Seminar on
Nutrition & Life Course Approach
To Healthy Aging
September 25, 2018 | 08:00 – 17:30
Pan Pacific Manila Hotel, Manila, Philippines

PROGRAM

07:00 - 08:00 am
Registration

08:00 – 08:30 am
Opening Ceremony
Invocation/ National Anthem
Welcome and Introductory Remarks
Dr. Celeste C. Tanchoco, ILSI SEAR Philippine Country Committee, Philippines

08:30- 09:15 am
Topic 1: Aging Through the Life Course
Chair: Ms. Juvy Ann Aquino, ILSI SEAR Philippine Country Committee
Speaker: Shelley Ann F. Dela Vega, MD, Msc., National Institute of Health, University of the Philippines Manila, Philippines

09:15- 10:00 am
Topic 2: Nutrition and Health Profile of Older Persons
Aging and Health Across Southeast Asia: How does Philippines compare?
Speaker: Sofia Amarra, Ph.D. ILSI South East Asia Region, Singapore

10:00- 10:15 am
Morning break

10:15- 10:45 am
Nutritional Status, Dietary Intake, Functional Capacity and Quality of Life Among Urban Community-dwelling Older Persons in the Philippines
Speaker: Marilou L. Madrid, RND, Food and Nutrition Research Institute, Philippines

10:45- 11:15 am
Correlates of Cognitive Health in Filipino Women
Speaker: Judith Rafaelita B. Borja,Ph.D., University of San Carlos, Philippines

11:15- 11:30 am
Open Forum

11:30- 12:15 pm
Topic 3: Determinants of Successful Aging
Chair: Mr. Meyrick Principe, ILSI SEAR Philippine Country Committee
Speaker: Eduardo Rommel S. Poblete, MD, FPCGM, St. Luke’s Medical Center, Quezon City, Philippines
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## Program

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<tr>
<th>Time</th>
<th>Session</th>
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<td>12:15-1:00 pm</td>
<td>Lunch break</td>
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| 01:00-01:45 pm | Topic 4: Dietary Approaches to Reduce Sarcopenia Risk  
**Chair:** Dr. Gammaliel Tayao, ILSI SEAR Philippine Country Committee  
**Speaker:** Dr. Satoshi Fujita, Ritsumeikan University, Japan |
| 01:45-02:30 pm | Topic 5: Cognitive Functioning of the Aging Brain  
**Speaker:** Delfin Darwin A. Dasig, MD, FPNA, Makati Medical Center, Philippines |
| 02:30-03:15 pm | Topic 6: Exercise for Health Among the Older People  
**Speaker:** Prof. Hercules Callanta, M.S. University of the Philippines Diliman, Philippines |
| 03:15-03:30 pm | Open Forum                                                          |
| 03:30-03:45 pm | Afternoon break                                                   |
| 03:45-04:15 pm | Topic 7: MANO PO: Managing the Nutritional Needs of Older Persons thru Product Development  
**Chair:** Mr. Joemare Dema-ala, ILSI SEAR Philippine Country Committee  
**Speaker:** Engr. Rosemarie G. Garcia, DOST-FNRI, Philippines |
| 04:14-04:45 pm | The Rice Way to Long Quality Living  
**Speaker:** Dr. Marissa V. Romero, Philippine Rice Research Institute (PhilRice), Philippines |
| 04:45-05:15 pm | Topic 8: Efforts to Promote a Healthy Aging Agenda for the Population  
**Speaker:** Rosa Minerva O. Vinluan, MD, MSc CHHM, DPCGG, Department of Health, Philippines |
| 05:15-05:30 pm | Open Forum                                                          |
| 05:30 pm | Closing Ceremony  
**Closing Remarks:** Ms. Jo Ann Marie V. Salamat, ILSI SEAR Philippine Country Committee, Philippines |