



Mini-Symposium

The Role of Nutrition in Healthy Aging

November 7, 2017 | 11:00am – 2:00pm
Shaw Foundation Alumni House, Singapore

Asia has 549 million people aged 60 years or over in 2017, home to 57% of the global older population and is projected to rise to 61% in 2050 according to the United Nations Population Division. In Singapore alone, its resident population has grown older, with the proportion of residents aged 65 years and over increasing from 8.5% in 2007 to 13.0% in 2017.

A better understanding of the changing relationship between health and aging is crucial to prepare for the inevitable greying population phenomenon. The role of nutrition is especially critical to improve the quality of life for the elderly population. As such, ILSI SEA Region is organizing a **Mini-Symposium on The Role of Nutrition in Healthy Aging** to understand the nutritional needs, impact of nutrition on muscle health, and health indicators for the elderly in the region.

Who Should Attend

- Relevant health and nutrition professionals
- Academia, research organizations, and students
- Private sector stakeholders from the food and beverage industries
- Exercise and fitness instructors

Mini-Symposium Program

10:30 – 11:00	Registration
11:00 – 11:05	Welcome and Introduction <i>Mrs. Boon Yee Yeong, ILSI SEA Region, Singapore</i>
11:05 – 11:30	Aging and Health in Southeast Asia Region: A Comparison of Indicators <i>Dr. Sofia Amarra, ILSI SEA Region, Singapore</i>
11:30 – 12:00	Development of Nutrient Standards and Dietary Guidelines for Elderly – Filipino Experience <i>Mr. Carl Vincent Cabanilla, Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST), Philippines</i>
12:00 – 12:30	Role of Nutrition in Promoting Muscle Health for Healthy Aging <i>Dr. Dieu Huynh, Abbott Nutrition R&D Asia-Pacific Center, Singapore</i>
12:30 – 13:00	Dietary Protein Intake on Body Composition Changes after Weight Loss in Older Adults <i>Prof. Jung Eun Kim, Food Science & Technology Programme, Department of Chemistry, National University of Singapore, Singapore</i>
13:00 – 14:00	Closing Remarks & Lunch

To register and for more information, visit:
<http://ilsisea-region.org/event/healthy-aging2017/>

Registration is Free with Lunch Included!
Limited Seats Available

Organizer



For enquiries, please contact:

**International Life Sciences Institute (ILSI)
Southeast Asia Region**

9 Mohamed Sultan Road #02-01
Singapore 238959

Tel: +65 6352 5220

Email: ilsisea@ilsisea.org.sg

Follow us @ILSI SEA Region:



About the Speakers



Dr. Sofia Amarra is Deputy Director of Scientific Programs and Director of Research (Nutrition) at the International Life Sciences Institute (ILSI) Southeast Asia Region, Singapore. Her current responsibilities include developing ILSI SEA Region's research agenda, facilitating regional research collaborations, and assisting in the publication of ILSI SEA Region activities and projects. She was previously affiliated with the Philippine Food and Nutrition Research Institute (FNRI) as Senior Science Research Specialist. Her previous research work was in the area of child nutrition, focusing on micronutrient deficiencies and cognitive function among Filipino schoolchildren, and examining the effect of maternal child-rearing and nutrition attitudes on preschoolers' nutrient intakes and nutritional status. Dr. Amarra obtained her Ph.D. in Nutrition from the University of the Philippines, Diliman and Certificate in Biochemistry from the Postgraduate Institute of Medicine, University of the Philippines, Manila.

Mr. Carl Vincent Cabanilla is currently Science Research Specialist II at the Nutrient Requirement Unit (NRU), Food and Nutrition Research Institute Department of Science and Technology (DOST-FNRI), Philippines. At NRU, he conducts R&D studies on minimum nutrient requirements as basis for the establishment of recommended energy and nutrient intakes for Filipinos. Mr. Cabanilla is the main Analyst of serum vitamin A at the ISO 17025-accredited Biochemical Assessment Service Laboratory and is responsible for the review of recommended vitamin A and fluoride intakes. He is part of the project team that developed the Pinggang Pinoy food guide. Prior to this appointment in DOST-FNRI, he was the Science Research Analyst at the Food Safety Unit, where he conducted studies on artificial sweeteners and as a Biochemical Analyst for the 7th National Nutrition Survey. A DOST Scholar, Mr. Cabanilla earned his B.S. degree in Chemistry from University of the Philippines Diliman, Philippines, in 2008 and obtained his license from the Professional Regulation Commission in the same year. He is currently taking his M.S. in Chemistry at the same university under a Philippine Council for Health Research and Development Scholarship.



Dr. Dieu Huynh is a Senior Lead Scientist in Clinical Research at Abbott Nutrition. She has led various clinical research projects in pediatric, pregnant and lactating women, and adult populations in the Asia Pacific region to study the impact of nutrition in promoting better health. She is also part of the core team to design and conduct the Nutritional Health for the Elderly Reference Centre study in collaboration with Changi General Hospital and SingHealth Polyclinics, the largest study of its kind in Asia, to evaluate the effects of nutrition management in the elderly in Singapore. Dr. Huynh obtained her medical degree in the University of Medicine of Ho Chi Minh City, Vietnam. Before joining Abbott, she worked as a Pediatric Nutrition Consultant at the Nutrition Centre of Ho Chi Minh City, Vietnam. She holds a Ph.D. in Community Medicine and Clinical Epidemiology from the University of Newcastle, Australia in 2008.



A/Prof. Jung Eun Kim is presently an Assistant Professor in the Food Science & Technology Programme, c/o Department of Chemistry at National University of Singapore. She is also a Nutrition Scientist with advanced training in dietetics and human clinical research. A/Prof. Kim had completed a dietetic internship at Yale-New Haven Hospital, USA and became a Registered Dietitian after receiving her Ph.D. before taking up a Post-doctoral Research Associate role at the Purdue University, USA. Her long-term research goal is to develop and validate dietary strategies and recommendations that effectively protect against age-associated chronic diseases and promote public health. To fulfill her long-term goal, A/Prof. Kim's current research interest includes investigating the effects of dietary constituents (including bioactive compounds and dietary macronutrients) or a healthy eating pattern diet (i.e. My Healthy Plate) which is recommended by Health Promotion Board in Singapore on body composition and other cardio-metabolic health parameters in middle-aged and older adults from human clinical studies. She graduated with a B.S. and M.S. at the Ewha Womans University, South Korea and earned her Ph.D. in Nutritional Sciences at the University of Connecticut, USA.

