We have made remarkable strides forward during this past year on our chief focus areas of nutrition and food safety. Critical emerging science has been presented on the microbiome and gut health, on metabolomics and new technologies for agriculture. At the same time, we have strengthened activities in basic nutrient intake data and micronutrient status data in the region. We have also supported a capacity building workshop on Total Diet Studies in Indonesia. Our fundamental tripartite approach and clear concentration on scientific issues relevant to public health remain our consistent principles.

At the global level, ILSI has renewed its strategy and adopted four thematic areas. These are Food and Water Safety; Nutrition, Health and Wellbeing; Toxicology and Risk Science and Sustainable Agriculture and Nutrition Security. Our branch is in the process of incorporating these themes into our activity structure, which we believe will lead to greater focus and more effective interaction with our sister branches around the world and to coordination on global projects. One of the first of these “One ILSI” activities is the Healthy Aging project which will review data on healthy aging in numerous countries around the world and seek useful markers for successful aging.

Another key activity is our participation in the Global Food Safety Partnership (GFSP) which is being coordinated by the World Bank. A GFSP expert team is developing a training module for risk assessment of chemical contaminants in food, and we have offered to pilot that training in Southeast Asia in cooperation with the national food authorities. This will commence in mid-2015. This effort fits in well with our ongoing work to harmonize food safety approaches in the region.

Nutrition, food safety and related issues continue to be highlighted in the region, and we take as ILSI’s important role to contribute science to these issues and to foster recognition that excellent science is the bedrock of good decision making.

In the following pages you can see some of the many activities of our branch for the last year, which have advanced scientific knowledge, and helped transform that learning into effective actions and practical solutions. We would like to thank the leaders and members of our Science Clusters and Task Forces, which have undertaken an enormous range of activities. We also want to thank all our ILSI SEA Region members, scientific directors and advisors for their important contributions.

ILSI SEA Region embraces the premise that science is global, and therein lies the strength for adopting the One ILSI approach initiated across our global organization. It is a framework where multi-country collaboration and research can be undertaken to address shared scientific interests and fill critical knowledge gaps so as to advance key public health issues.

In 2014, ILSI SEA Region took up the challenge to jointly coordinate and develop the One ILSI Healthy Aging Project cross several ILSI branches in Asia, Latin America, and North America.

This research project will aim to review and determine the factors that contribute to healthy and successful aging, across countries and regions with varying levels of economic development.

Conversely, with close to half of the population of Southeast Asia being below 35 years of age, the impact of early nutrition continues to be a strong scientific focus for the branch. We supported a multi-agency study on micronutrients status in Cambodia, and worked with research institutions in Malaysia, Philippines, Indonesia and Thailand to further our food consumption data undertakings as well as facilitate trainings on exposure assessment as part of capability building. We also expanded our collaboration with institutions from the agriculture and environment sectors, addressing topics on sustainability and safety of our food systems.

We again thank all our members, advisors and collaborators who made 2014 a very rewarding year in our scientific output. 2015 will be equally if not more exciting as we start implementing the specifics of our Strategic Plan through the renovated Science Clusters and refining some aspects of our regional organization to that we can continue to bring value to all of our stakeholders.
The International Life Sciences Institute (ILSI) is a nonprofit, worldwide organization whose mission is to provide science that improves human health and well-being, and safeguards the environment.

**Collaboration**
Since ILSI was established in 1978, we have achieved this mission by fostering collaboration among experts from public and private sectors of society on conducting, gathering, summarizing, and disseminating science.

**Shared Values**
ILSI believes leading scientists from industry, government, academia and other civil society organizations can and should work together to identify and address concerns of common interest.

Prominent researchers from industry and academia jointly lead the organization, guiding its work to conduct research, harmonize the use of science, and encourage scientific dialogue.

**Public - Private Leadership**
ILSI is governed by its Board of Trustees, at least half of which is composed of public sector representatives (primarily academic scientists) and representatives of ILSI members. This public-private balance ensures that the funds provided by our industry members are used to conduct and disseminate science that is important and useful to many stakeholders.

**ILSI SEA Region**
Established in 1993, ILSI Southeast Asia Region (ILSI SEA Region) is a regional branch of ILSI that initiates and coordinates scientific programs, research, and information dissemination among the 10 ASEAN countries (Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Thailand, Singapore and Vietnam), Australia and New Zealand.

Our activities focus primarily on nutrition and health promotion; food and water safety; risk science and toxicology; and sustainable agriculture and nutrition security.

With our Regional Office located in Singapore, ILSI SEA Region oversees a Country Office in Australia, as well as Country Committees in Indonesia, Malaysia, Philippines and Thailand.

