

NUTRITION & COGNITION



**TOWARDS RESEARCH AND APPLICATION
FOR DIFFERENT LIFE STAGES**

October 19 - 21, 2010

Renaissance Hotel, Kuala Lumpur, Malaysia

Organized by



International
Life Sciences
Institute (ILSI)
Southeast Asia
Region



The Nutrition
Society of
Malaysia

In collaboration with



Commonwealth
Scientific and
Industrial Research
Organisation

Background

Can what we eat affect the development of our brain and our cognitive functions? Cognitive functions refer to the complex processes by which we perceive, evaluate, store and use information from external sources (our environment) and internal sources (our experience, memory, thoughts, etc), and how we respond to this information. Advances in research have increasingly shown that nutrition may play a crucial role not only in the physiological development of our brain even before birth, but also the development of our cognitive functions, mental performance and behavior throughout life. Increased longevity in many societies leading to larger elderly populations has also spurred research on nutrition for maintenance of cognitive performance and prevention of cognitive degeneration.

Vitamins and minerals serve as precursors in the formation of neurotransmitters and the composition of nerve cells. Food also provides the needed energy for proper brain metabolism and function. The potential for nutrition intervention to influence cognitive development from prenatal conception to cognitive performance at the later life stages is of great interest to researchers, food and beverage producers as well as consumers. In this respect, there is the need to establish evidence-based benefits of nutrients and food components for optimizing cognitive functions that can be substantiated through appropriate assessments tools. However, despite the wide availability of methodologies and tools, many gaps and challenges remain in detecting and validating nutritional influences on cognitive functions.

Objectives

This comprehensive 2 1/2-day Symposium, will:

- Share the state-of-the-art knowledge on the relationship between nutrition and cognition
- Highlight current methodologies in assessing cognitive functions, and explore their applicability for different population groups and life stages
- Discuss issues relating to scientific substantiation of claims in the area of nutrition and cognition
- Consider consumer understanding of nutritional influences on cognition

While research in the developed countries is on the rise, nutrition and cognition is a newly emerging field of research in Asia. Through our global network, ILSI SEA Region will bring together scientists, researchers and experts in an exciting forum to initiate discussion, advance understanding, spur research and inspire applications, with specific focus on Asian populations.

Who Should Attend

Researchers, academia, dietitians, nutritionists, food industry personnel, government and regulatory officials, and those who wish to find out the current information on nutrition impact on cognition

Topics to be Covered

- Overview of cognition and the influencing factors of cognitive functions
- Role of nutrition in cognitive development from conception to childhood
- Role of nutrition in cognitive performance and cognitive degeneration in adult and elderly
- Assessment of nutritional impact on cognitive functions for different age groups
- Regulatory and industry perspectives in scientific substantiation of nutritional influences on cognition
- Consumer understanding on cognition and the role of nutrition on cognitive function

Poster Session

A poster session will provide researchers with an excellent opportunity and platform to share their research interests, and present their studies and findings. Those interested in presenting a poster are welcome to submit an abstract to the Symposium Secretariat by **October 4, 2010**. Please visit our website for abstract guidelines and submission details. Authors will be notified of the outcome of their submissions two-weeks after receipt of abstract. Posters of registered participants will be included at the symposium.



- ★ Presenters of accepted posters will enjoy a 10% discount on the Symposium registration fee.
- ★ Recognitions and awards will be awarded to selected best posters.

SYMPOSIUM PROGRAM

Day I – Tuesday, October 19, 2010

0730 – 0845 **Registration**

0845 – 0915 **Welcome and Opening Remarks**
Mrs Yeong Boon Yee, ILSI SEA Region
Dr Tee E Siong, Nutrition Society of Malaysia

Opening Plenary

0915 – 0950 **Cognition – Understanding the Concepts in Health and Disease**
Prof David Benton, University of Swansea, UK

0950 – 1025 **Cognitive Functions Across Life Stages: What Are the Influencing Factors?**
Prof J Steven Reznick, University of North Carolina at Chapel Hill, USA

1025 – 1100 **Morning Break / Posters and Exhibits Viewing**

Theme 1: Role of Nutrition in Cognitive Development

1100 – 1130 **Micronutrients and Cognitive Development: an Overview**
*Dr Saskia Osendarp, Unilever R&D Vlaardingen, The Netherlands **

