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
Japan Dietetic Association

Society for Applied Gerontology – Japan
Japan Society for Biomedical Gerontology
The Japan Society of Clinical Nutrition
The Vitamin Society of Japan

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 1981 on the 12th anniversary of its foundation. From that time, this international conference has been held once every four years. A total of 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 1970s and 1980s. Since then, the transition to a super-aging society has happened very quickly and this 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" on an unmarried condition, 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. Prescriptive 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 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 Perspectives of Intestinal Microorganisms", "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 and results will help in the development of new products and food services leading to improved health and longevity will be discussed.

International conference Details
The conference 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 now become understood that diet and nutrition in fetal stage and childhood stages has potentially affect our lifelong health through epigenetic changes. The latest updated information about optimum nutritional conditions will be discussed.

Session 2: Optimization of Nutritional Status as a Premeptive 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 latest 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 disability 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

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<thead>
<tr>
<th>Category</th>
<th>Fee</th>
<th>Pre-registration</th>
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<tbody>
<tr>
<td>Members</td>
<td>25,000 yen</td>
<td>20,000 yen</td>
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<tr>
<td>(over the age of 65)</td>
<td>10,000 yen</td>
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<tr>
<td>Members (under the age of 35)</td>
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<td>Non-members</td>
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<td>Student</td>
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<td>Reception</td>
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* 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 for those who wish to present a poster, please contact E-mail (nrfotn@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 29th (Tue) The University of Tokyo Yayoi Auditorium, Ichijo Hall

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

To Stretch Our Healthy Life Expectancy

Session 1: Traditional Japanese cuisine (Intangible Cultural Heritage)

Chair: Shuichi Kimura (Chairman, ILSI Japan)

9:10-10:00 Science of palatability: a study of elderly eating behavior
Tohru Fushiki (Ryukoku University)

10:00-10:40 Can we regard modern Japanese food as “Washoku”?  
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

Chair: Katsumi Shibata (The University of Shiga Prefecture)

13:40-14:20 Epigenetic Regulation of Glucose and Lipid Metabolism and Preemptive Medicine
Yoshihiro Ogawa (Tokyo Medical and Dental 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 30th (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 Bánáth (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 Hatatori (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 Ootani (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)

15:40-16:20 A novel nutritional approach against unloading-mediated muscle atrophy
Takehiko Nakawa (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
Hisamisu 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)