ILSI SEA Region also serves as coordinator for collaborative programs among ILSI’s Asian branches, including ILSI Focal Point in China, ILSI India, ILSI Japan, ILSI Korea, and ILSI Taiwan.
• **Sharing of Scientific Knowledge**

We organize and facilitate scientific meetings including workshops, seminars, symposia and conferences for local, regional and international audiences. Through these events, ILSI SEA Region is able to provide a credible and neutral platform for the sharing of the latest scientific knowledge and regulatory updates, as well as facilitate the productive exchange of ideas and dialogue among our tripartite stakeholders – industry, academia, and government.

Important outcomes of ILSI SEA Region’s activities and programs are disseminated to our stakeholders and the wider public through our scientific publications, as well as published articles in scientific journals. We also disseminate regular updates of our organization’s news and activities through our website, bimonthly NewsFlash, and Science InSight - our biannual ILSI SEA Region newsletter.

• **Community Programs and Capacity Building**

In a diverse region with varying levels of socio-economic development, many population groups remain vulnerable to critical problems such as inadequate nutrition, food safety and food security issues. ILSI SEA Region aims to translate science and technology into sustainable solutions, and maximize our impact on improving public health in the region through collaborative projects that bring direct benefits to communities and populations. To enhance the long-term success and sustainability of such initiatives, we also conduct capability development programs and activities for key stakeholders including local health professionals, educators, and government officials.

• **Research**

ILSI SEA Region seeks to enhance scientific resources and support scientific research in the region through private-public partnerships between industry, government, academia, research and scientific institutions, as well as nonprofit organizations and foundations. Such collaborations are based on strict principles of scientific integrity, ethics and transparency.
Governance and Leadership

ILSI SEA Region is governed by a Board of Directors, which comprises an equal number of invited individuals from the public sector (Scientific Directors) and ILSI SEA Region member representatives (Member Directors), to ensure a balance of perspectives.

A Scientific Advisory Committee and a Panel of Scientific Advisors provide the latest scientific knowledge and expertise, as well as general oversight and guidance for our scientific programs.

**Board of Directors 2014-2015**

**Executive Committee**

- President: Mr. Geoffry Smith
- Vice President: Dr. Roger Bektash
- Co-Vice President: Prof. Sushila Chang
- Honorary Secretary: Dr. Harvey Glick
- Honorary Treasurer: Dr. Lionel Buratti
- Member-at-large: Prof. Corazon Barba
- Member-at-large: Dr. Leon Gorris
- Member-at-large: Prof. Emorn Udomkesmalee

**Other Members of the Board of Directors**

- Prof. Soh Ha Chan
- Mr. Gary Fanjiang
- Prof. Christiani Jeyakumar Henry
- Prof. Widjaja Lukito
- Dr. Yoko Ogiwara
- Dr. Akarat Suksomcheep
- Dr. E-Siong Tee
- Prof. Aman Wirakartakusumah
**Branch Management and Staff**

ILSI SEA Region’s Regional Office based in Singapore is managed by the Singapore-registered consultancy firm, Food & Nutrition Specialists Pte Ltd. The Regional Office oversees and carries out ILSI SEA Region’s day-to-day activities, including coordination and implementation of the Branch’s scientific programs across ASEAN and Australasia. It also oversees ILSI SEA Region’s Country Office in Australia, and its Country Committees in Indonesia, Malaysia, Philippines and Thailand.

The Regional Office, together with the Board of Directors, also charts ILSI SEA Region’s growth and organizational development, supports its resource development and forges partnerships with local, regional and international stakeholders.

**Regional Office**

Executive Director
Director, Scientific Programs
Deputy Director, Scientific Programs
Senior Manager, Scientific Programs
Senior Executive, Scientific Programs
Executive, Scientific Programs
Director, Development and Communications
Senior Manager, Administration
Assistant Manager, Administration

Mrs. Boon Yee Yeong  
Ms. Pauline Chan  
Dr. Sofia Amarra  
Mr. Keng Ngee Teoh  
Ms. Ratna Oei  
Ms. Jocelyn Wong  
Ms. Li Yuin Yeong  
Ms. Amy Kok  
Ms. Joycelyn Seah

**Country Office / Committees**

Australasia  
Indonesia  
Malaysia  
Philippines  
Thailand

Ms. Christine Dowdall  
Dr. Siti Muslimatun  
Dr. E-Siong Tee  
Prof. Rodolfo Florentino  
Prof. Anadi Nitithamyong
Highlights of 2014 Activities

Scientific Meetings and Conferences

**Science and Application of Food Consumption Data**

The notion that we are what we eat underpins the recognition, with increasing scientific evidence, that food consumption patterns are linked to our nutrition and health status. Reliable data concerning the food consumption of individuals is needed not only for assessing the nutritional intakes for the population, but also to assess the exposure of individuals to the many other food components and substances such as food additives, chemical and microbiological contaminants present in our food supply, whether intended or not.