1130 – 1200 **LC-PUFAs for Cognitive Development: from Pregnancy to Infancy and Beyond**
Dr Peter Willatts, University of Dundee, UK

1200 – 1230 **Effect of Maternal Nutrition on Offspring Brain Development**
Prof Namsoo Chang, Ewha Womans University, Korea

1230 – 1245 **Q&A**

1245 – 1415 **Lunch / Posters and Exhibits Viewing**

Regional Studies on Nutrition Status for Cognitive Development and Function in Children

1415 – 1445 **Indonesia and Australia: Nutrition Enhancement for Mental Optimization Study**
Dr Elvina Karyadi, Micronutrient Initiative, Indonesia

1445 – 1515 **India: Nutritional Intervention and Cohort Studies in School Children**
Prof Srinivasan Krishnamachari, St. John's Medical College & Research Institute, India

1515 – 1545 **Thailand: Micronutrients Supplementation Studies in Pregnant Mums, Infants and School Children**
Prof Pattanee Winichagoon, Mahidol University, Thailand

1545 – 1600 **Q&A**

1600 – 1630 **Afternoon Break / Posters and Exhibits Viewing**

Theme 2: Role of Nutrition in Cognitive Performance and Cognitive Degeneration

1630 – 1700 **Nutrient Requirements for Cognitive Function in Adult and Elderly**
*Prof Michael Fenech, CSIRO Food and Nutritional Sciences, Australia **

1700 – 1730 **Omega-3 and Dementia: Mechanism and Effects**
Prof Andrew Sinclair, Deakin University, Australia

1730 – 1740 **Q&A**

Day 2 – Wednesday, October 20, 2010

0830 – 0900 **Posters and Exhibits Viewing**

0900 – 0925 **Nutrition and Cognitive Ageing in Older Adults: Findings from the Singapore Longitudinal Ageing Studies**
Prof Ng Tze Pin, National University of Singapore, Singapore

0925 – 0950 **Nutritional and Dietary Risk Factors Related to Mild Cognitive Impairment among Elderly People in Malaysia**
Dr Suzana Shahar, Universiti Kebangsaan Malaysia, Malaysia

0950 – 1015 **Effects of Protein and Amino Acids on Cognitive Performance**
Dr Paramjeet Singh, Cerebos Pacific Limited, Singapore

1015 – 1030 **Q&A**1030 – 1050 **Morning Break / Posters and Exhibits Viewing**

1050 – 1120 **Functional and Herbal Substances: Effects on Cognitive Performance**
Prof Andrew Scholey, Swinburne University, Melbourne

1120 – 1150 **Role of Polyphenols on Cognitive Function in Adult and Elderly**
Prof Rachel Galli, Simmons College, USA / Dr Barbara Shukitt-Hale, USDA HNRCA at Tufts University, USA

1150 – 1215 **Functional Ingredients for Enhancing Cognitive Performance: Industry Perspectives on Pre-clinical Innovations**
Dr Rema Vazhappilly, Abbott Nutrition R&D, Singapore

1215 – 1230 **Q&A**1230 – 1345 **Lunch / Posters and Exhibits Viewing****Theme 3: Assessment of Cognitive Functions**

1345 – 1420 **Nutrition and Cognition - Methodological Approaches to Its Study**
Prof David Benton, University of Swansea, UK

1420 – 1450 **Assessing Cognitive Development in Infants and Young Children**
Prof J Steven Reznick, University of North Carolina at Chapel Hill, USA

1450 – 1520 **Adapting Cognitive Tests to Asian Children Population**
Prof Srinivasan Krishnamachari, St. John's Medical College & Research Institute, India

1520 – 1535 **Q&A**1535 – 1555 **Afternoon Break / Posters and Exhibits Viewing**

1555 – 1625 **Assessing Cognitive Improvement due to Nutritional Influences in Adult**
Dr Jeroen Schmitt, Nestlé Research Centre, Switzerland

1625 – 1655 **The Australian Imaging, Biomarker & Lifestyle Flagship Study of Ageing: Early detection and Intervention on Neurodegenerative Disease**
Dr Kathryn Ellis, University of Melbourne, Australia

1655 – 1730 **Panel Discussion : Consideration in Conducting Nutritional Research and Cognitive Assessment in the Region**

