



**ILSI**

Japan

# The 8th International Conference on Nutrition and Aging

Oct 1<sup>st</sup>-2<sup>nd</sup>, 2019

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

Tokyo, Aoyama, United Nation University, The U Thant International Conference Hall

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## October 1

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

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

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### Session1: Overview

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◆Chair : Mutsuo Iwamoto

9:10-9:50 **【Redesigning Community for Aged Society】**

**Hiroko Akiyama, PhD, Emeritus Professor, of The University of Tokyo  
Director of Co-Creation Center for Active Aging, 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, MD, PhD, National Cancer Center, 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.

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

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◆Chair : Hideo Tsujimura

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

**Ichiro Tsuji, MD, PhD, 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, PhD, 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.

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12:10-12:50 **Panel Discussion**

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Moderator: I. Tsuji, MD, PhD Members: All speakers of Session 1

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12:50-13:50 **LUNCH**

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### Session 2: ILSI Japan Activities

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◆Chair : Teiji Nakamura

13:50-14:00 **【Healthful Diet Research Committee】 Takuji Yasukawa, President, ILSI Japan, Japan**

14:00-14:20 **【Healthful Diet Research Committee (Definition of Healthful Diet )】**

**Satoshi Sasaki, MD, PhD, Prof., The University of Tokyo, Japan**

14:20-14:40 **【Healthful Diet (Present situation and perspective of take-away food/meal suppliers)】**  
**Takashi Sakata, , PhD, 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.

14:40-15:00 **【Healthful Diet (Social implementation)】**  
**Tamotsu Kuwata PhD, 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

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15:00-15:10 **Coffee Break**

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◆Chair : Fumiaki Abe

15:10-15:50 **【Overviewing the accomplishments of the U. Tokyo endowed chair "Functional food genomics"】**  
**Keiko Abe, PhD. 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.

15:50-16:30 **【Sports Science and Nutrition】**  
**Motohiko Miyachi, PhD, 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.

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16:40-17:20 **Panel Discussion**

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

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17:30-20:00 **RECEPTION** United Nation University 2F, Reception Hall

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**October 2**

**Session 3: Future of Healthcare by Precision Nutrition**

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◆Chair : Takuji Yasukawa

9:00- 9:40 **Special talk** **Hiroaki Miyata, PhD, Prof. Keio University,**

◆Chair : Keiichi Abe

9:40-10:20 **【Data Science and Precision Healthcare 】**  
**Seiya Imoto, PhD, Prof., The University of Tokyo, Japan**

10:20-11:00 **【Personalizing Nutrition for Healthy Aging】**  
**Jose Ordovas, PhD, 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.

◆Chair : Jun Kunisawa

11:10-11:50 **【Gut Microbiome and Nutrition】**

**Doris Vandeputte**, PhD, 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 **【Sub-genomic variation in the gut microbiome associates with human metabolic health】**

**David Zeevi**, PhD, Prof., The Rockefeller University, **USA**

Structural variability in the genomes of microbes is widespread in the human microbiome. Variable genomic regions are associated with host disease risk factors. Examining genes in those regions exposes putative mechanisms of influence. I can also talk about personalized nutrition by prediction of glycemic responses.

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

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◆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**, PhD, 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**, PhD., 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.

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

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

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

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17:20 -17:30 **Closing Remarks**

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**Takuji Yasukawa**, President ILSIJapan, **Japan**

## Conference Objective

The International Life Sciences Institute (ILSI) is a nonprofit organization founded in the United States in 1978 whose mission is to provide science that improves human health and well-being and safeguards the environment. ILSI also aims to recognize potential future problems so that early action can be taken.

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.

The theme for each International Conference on Nutrition and Aging is new scientific topics related to nutrition and health in the world's first super-aged society. Scientists from around the world present lectures, and participate in discussions about cutting edge science and technology. The proceedings are published afterwards and are highly acknowledged

According to the "Extension of healthy life expectancy and reduction of health disparities" proposed in the "A Basic Direction for Comprehensive Implementation of National Health Promotion" report from the Ministry of Health, Labor and Welfare released in 2012 and the "2030 Agenda for Sustainable Development" "Sustainable Development Goals (SDGs)" adopted at the United Nations Summit in September 2015, this 8th conference will focus on how Japan, which is the first country to become a super-aged society, aims to utilize knowledge from the field of nutrition and aging to realize "Extension of healthy life expectancy" while also considering all Asia and how this can be used to benefit all countries.

