



Future of Healthcare Developed by Precision Nutrition

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.

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.

Session 3, "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.

Program

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
- Biomarker Amino acid
- Physical Activity and Dissemination Science
- Chronobiology: Biological Clock and Circadian Rhythms in Humans
- Panel Discussion

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

Conference Objective

The International Life Sciences Institute (ILSI) is a nonprofit organization founded in the United States in 1978.

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 10th anniversary of its foundation. From that time, this international conference has been held once every four years.

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.

The 8th International Conference on Nutrition and Aging Oct 1st-2nd, 2019

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

October 1

Opening Remarks

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

Session1: Overview

【Redesigning Community for Aged Society】

Hiroko Akiyama, PhD., Prof., Institute of Gerontology, 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.

【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.

【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.

【International Research Developments Focus on Human Variation in Response to Food and Nutrients】

Richard Head, PhD., Emeritus prof., 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.

Panel Discussion

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

Session 2: ILSI Japan Activities

【Healthful Diet Research Committee (Introduction)】

Takuji Yasukawa, Executive Fellow, Kao Corporation, ILSI Japan President

【Healthful Diet Research Committee (Definition of Healthful Diet)】

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

【Healthful Diet Research Committee (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.

【Healthful Diet Research Committee (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

【Overviewing the accomplishments of the University 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.

【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.

Panel Discussion

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

October 2

Session 3: Future of Healthcare by Precision Nutrition

Keynote Speech:

Hiroaki Miyata, PhD., Prof., Keio University, Japan

【Data Science and Precision Healthcare】

Seiya Imoto, PhD., Prof., The University of Tokyo, Japan

【Personalizing Nutrition for Healthy Aging】

Jose Ordovas, PhD., Director Nutrition and Genomics, Prof., Nutrition and Genetics, JM-USDA-HNRCA at Tufts University, USA

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.

【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.

【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.

【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.

【Physical Activity and Dissemination Science】

Masamitsu Kamada, PhD., Assistant Prof., The University of Tokyo, Japan

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.

【Chronobiology: Biological Clock and Circadian Rhythms in Humans】

Yujiro Yamanaka, PhD., Associate Prof., Hokkaido University, Japan

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-photoc time cues based on our studies.

Panel Discussion

Moderator: Hiroaki Miyata, PhD.,

Members: All speakers of Session 3

Closing Remarks

Takuji Yasukawa, President ILSI Japan



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