

# 27TH DANONE INSTITUTE NUTRITION FORUM

## HEALTHY AGEING

- Co-hosted by Danone Institute of Japan Foundation and The Japan Dietetic Association
- Supported by Japan Society of Nutrition and Food Science, The Japanese Society of Clinical Nutrition, and Japan Society of Shokuiku
- Sponsored by **Danone Japan** / CHL (Collaboration for Healthier Lives)

The recorded video will be available on YouTube (unlisted) from October 20 to 31.

**How to Watch:**  
Please register using the QR code below.

All presentations are conducted in Japanese.

**For Non-Japanese Speakers:**  
We recommend using YouTube's automatic subtitle translation feature.

**\*Please note:**  
This is a default YouTube function, and translations may not be fully accurate.



### KEYNOTE LECTURE

## TOWARD THE REALIZATION OF A HEALTHY AGEING SOCIETY

**Dr. Naoko YAMAMOTO**

Professor, Department of Public Health, International University of Health and Welfare, Graduate School of Medicine

### LECTURE 1

## SCIENCE OF HEALTHY AGEING

**Prof. Tomohiko URANO**

School of Medicine, International University of Health and Welfare

### LECTURE 2

## FOOD AND HEALTHY AGEING

**Prof. Shoji SHINKAI**

Faculty of Nutrition, Kagawa Nutrition University

### LECTURE 3

## SLEEP AND HEALTHY AGEING

**Dr. Makoto UCHIYAMA**

Director, Tokyo Adachi Hospital / Visiting Professor, Toho University

### PANEL DISCUSSION

## PANEL DISCUSSION BY ALL LECTURERS

Chairperson:

**Dr. Teiji NAKAMURA**

President, The Japan Dietetic Association

**Prof. Makoto SHIMIZU**

Emeritus Professor, The University of Tokyo



**DANONE  
INSTITUTE**  
Japan

The 27th Danone Institute Nutrition Forum “Healthy Ageing”