Day 3 – Thursday, October 21, 2010

Theme 4: Evidence-based Claims and Consumer Understanding on Cognition

0900 – 1045 **Perspectives on Claims Substantiation in the Area of Nutrition and Cognition**

European Union – *Dr Peter Willatts, University of Dundee, UK*

Australia – *Prof Richard Head, CSIRO Preventative Health Flagship, Australia*

Japan – *Prof Toshio Shimizu, Nagoya-bunri University, Japan*

Southeast Asia Region – *Dr Tee E Siong, TES Nutrihealth Consultancy, Malaysia*

1045 – 1105 **Q&A**1105 – 1125 **Morning Break**

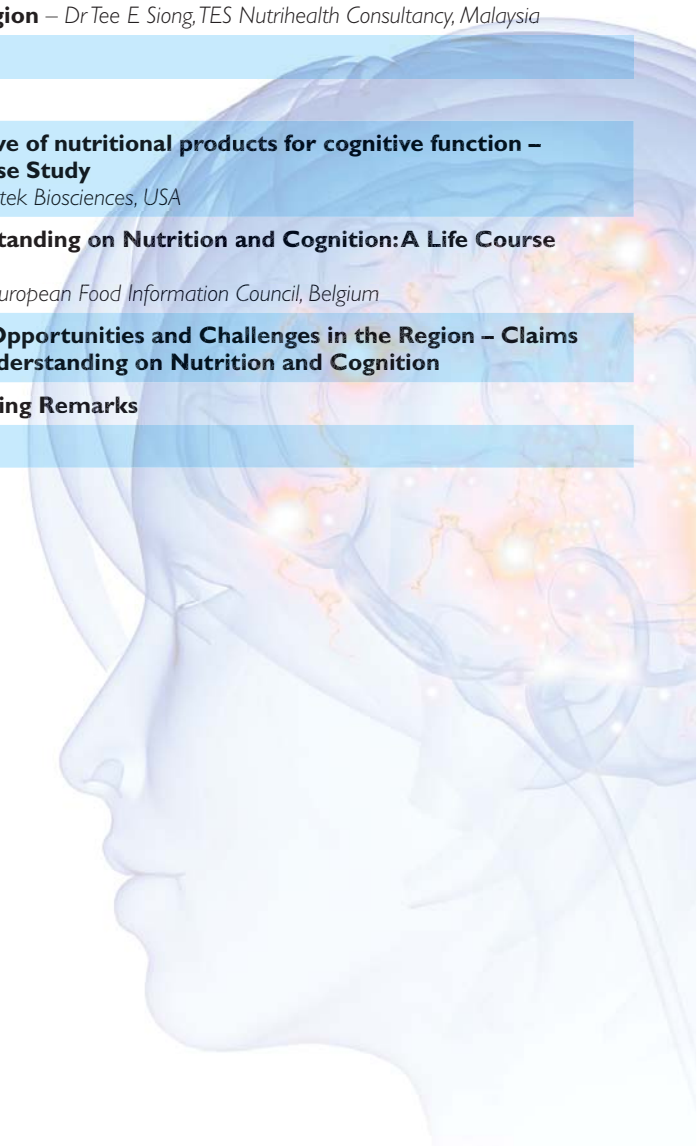
1125 – 1150 **Industry perspective of nutritional products for cognitive function – Omega-3's as a Case Study**
Dr James Astwood, Martek Biosciences, USA

1150 – 1215 **Consumer Understanding on Nutrition and Cognition: A Life Course Perspective**
Dr Josephine M Wills, European Food Information Council, Belgium

1215 – 1250 **Panel Discussion: Opportunities and Challenges in the Region – Claims and Consumer Understanding on Nutrition and Cognition**

1250 – 1300 **Synthesis and Closing Remarks**1300 – 1400 **Lunch**

*The 2 papers will be presented via video



About the Organizers and Collaborator

ILSI Southeast Asia Region

The International Life Sciences Institute (ILSI) is a non-profit, worldwide foundation based in Washington, DC, USA, established in 1978 to advance the understanding of scientific issues relating to nutrition, food safety, toxicology, risk assessment and the environment. ILSI accomplishes its work through its Branches and the ILSI Research Foundation.

