It has recently become understood that diet and nutrition in fetal stage and childhood stages has potentially effect our lifelong health through epigenetic changes. The last updated information about optimum nutritional conditions will be discussed.

**Session 3: Diet and Cranial Nerve Function**

In the context of our current aging society and the associated emerging social problems, increased number of elderly in nursing care, the desirability of increased longevity has come into question. Ideal dietary habits and daily lifestyle activities will be discussed based on the most recent information on dietary preferences and content, as well as the relation between diet and mental health.

**Session 4: Research Perspectives on Intestinal Microorganisms**

It is now well understood that food and mental (psychological) environment affect intestinal flora (microbiota). Up-to-date information on the relation between diseases and microflora analysis of human microbiota will be discussed. This should provide a new insight into the relation between health life expectancy and microbiota.

**Session 5: Physical Activity and Nutrition**

Lack of exercise, obesity derived from excessive nutrition intake, and accumulation of visceral fat can result in locomotive syndrome, lifestyle-related disease, and cognitive function decline through inflammation and oxidative stress. These are triggers of a negative spiral and have become important factors for the elderly requiring nursing care. Up-to-date information on the decline in muscle mass and muscle quality, and the effects on cognitive function as well as countermeasures to avoid functional decline.

**◆ Language**

Japanese, English (with Simultaneous translation)

**◆ Fees**

	Fee	Preregistration*
Members	25,000 yen	20,000 yen
Members (over the age of 65 )	10,000 yen	7,000 yen
Members (under the age of 35 )	10,000 yen	7,000 yen
Non-members	30,000 yen	25,000 yen
Student	5,000 yen	
Reception	5,000 yen	

\* By July 7/31

**◆ Poster Session and Company Display**

There will also be poster presentations and displays from industry in order to provide an opportunity for young researchers to make presentations and to study continuously.

**Poster Presentation Participation (for display space and equipment)** 5,000 yen

**Company Display (for display space and equipment)** 10,000 yen

**To receive this announcement which contains the program and registration information or for those who wish to present a poster, please contact E-mail ([aging@ilsijapan.org](mailto:aging@ilsijapan.org)).**

ILSI Japan website:

<http://www.ilsijapan.org/>

# Program

## The 7th International Conference on Nutrition and Aging

### « To Stretch Our Healthy Life Expectancy »

**Date: September 29<sup>th</sup> (Tue) The University of Tokyo Yayoi Auditorium, Ichijo Hall**

8:30- Registration  
9:00-09:10 Opening Remarks Tohru Nishiyama (President, ILSI Japan)

#### To Stretch Our Healthy Life Expectancy

9:10-10:00 **【Science of palatability: a study of elderly eating behavior】**  
●Chair: Shuichi Kimura (Chairman, ILSI Japan) ●  
Tohru Fushiki (Ryukoku University)

#### Session 1: Traditional Japanese cuisine (Intangible Cultural Heritage)

10:00-10:40 **【Can we regard modern Japanese food as “Washoku”?】**  
●Chair: Mutsuo Iwamoto (Japan Association for Food Specialist)  
Shuhe Kobayashi (Japan Food Education Association) ●  
Toshio Ohtani (National Agriculture and Research Organization)

10:40-10:50 Coffee break

10:50-11:30 **【Typical Japanese Diet and Chronic Diseases : evidence from the JPHC Study】**  
Shoichiro Tsugane (National Cancer Center)

11:30-12:10 **【Epidemiologic Findings on Japanese Diet and Cardiovascular Diseases】**  
Katsuyuki Miura (Shiga University of Medical Science)

12:10-13:40 Lunch & Poster Session

#### Session 2: Optimization of Nutritional Status as Preemptive Medical Care

13:40-14:20 **【Epigenetic Regulation of Glucose and Lipid Metabolism and Preemptive Medicine】**  
●Chair: Katsumi Shibata (The University of Shiga Prefecture)  
Chisato Nagata (Gifu University)

14:20-15:00 **【Nutritional state of early in life for prevention of Obesity and Metabolic syndrome】**  
Tomoo Okada (Nihon University)

15:00-15:20 **【Changes in the cerebral cortex in response to food and chemical stimulation】**  
Shinpei Kawakami (Morinaga & Co., Ltd.)