Dietary intake data is used by most nations for setting nutrition and safety guidelines, as well as for developing reference international safety standards for food ingredients and products. However, current differences in methodologies for assessing dietary intake mean limited comparability across countries. With dietary risk assessment increasingly carried out at international level, regional and international harmonization of dietary monitoring and intake assessment will become more important.

ILSI SEA Region organized a symposium on “The Science and Application of Food Consumption Data: Improving Nutrition and Food Safety in Southeast Asia”, held on April 10, 2014 in conjunction with its 2014 Annual Meeting.

The objectives of the symposium were to:

- **Update on the latest scientific knowledge in food consumption research methods and tools and their current applications relevant to the region;**

- **Discuss the use of food consumption data to assess population nutrient intakes, exposure to food additives and contaminants, and risk/benefits;**

- **Review current challenges, limitations and potential advances in food consumption data collection for nutrition and dietary exposure assessment in the ASEAN region;**

- **Review the current status of the food composition data in Southeast Asia, identify gaps, quality of data, and impact on food consumption data in ASEAN; and**

- **Discuss benefits and challenges of harmonization of dietary assessment tools to enhance data comparability and for health guidelines.**
Maternal and Child Health Status in Indonesia and Australia

ILSI SEA Region is working actively in the area of Maternal, Infant and Young Child Nutrition, as it is now known that good nutrition during the 1,000-day period between the start of a woman’s pregnancy through to her child’s second birthday lays the foundation for a healthy and productive future, both for the individual child as well as the entire country. Malnutrition during this critical period results in irreversible physical and cognitive impairments that prevent children from achieving their full potential. It is therefore essential that mothers are given the opportunity to provide their children a healthy start in life.

To address this important issue, ILSI SEA Region organized 2 seminars in August 2014. The seminar held in Indonesia looked into issues and concerns in the country, including the nutrition and health status of pregnant and lactating women, adolescent pregnancy and maternal mortality. The current nutrition and health status of infants and young children in Indonesia was also discussed, with focus on topics including the emerging issue of overweight children, and complementary feeding.

The seminar in Australia explored topics and research more relevant to developed countries, such as nutrition needs of mothers and infants (including study findings on DHA consumption and iodine supplementation during pregnancy), breastfeeding and child feeding practices, intervention in infant obesity-risk behaviors, the quality and safety of food products in maternal and infant nutrition, as well as allergy and young children.
The Gut, Its Microbes and Health

Advances in technology and bioinformatics have made it possible to examine the influence of the intestinal ecosystem on human health. There is increasing evidence that the nutritional value of food is influenced in part by the structure and operations of a consumer's gut microbial community, and that food in turn shapes the individual's microbiome. Understanding the intestinal microbiome is essential for developing disease prevention strategies and personalized health care regimens.

ILSI SEA Region organized a conference on ‘The Gut, Its Microbes and Health: New Knowledge and Applications for Asia’ that was held in Singapore from October 8-9, 2014. By bringing together a panel of leading experts in the field of gut microbiome research, the conference:

• Explored the gut microbiome and its variation depending on genetic and environmental factors
• Presented findings on the implications of the gut microbiome on health status during the lifecycle, including effect on growth, development and longevity
• Highlighted research on nutritional factors involved in maintaining stability of the gut microbiome; and
• Provided an update on the role of the gut microbiome in certain disease states, particularly in Asian populations.

Organized in collaboration with the Commonwealth Scientific and Industrial Research Organisation (CSIRO) of Australia, the National University of Singapore, Newcastle University International Singapore, and the Indonesian Society for Probiotics and Prebiotics, the conference was well-attended by over 200 participants from around the region representing academia, government and industry sectors.
National Workshop on Total Diet Studies in Indonesia

Total diet studies are a very useful public health tool that can help to monitor the dietary exposure to different chemical hazards in the normal diet of a population. Recognizing the importance of conducting total diet studies, the National Institute of Health and Research Development (NIHRD), Ministry of Health, Indonesia, decided to implement the first ever Indonesian national total diet study in 2015.

To support the planning of the total diet study, ILSI SEA Region together with NIHRD, organized a “National Workshop on Total Diet Studies” from June 17 – 19, 2014 in Jakarta, Indonesia. The main objective of the workshop was to provide technical assistance on various issues related to the implementation of the total diet study. The workshop also provided the opportunity for countries with prior experiences in conducting total diet studies to share their experiences and knowledge with their Indonesia counterparts. International experts invited to participate in the workshop included representatives from the World Health Organization, the China National Centre for Food Safety Risk Assessment, Food Standards Australia New Zealand, and the Ministry of Health Malaysia.

