IUNS International Workshop on Capacity and Leadership Development in Nutritional Sciences
Announcement

We are pleased to inform you that IUNS International Workshop on Capacity and Leadership Development in Nutritional Sciences will be held on December 11th and 12th this year. This workshop has been held three times in Tokyo so far in 2010, 2014, and 2017 and highly evaluated as a significant project. Most of the participants have been active in the research fields of food and nutritional sciences in each country.

As in the past IUNS workshops, we have organized the executive committee selecting members from co-host organizations, IUNS Committee of the Science Council of Japan, Japan Society of Nutrition and Food Science, The Japanese Society of Nutrition and Dietetics, and National Institute of Health and Nutrition, Japan, and proceeded with the planning of the workshop. Due to the prevalence of COVID-19, we decided to hold it online this time.

Participants will be asked to watch several video lectures related to food system and nutrition intervention for sustainable healthy diets in advance in November and attend the workshop online on December 11th and 12th. During the workshop, participants will be divided into 6 groups in breakout rooms and discuss each topic. Then, one of the representatives in each group will present the summary of discussion in the main room. Participants are expected to acquire latest knowledge on food and nutritional sciences through lectures and share their interests and country-specific issues through group works. We look forward to your active participation in the workshop.

Hitomi Kumagai
Chair, IUNS Committee of Science Council of Japan

Local Organizing Committee
INUS Committee of Science Council of Japan
Japan Society of Nutrition and Food Science
The Japanese Society of Nutrition and Dietetics
National Institute of Health and Nutrition, Japan
Theme  Food system and nutrition intervention for sustainable healthy diets

Objective
The main objective of the upcoming IUNS workshop is to develop capacity and leadership of young researchers in Asian regions, build network, and provide them with latest knowledge in the field of food and nutritional sciences.

Date  December 11th and 12th, 2021

Venue  Online

Participants
About 20 young researchers from Asian countries
About 10 young researchers from Japan
Executive committee members

Language  English

Participation fee  Free of charge

Video lectures  Video lectures will be distributed to participants in November.
1) Introduction of Sustainable Healthy Diets
   Lecturer:  Dr. Nobuo Nishi
2) Introduction of food system and the Food Systems Summit
   Lecturer:  Dr. Miwa Yamaguchi
3) Policies and strategies for creating healthy food environments in Japan
   Lecturer:  Dr. Fumi Hayashi
4) Toward implementation of precision nutrition
   Lecturer:  Dr. Hisanori Kato
5) Outline and current situation of nutrient profiling systems
   Lecturer:  Dr. Hisanori Kato
6) School lunch program in Japan and in Asian countries for reducing socioeconomic disparities and sustainable food system
   Lecturers:  Drs. Nobuko Murayama and Makiko Sekiyama
7) Japanese diet based on "The Japanese Food Guide Spinning Top" focusing on socioeconomic status
   Lecturer:  Dr. Kayo Kurotani
8) Making a commitment by Federation of Japanese Nutrition Societies based on the advantages and disadvantages of Japanese food
   Lecturers:  Drs. Kiyotaka Nakagawa, Yuki Manabe, and Hidemi Takimoto
9) How to make a commitment for the Tokyo Nutrition for Growth Summit 2021
   Lecturer:  Dr. Nobuo Nishi
Program

December 11th, Saturday
13:00 – 13:05 Opening remarks
13:05 – 13:20 Introduction of 22nd IUNS-ICN
13:20 – 13:30 Orientation
Group work in each breakout room
13:30 – 14:00 Self-introduction (5 min/person)
14:00 – 14:50 Country report (10 min/person)
14:50 – 16:30 Discussion

December 12th, Sunday
13:00 – 13:05 Orientation
13:05 – 14:50 Group work in each breakout room
14:50 – 15:00 Intermission
15:00 – 17:00 Presentation of group-work summary in the main room
   (15-min presentation and 5-min Q&A/each group)
17:00 – 17:05 Closing remarks

Group-work theme

Group A: Environmental-friendly and sustainable approaches for animal-protein intake
   Facilitators: Drs. Yuka Toyoshima and Yusuke Yamaguchi
   [Outline]
   This group will share and propose sustainable approaches to consume animal proteins
   since they have a lot of nutritional advantages of amino acid balance. Various
   approaches, such as cultured meat, insect diet and the development of new ways to
   improve absorption of protein in diets could be considered. We will make proposals to
   make a profit as a company.

Group B: The nutritional and functional characteristics of Japanese cuisine from the overseas
   viewpoint; proposing healthier, more sustainable and feasible diet
   Facilitators: Drs. Kayo Kurotani, Yurika Otoki
   [Outline]
   Aim at proposing a commitment that offers a healthier, more sustainable and feasible diet,
   based on a discussion of their own country’s diet in comparison to the Japanese diet,
   using Nutrition Profiling and dietary guidelines from other countries

Group C & D: Nutrition intervention focusing on sustainable and healthy diet based on national
   dietary guidelines
   [Outline]
   Focusing on national dietary guidelines, which are the basis of nutrition intervention,
   participants will propose a commitment toward nutritional intervention initiatives based
   on dietary guidelines considering sustainability as well as the health.
Group C: From the standpoint of government and a research institute
Facilitators: Drs. Fumi Hayashi and Nobuko Murayama

Group D: From the standpoint of a private company
Facilitators: Drs. Makiko Sekiyama and Miki Miyoshi

Group E: International policy recommendations for conversion of protein sources from animal to plant
Facilitator: Dr. Nobuo Nishi

Group F: International policy recommendations for strategies of salt reduction
Facilitator: Dr. Miwa Yamaguchi

[Outline]
Settings of groups E and F are as follows. Group members are supposed to be members of a board of directors at a public interest corporation (i.e., non-governmental organizations: NGOs). The members clarify the challenges at a country level and find their common causes at the global. Members then create a commitment to enlighten the awareness and propose international policy recommendations.

Executive committee members

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<thead>
<tr>
<th>Name</th>
<th>Affiliation</th>
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<tr>
<td>Fumi Hayashi</td>
<td>Kagawa Nutrition University</td>
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<td>Motoyuki Iemitsu</td>
<td>Ritsumeikan University</td>
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<td>Nobuya Inagaki</td>
<td>Kyoto University</td>
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<td>Hisanori Kato</td>
<td>The University of Tokyo</td>
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<td>Hitomi Kumagai</td>
<td>Nihon University</td>
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<td>Kayo Kurotani</td>
<td>Showa Women’s University</td>
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<td>Miki Miyoshi</td>
<td>Aomori University of Health and Welfare</td>
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<td>Nobuko Murayama</td>
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<td>Kiyotaka Nakagawa</td>
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<td>Yusuke Yamaguchi</td>
<td>Nihon University</td>
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Application  Please send application form with your photo and letter reference/recommendation from the head of the applicant’s affiliation/the applicant’s supervisor through the following form by September 30, 2021.
https://forms.gle/mD9EhYTLfpBxtiDC6

Secretariat e-mail  IUNS.Workshop2021@gmail.com