15:20-15:30 Coffee break

15:30-16:10 **【Functional foods and epigenetic】**  
Keiko Abe (The University of Tokyo)

16:10-16:50 **【Effect of Nutrition for a creation of Society in good health: Importance and challenges of Population Science】**  
Satoshi Sasaki (The University of Tokyo)

16:50-17:10 **【Enhanced Body Fat Utilization As Energy by Dietary Polyphenols】**  
Masanobu Hibi (Kao Corporation)

17:30-19:30 Reception 【Annex of Yayoi Auditorium】

**Date: September 30<sup>th</sup> (Wed) The University of Tokyo Yayoi Auditorium, Ichijo Hall**

08:30- Registration

#### Session 3: Diet and Cranial Nerve Function

●Chair: Tetsuya Mizoue (National Center for Global Health and Medicine) ●

09:00-09:40 **【Nutrition for the Ageing Brain: Toward Evidence of an Optimal Diet】**  
Diána Bánáti (ILSI Europe)

09:40-10:20 **【The Relation between Dietary Pattern and Dementia: The Hisayama Study】**  
Toshiharu Ninomiya (Kyushu University)

10:20-11:00 **【Chrono-nutrition Research Aimed at Biological Clock Regulation】**  
Katsutaka Oishi (National Institute of Advanced Industrial Science and Technology)

11:00-11:10 Coffee break

#### Session 4: Research Perspective of Intestinal Microorganism

●Chair: Takashi Sakata (Ishinomaki Senshu University) ●

11:10-11:50 **【Metagenomics of Human Gut Microbiome -Profile of Japanese Gut Microbiome-】**  
Masahira Hattori (Waseda University)

11:50-12:30 **【Intestinal bacteria as a symbiont】**  
Philip Sherman (Canadian Institute of Health Research)

12:30-14:00 Lunch and Poster Session

●Chair: Makoto Shimizu (Tokyo University of Agriculture) ●

14:00-14:20 **【Importance of Segmented Filamentous Bacteria in intestinal immune system and its application to Gut Inflammation Model】**  
Yoshinori Umesaki (Yakult Central Institute)

14:20-14:40 **【Age-related change of the gut microbiota -People aged 0 to over 100 years old -】**  
Toshitaka Odamaki (Morinaga Milk Industry Co., Ltd.)

14:40-15:00 **【Effects of yogurt on intestinal environment and body functions】**  
Katsunori Kimura (Meiji Co., Ltd.)

15:00-15:20 **【Augmentation of host defense mechanism by oral- administration of Lactobacillus gasseri SBT2055】**  
Fumihiko Sakai (Megmilk Snow Brand Co., Ltd.)

15:20-15:30 Discussion

15:30-15:40 Coffee break

#### Session 5: Physiology of “Physical inactivity” (Physical activity and Nutrition)

●Chair: Tamotsu Kuwata (University of Human Arts and Science)  
Hisamine Kobayashi (Ajinomoto Co., Inc.) ●

15:40-16:20 **【A novel nutritional approach against unloading-mediated muscle atrophy】**  
Takeshi Nikawa (Tokushima University)

16:20-17:00 **【Physical Activity and the Regulation of Nutrient Sensing and Signaling in Aging Muscle】**  
Blake B. Rasmussen (University of Texas Medical Branch)

17:00-17:20 **【The importance of amino acid nutrition in Sarcopenia prevention】**  
Hisamine Kobayashi (Ajinomoto Co., Inc.)

17:20-18:00 **【“Add 10 min for your health”: the new Japanese recommendation for physical activity based on dose-response analysis】**  
Motohiko Miyachi (National Institutes of Biomedical Innovation, Health, and Nutrition)

18:00-18:10 Closing Suminori Kono (President, National Institutes of Biomedical Innovation, Health, and Nutrition)