

The 8th International Conference on Nutrition and Aging Oct 1st-2nd

"Realization of a Society where Healthy Life Expectancy Approximates Overall Life Expectancy"

United Nations University, The U Thant International Conference Hall

October 1

9:00-9:10 **Opening Remarks**

Teruo Miyazawa, PhD, Prof., Tohoku University, Chairman, ILSI Japan, **Japan**

Session 1: Overview

◆Chair : Mutsuo Iwamoto

9:10-9:50 **[Aging Well~ An Update]**

Hiroko Akiyama, Ph.D., Emeritus Prof. The University of Tokyo, **Japan**

A rapid transition from 50 years to 100 years life. The way of life and the way of society in longevity are questioned. A treasure mine of innovation that mounts challenges and possibilities. Technological and social innovations are required.

9:50-10:30 **[History of Nutrition Policy in Japan]**

Tokuaki Shobayashi, M.D., Ph.D., Councillor, Minister's Secretariat
Ministry of the Environment Government,
Ex Labor and Welfare Health Bureau health section manager, Ministry of Health, **Japan**

Immediately after the Second World War, poverty and food shortages became serious, infectious diseases including tuberculosis and other people are fierce, under the occupation of the GHQ, health policy including Japan's nutritional policy changed greatly after the war, the average life expectancy also plays It was improved. We look back on the history of nutritional policy in Japan and present contemporary issues.

10:30-10:40 **Coffee Break**

◆Chair : Hideo Tsujimura

10:40-11:20 **[Health Japan 21 (second term) Current Status and Issues]**

Ichiro Tsuji, M.D., Ph.D., Prof., Tohoku University, **Japan**

Health Japan 21 (second term), the interim report is over in 2018, and it is in the process of the latter half five years. We will summarize the results of the interim report, focusing on the trends of healthy life expectancy and nutrition and dietary habits, and look forward to future issues and how to create health.

11:20-12:00 **[International Research Developments Focus on Human Variation in Response to Food and Nutrients]**

Richard Head, Ph.D., Emeritus Professor,
University of South Australia Cancer Research Institute., **Australia**

There is a convergence of a number of key aspects of Nutrition and Aging research. There is the ongoing research interest in healthy aging and in nutrition for older adults. Concurrently there is a growing research focus on human variation in response to food and nutrients. Aspects of this convergence will be explored.

12:00-12:40 **Panel Discussion**

Moderator: I. Tsuji, M.D., Ph.D. Members: All speakers of Session 1

12:40-13:40 **LUNCH**

Session 2: ILSI Japan Activities

◆Chair : Teiji Nakamura

13:40-13:50 **[Healthful Diet Research Committee] Takuji Yasukawa, President, ILSIJapan, Japan**

13:50-14:10 **[Healthful Diet Research Committee (Definition of Healthful Diet)]**

Satoshi Sasaki, MD, Ph.D., Prof., The University of Tokyo, Japan

As a preliminary step of discussing "Is the food in Japan a long-lived country a healthy food", we searched PubMed to determine whether it is possible to scientifically define "Japanese food" in the first place. I would like to systematically review and examine relevant articles on Japanese food for humans, and to propose issues and possibilities for social implementation of "healthy eating diet" for Japanese people.

14:10-14:30 **[Healthful Diet (Present situation and perspective of take-away food/meal suppliers)]**

Takashi Sakata, Ph.D., Prof., Ishinomaki Senshu University, Japan

We introduce results of our interviews to companies selling take-away and delivery food/meal on their R&D and sales policies to promote the sales of healthy and nutritious food/meal. We also summarize their requests to Japanese government and academia.

14:30-14:50 **[Healthful Diet (Social implementation)]**

Tamotsu Kuwata Ph.D., Prof., University of Human Arts and Science, Japan

Investigate the precedent case aiming at social implementation to spread healthy diet throughout the citizen, find out the problem and look for clues on solution

14:50-15:00 **Coffee Break**

◆Chair : Fumiaki Abe

15:00-15:40 **[Overviewing the accomplishments of the U. Tokyo endowed chair "Functional food genomics"]**

Keiko Abe, Ph.D. Prof. The University of Tokyo, Japan

We analyzed the biological effects and efficacy of functional foods by genomics technology and assessed the contribution to healthy longevity. Outlines of the outcomes in more than 200 papers having contributed to elucidation of food and health, i.e., maintenance of homeostasis and delay of the onset of lifestyle-related syndromes, are presented.