Established in 1993, ILSI Southeast Asia Region (ILSI SEA Region) facilitates and coordinates scientific programs, research and information dissemination in ASEAN, Australia, New Zealand and the Pacific Islands. By bringing together scientists from academia, government, industry and the public sector, ILSI seeks a balanced approach to solving problems of common concern for the well-being of the general public. ILSI receives financial support from industry, governments, and foundations.

Nutrition Society of Malaysia

Established in 1985, the Nutrition Society of Malaysia (NSM) is a non-profit organization that facilitates networking among its 500 professional members, organizes annual scientific conferences and scientific update sessions, and publishes a peer-reviewed scientific journal. NSM has also conducted several major child, family and women's nutrition education programs.

Commonwealth Scientific and Industrial Research Organisation

The Commonwealth Scientific and Industrial Research Organisation (CSIRO), is Australia's national science agency and one of the largest and most diverse research agencies in the world. Its research spans the innovation spectrum from undertaking fundamental research to the application of scientific knowledge to current business issues.

CSIRO's Flagships bring together teams of leading researchers from CSIRO, universities, industries and other research organizations to focus significant resources on the most critical challenges facing Australia and the world. The Flagships, including Food Futures and Preventative Health National Research Flagships, are striving for life-changing breakthroughs in essential areas including water, energy, health, food, light metals and the oceans.

Scientific & Organizing Committee

Prof David Benton, UK

Dr Peter Willatts, UK

Dr Saskia Osendarp, Netherland

Prof Rachel Galli, USA

Prof Richard Head, Australia

Prof Michael Fenech, Australia

Prof Khor Geok Lin, Malaysia

Dr Tee E Siang, Malaysia

Dr Vongsvat Kosulwat, Thailand

Dr Seiji Aoyagi, Singapore

Dr Allan Lim, Singapore

Mrs Yeong Boon Yee, ILSI SEA Region

Ms Pauline Chan, ILSI SEA Region

Ms Mia Isabelle, ILSI SEA Region

Registration

Register your participation by completing the registration form and returning it to the Symposium Secretariat. Registration form is available at our website.

REGISTRATION FEE	INDUSTRY	ACADEMIA & GOVERNMENT
Local Participant	RM 1350	RM 950
International Participant	USD 550	USD 350

* The registration fee includes participation in all scientific sessions, exhibit sessions, symposium materials, luncheon, and all refreshment breaks. There will be no refund for cancellation; substitutions can be made at no charge.

Payment of Registration Fee

Payment in US Dollar (USD)

- Payment by Singapore-drawn cheque or bank draft
- Cheque or Bank Draft should be made payable to 'ILSI Southeast Asia Region' and sent to:

ILSI Southeast Asia Region
9 Mohamed Sultan Road #02-01
Singapore 238959

- Bank information for payment via telegraph transfer to the following account:

ILSI Southeast Asia Region
DBS Bank - Towner Road Branch
6 Shenton Way
DBS Building Tower 2
Singapore 068809
Swift Code: DBSSSGSG
Acc. No.: 0024-000315-01-2

- Please remit the exact amount (nett of all bank charges) to the account.

Payment in Malaysian Ringgit (RM)

- Only participants residing in Malaysia may make payment in Malaysian Ringgit.
- Payment can be made by cheque or postal order made payable to 'TES NutriHealth Strategic Consultancy' and sent to:

TES NutriHealth Strategic Consultancy
46 Jalan SS22/32
47400 Petaling Jaya,
Selangor DE, Malaysia
Tel: 03-77 287 287 Fax: 03-77 287 426
Email: nutrihealth.tes@myjaring.net

- Outstation cheques should include the required commissions. Government agencies may make payment through local purchase order (LPO).
- Bank information for direct bank transfer to the following account:

TES Nutrihealth Strategic Consultancy
Public Bank Berhad
Acc. No: 3-1262468-29

Venue & Accommodation

The Symposium will be held at the **Renaissance Kuala Lumpur Hotel**, Malaysia.

Special room rates have been arranged at RM260++/RM300++ for a single/double superior room and RM300++/RM340++ for a single/double deluxe room. The rates are subject to 10% service charge and 5% government tax. Rates are inclusive of daily buffet breakfast. Please visit the Symposium website for more details and to make your room reservation.

Symposium Secretariat Office

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