



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

IUNS 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

Name	Affiliation
Fumi Hayashi	Kagawa Nutrition University
Motoyuki Iemitsu	Ritsumeikan University
Nobuya Inagaki	Kyoto University
Hisanori Kato	The University of Tokyo
Hitomi Kumagai	Nihon University
Kayo Kurotani	Showa Women's University
Miki Miyoshi	Aomori University of Health and Welfare
Nobuko Murayama	University of Niigata Prefecture
Kiyotaka Nakagawa	Tohoku University
Nobuo Nishi	National Institute of Health and Nutrition, Japan
Yurika Otoki	Tohoku University
Makoto Shimizu	The University of Tokyo, Tokyo University of Agriculture
Makiko Sekiyama	National Institute for Environmental Studies
Asako Takenaka	Meiji University
Yuka Toyoshima	Utsunomiya University
Miwa Yamaguchi	National Institute of Health and Nutrition, Japan
Yusuke Yamaguchi	Nihon University

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