## Conference Details

Session 1 will review the 30 years of nutrition and aging research and consider the current status of "Health Japan 21" being promoted by the government including international comparisons. In Session 2, ILSI Japan will present a summary of the findings presented at the symposium on functional food genomics (University of Tokyo Donation Course), the healthful diet research committee, and the Symposium on Fusion of Nutritional Science and Exercise Science. In Session 3,

Chair : Teruo Miyazawa (Chairman of ILSI Japan, Tohoku University)

Members: Takuji Yasukawa (President of ILSI Japan, Kao Corporation)  
Takeshi Kimura (Ajinomoto Co., Inc)  
Tamotsu Kuwata (University of Human Arts and Sciences)  
Takashi Sakata (Ishinomaki Senshu University)  
Shigeru Taniguchi (Meiji Co., Ltd.)  
Keiichi Abe (National Institute of Biomedical Innovation, Health and Nutrition)  
Fumiaki Abe (Morinaga Milk Industry Co., Ltd.)  
Mutsuo Iwamoto (Japan Association for Food Specialist)  
Makoto Shimizu (Tokyo University of Agriculture)  
Hideo Tsujimura (Suntory Beverage & Food Limited)  
Takashi Togami (ILSI Japan CHP)  
Dai Nakae (Tokyo University of Agriculture)  
Asahi Matsuyama (Kikkoman Corporation)  
Minoru Morita (Morinaga & Co., Ltd.)  
Yuji Yamada (Yamazaki Baking Co., Ltd.)

"Future of Healthcare Developed by Precision Nutrition", new research and implementation of new promising technologies and data science such as artificial intelligence (AI) and big data targeting diet, nutrition and exercise essential for human well-being will be discussed. The proceedings will be published in a special issue of English Journal in order to make these findings available internationally.

In 2020, the year following this conference, the "Nutrition Summit" will be held simultaneously with the Tokyo Olympic Games and the Paralympic Games in order to promote efforts in nutrition, which are fundamental to human health. In addition, the World Health Organization (WHO) says that as Global Monitoring Frames on NCDs (the Political Declaration on Non-communicable Diseases), (1) halting the increase in obesity and diabetes, (2) achieving a 30% reduction of salt intake, and (3) a 25% reduction of high blood pressure. WHO aims to achieve these three global common goals by 2025. It is important for the activities of ILSI Japan and this conference to correspond to these international goals to society through this conference, and we intend to make suitable contents appropriately.

In addition to inviting leading experts from Japan and abroad, food and pharmaceutical company management, R&D managers, clinicians, nutritionists, researchers at national, public and private research institutes who specialize in health, nutrition and aging, health and nutrition policy makers from national and local governments are among those expected to participate.

This international conference held is highly anticipated by academics, industries and governmental agencies both in Japan and overseas. We hope that this conference will contribute to the advancement of science in the area of aging and society, and help industrial world deal with this issue.

## Language

Japanese, English (with Simultaneous Translation)

## Fees

Members : 25,000 yen (20,000 yen if received by July 31, 2019)  
Non-members: 30,000 yen (25,000 yen if received by July 31, 2019)  
Students: 7,000 yen (5,000 yen if received by July 31, 2019)  
Reception: 10,000 yen (7,000 yen if received by July 31, 2019)

## Program

Main Theme: "Realization of a Society where Healthy Life Expectancy Approximates Overall Life Expectancy"

### Session 1: Overview

- Redesigning Community for Aged Society
- History of Nutrition Policy in Japan
- Health Japan 21 (second term) Current Status and Issues
- International Research Developments Focus on Human Variation in Response to Food and Nutrients
- Panel Discussion

### Session 2: ILSI Japan Activities

- Healthful Diet Research Committee (Definition of Healthful Diet ) ( Present situation and perspective of take-away food/meal suppliers ) (Social implementation)
- Overviewing the accomplishments of the U. Tokyo endowed chair "Functional food genomics"
- Sports Science and Nutrition
- Panel Discussion

### Session 3: Future of Healthcare by Precision Nutrition

- Data Science and Precision Healthcare
- Personalizing Nutrition for Healthy Aging
- Gut Microbiome and Nutrition
- Sub-genomic variation in the gut microbiome associates with human metabolic health
- Biomarker Amino acid
- Physical Activity and Dissemination Science
- Chronobiology: Biological Clock and Circadian Rhythms in Humans
- Panel Discussion

To view the 2<sup>nd</sup> announcement which contains the program and registration information, please refer to WEB site (<http://www.ilsijapan.org>) after April 30, 2019. Organization Committee

2<sup>nd</sup> Announcement

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

October 1, 2, 2019

Tokyo, Aoyama, United Nation University, The U Thant  
International Conference Hall

International Life Sciences Institute Japan  
(ILSI Japan)



ILSI

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