Apart from providing technical support, the workshop also helped to facilitate the establishment of working relationships and mutual understanding between international and nations agencies involved in food safety risk assessment activities, with the view of achieving a harmonized approach in conducting total diet studies across the Asia-Pacific region.
ONE ILSI Project on Healthy Aging

A United Nations report in 2013 stated that “globally, the population aged 60 or over is the fastest growing segment”. This age group has been increasing at 1% annually in developed regions, and at 3.7% annually in less developed regions. By 2050, it is projected that the elderly will number 417 million in developed regions and 1.6 billion in less developed regions. As populations age, governments, public health officials and healthcare professionals are addressing the questions of how to minimize the impact of population aging and achieve successful aging.

ILSI SEA Region is coordinating a special ONE ILSI research project titled “Review on Aging and the Elderly: What Factors Contribute to Healthy vs Pathological Aging in Countries across Regions and with Varying Levels of Economic Development?”. Involving several ILSI branches from Asia, North America and South America, the project will document existing evidence regarding positive factors (eg. traditional foods, dietary patterns/practices that enhance health) or negative factors (eg. stress, lifestyle etc).

The objectives of the project are to:

- Undertake a multi-country review of existing literature on demographic and cultural definitions of ageing/elderly, healthy ageing, and successful ageing in specific countries;

- Harmonize scientific definitions of Healthy Ageing and Successful Aging, taking into consideration global perspective of the different definitions in use, scientific basis, end points measured/proposed, methodologies, inadequacies etc.;
Survey on Risk and Benefits of Intense Sweeteners

With the global increase in the incidence of overweight and obesity, and non-communicable diseases (NCDs), NCD prevention is a key issue for governments in many countries. The use of sugar substitutes/sweeteners, either artificial or natural, have been recommended to replace or substitute for sugar usage in the diet, so as to reduce overall caloric consumption. However, there appears to be concern among some public health communicators about the risk of using sweeteners in the food supply chain. These include the safety of some sweeteners, the preference on reducing caloric intake as opposed to reducing sweetness in the diet, and purported association of artificial sweeteners with increased appetite as shown in some studies.

To better understand and address these concerns and factors affecting the risk/benefit perception, as well as to recommend and implement appropriate communication and education programs, ILSI SEA Region undertook a study in 2014 on “Attitudes and Perceptions of Food, Nutrition and Public Health Communicators in Selected Southeast Asian Countries on Sugar Substitutes/Sweeteners”

The objectives of the study are:

- To elucidate attitudes and perceptions of food, nutrition and public health communicators in five Southeast Asian countries, namely, Indonesia, Malaysia, Philippines, Thailand and Vietnam, towards the safety and benefit of sweeteners
- To identify determinants for risk or benefit perception in relation to the use of sweeteners in foods.

The study was conducted via a semi-quantitative survey, and the findings from this research project are currently being compiled and will be submitted to a scientific journal for publication in 2015.

- Understand factors affecting aging by reviewing country-specific epidemiological and other types of studies;
- Describe evidence-based pathways to disability in each country;
- Identify country-specific best practices that are shown to promote healthy and successful aging (eg. cultural factors, policies and programs, welfare and nursing support, etc.); and
- Identify gaps, research and policy needs for each country to achieve healthy and successful aging.
Resource Allocation 2014

Overall Income/Expenses 2014

Income
$1,623,830

- General Sponsorship $272,893
- Publications $0
- Science Clusters Fund $672,487
- Conference/Meeting Registrations $124,232
- Membership Dues $553,625
- Interest Earnings $593

Expenses
$1,544,144

- Administration & Operations $247,709
- Development & Governance $292,979
- Conference/Meeting Registrations $359,811
- Publications $74,651
- Research $62,737
Members 2014

Abbott Nutrition R&D
Ajinomoto Co, Inc, ASEAN Regional Headquarters
Almond Board of California
BASF East Asia Regional Headquarters Ltd
Bayer CropScience Pty Ltd
BENEOS Asia Pacific Pte Ltd
Campbell Arnotts
Cerebos Pacific Limited
Coca-Cola Southeast Asia Services Co Ltd
Danone Asia Pacific Holdings Pte Ltd
DSM Nutritional Products Asia Pacific Pte Ltd
DuPont Nutrition and Health
F&N Interflavine Pte Ltd
Fonterra Cooperative Group Limited
Friesland Campina
General Mills Inc. NA
Kellogg Asia Pacific Pte Ltd

Mars Inc
Mead Johnson Nutrition (Asia Pacific) Pte Ltd
Meat & Livestock Australia Limited
Mondelez International
Monsanto Singapore Co (Pte) Ltd
Nestle R&D Center (Pte) Ltd
Nutrition Strategies International
PepsiCo International - Asia Services
PT Cargill Indonesia
PT Nutrifood Indonesia
Shimadzu (Asia Pacific) Pte Ltd
Simplot Australia Pty Ltd
Suntory Beverage & Food Company Japan
Unilever GCEA-NZ
Yakult Honsha Co, Ltd
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