Aging Gracefully: Staying Healthy & Well Late into Life

ILSI and ILSI Research Foundation Session



21st International Congress of Nutrition

Monday, 16 October 2017 | 08:00 – 10:00 | Buenos Aires, Argentina

Throughout the world, and especially in regions where the elderly comprise a significant and growing portion of the population, understanding the aging process and how diet and other lifestyle factors influence aging is an important public health topic. This session will look at the mechanisms of aging (lifestyle, diet, and genetics); explore new data comparing healthy aging indicators across geography (an International Life Sciences Institute project); and use case studies to foster discussion on best practices and public health policies to encourage healthy aging and well-being late in life.

Agenda

08:00 Importance of Understanding Healthy Aging

Session Chair: Hannia Leon, PhD ILSI Mesoamerica, Costa Rica

08:25 Aging and Nutrition: Research Opportunities to Better Understand Underlying Mechanisms

Simin Meydani, DMV, PhD Tufts University, USA

08:50 Nutrition for the Aging Brain: Functional Aspects and Strategies

Sandrine Thuret, PhD King's College London, United Kingdom

09:15 Comparing Health Indicators Across Geography, A Look at Asia and Latin America

Sofia Amarra, PhD ILSI Southeast Asia Region, Singapore

09:40 Concluding Panel Discussion

10:00 Adjourn

Social Media Toolkit

ILSI and ILSI Research Foundation Session



Start the Conversation!

Aging Gracefully: Staying Healthy & Well Late into Life, sponsored by ILSI, the ILSI Research Foundation, and ILSI branches worldwide, is using Twitter to reach a global audience. This year's session will look at the mechanisms of aging, compare healthy aging indicators of different geographical regions, and use case studies to foster discussion on best practices and public health policies.

Key Social Media Accounts

The ILSI Global Twitter handle is @ILSI_Global
The ILSI Research Foundation Twitter handle is @ILSIRF
#ICN2017 is the preferred hashtag for ICN.
www.ilsi.org/aging-gracefully/ is the session webpage.

Engage with Session Speakers



Hannia Leon, PhD ILSI Mesoamerica (@ILSI_Global)



Simin Meydani, DMV, PhD (@SiminNikbinMeyd) Tufts University (@TuftsUniversity)

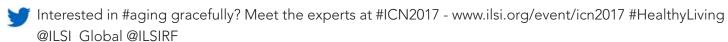


Sandrine Thuret, PhD
(@thudrine)
King's College London
(@KingsCollegeLon)



Sofia Amarra, PhD ILSI Southeast Asia Region (@ILSI_Global)

Example Tweets



How does lifestyle, diet & genetics affect #aging? Join #ILSI at #ICN2017 - www.ilsi.org/event/icn2017 #HealthyLiving @ILSI_Global @ILSIRF

Experts from @ILSI_Global @TuftsUniversity & @KingsCollegeLon discuss #aging mechanisms at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI

What are some best practices to encourage healthy #aging? Join #ILSI at #ICN2017 - www.ilsi.org/event/icn2017 @ILSI_Global @ILSIRF

Dr. Leon discusses healthy #aging at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI #Health @ILSI_Global @ILSIRF

Dr. @SiminNikbinMeyd of @TuftsUniversity explores #aging & #nutrition at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI @ILSI_Global @ILSIRF

Curious abt #nutrition for the #aging brain? Dr. Thuret (@thudrine) of @KingsCollegeLon presents at #ICN2017 - www.ilsi.org/event/icn2017

How do Asian & Latin American #health indicators compare? Stay informed w/ #ILSI at #ICN2017 www.ilsi.org/event/icn2017 @ILSI_Global #Aging