

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

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.

1156 Fifteenth Street NW | Suite 200 | Washington, DC | 20005-1743
+1 (202) 659-0074 | info@ilsi.org | www.ilsi.org/event/21st-international-congress-of-nutrition

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](https://twitter.com/ILSI_Global)

The ILSI Research Foundation Twitter handle is [@ILSIRF](https://twitter.com/ILSIRF)

[#ICN2017](https://twitter.com/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](https://twitter.com/ILSI_Global))



Simin Meydani, DMV, PhD
([@SiminNikbinMeyd](https://twitter.com/SiminNikbinMeyd))
Tufts University
([@TuftsUniversity](https://twitter.com/TuftsUniversity))











Sandrine Thuret, PhD
([@thudrine](https://twitter.com/thudrine))
King's College London
([@KingsCollegeLon](https://twitter.com/KingsCollegeLon))



Sofia Amarra, PhD
ILSI Southeast Asia
Region
([@ILSI_Global](https://twitter.com/ILSI_Global))

Example Tweets

-  Interested in #aging gracefully? Meet the experts at #ICN2017 - www.ilsi.org/event/icn2017 #HealthyLiving @ILSI_Global @ILSIRF
-  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