15:40-16:20 **[Sports Science and Nutrition]**

Motohiko Miyachi, Ph.D., National Institute of Health and Nutrition, Japan

ILSI Japan also focuses on 'physical activity', which is one of the important elements indispensable for health maintenance as well as improvement in dietary life. We have been engaged in activities focusing on "nutrition and exercise" as a key word. We will summarize the presentations and discussions at this symposium pursuing a new section on nutritional science and Sports science and explore clues to solve the problem of "extension of healthy life span" confronted by an aging society.

16:30-17:10 **Panel Discussion**

Moderator: M. Miyachi, Ph.D., Members: All speakers of Session 2

RECEPTION

October 2

Session 3: Future of Healthcare by Precision Nutrition

◆Chair : Takuji Yasukawa

09:00-09:40 **Special talk** **Hiroaki Miyata, Ph.D., Prof. Keio University,**

◆Chair : Keiichi Abe

09:40-10:20 **[Data Science and Precision Healthcare]**

Seiya Imoto, Ph.D., Prof., The University of Tokyo, Japan

It should be beneficial if we know our future risk of diseases based on life style and minimally invasive tests. In the presentation, we introduce a simulation model for predicting disease risk and explain its personalized version based on genomic data.

10:20-11:00 **[Personalizing Nutrition for Healthy Aging]**

Jose Ordovas, Ph.D., Prof., Tufts University, USA

Director Nutrition and Genomics, Professor Nutrition and Genetics, JM-USDA-HNRCA at Tufts University
The current increase in life expectancy has added sick, rather than healthy years to our lives. In order to achieve both, longer and healthy lives, we need to predict an individual aging trajectory based on genomic, epigenomic and metabolomic information and to develop personalized dietary and behavioral recommendations that will facilitate successful aging.

11:00-11:10 **Coffee Break**

◆Chair : Jun Kunisawa

11:10-11:50 **[Gut Microbiome and Nutrition]**

**Doris Vandeputte, Ph.D., Department of Microbiology and Immunology
KU Leuven, Belgium**

We are only beginning to understand how microbes affect our daily lives, yet it is clear they affect our health in many ways. Here we will take a closer look at our gut microbes in health and disease, and discuss how we could use this knowledge to improve lives.

11:50-12:30 **[Harnessing the gut microbiome to promote metabolic health]**

Niv Zmora MD, Ph.D., The Weizmann Institute of Science, Israel**

People consuming identical meals present high variability in post-meal blood glucose responses. Personalized diets created with the help of an accurate predictor of blood glucose response that integrates parameters such as the gut microbiota may successfully lower postprandial blood glucose levels and its long-term metabolic consequences.

****Dr. David Zeevi has been changed.**

12:30-13:40 **LUNCH**

◆Chair : Shigeru Taniguchi

13:40-14:20 **[Biomarker Amino acid]**

Takeshi Kimura, PhD, Ajinomoto Co.,Inc. Japan

Biomarkers for early detection and risk assessment of non-communicable diseases: Use of plasma free amino acid profiles for the early detection of cancers and predictive risk assessment of diabetes, myocardial infarction and stroke.

14:20-15:00 **[Physical Activity and Dissemination Science]**

**Masamitsu Kamada, Ph.D., Assistant Prof., The University of Tokyo, Japan
Graduate School of Medicine, Assistant Professor**

Effective population strategies to promote physical activity are imperative to reduce the global burden of non-communicable diseases stemming from physical inactivity. In this talk, I will introduce some key issues for large-scale promotion/dissemination strategies incorporating social marketing and gamification techniques.

15:00-15:40 **[Chronobiology: Biological Clock and Circadian Rhythms in Humans]**

**Yujiro Yamanaka, Ph.D., Associate Prof., Hokkaido University, Japan
Graduate School of Education, Associate Professor**

Biological clock gives our body 24 h rhythmicity (circadian rhythm) in physiology and behavior. The circadian rhythms are closely associated with sleep, stress response and metabolism. Here, I will introduce a basic concept of human circadian clock and how to adjust our clock by photic and non-photic time cues based on our studies.

15:40-15:50 **Coffee Break**

15:50-17:20 **Panel Discussion**

Moderator: **Hiroaki Miyata, Ph.D., Prof. Keio University, Japan** Members: All speakers of Session

17:30-17:40 **Closing Remarks**

Takuji Yasukawa, President ILSIJapan, Japan