

# **Symposium on Nutrition and Cognition**

## **Towards Research and Application for Different Life Stages**

**October 19 - 21, 2010**  
**Renaissance Hotel, Kuala Lumpur, Malaysia**

### **Day 1 – 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, Swansea University, UK*

0950 - 1025 **Cognitive Functions Across Life Stages: What Are the Influencing Factors?**  
*Prof 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 Food and Health Research Institute, Netherland (via video conference)*

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 (TBC)*
- 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 **Nutrition Status 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 Cognitive Performance: Industry Perspective on Pre-clinical Innovations**  
*Dr Rema Vazhappilly, Abbott Nutrition Research and Development, 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, Swansea University, UK*
- 1420 – 1450 **Assessing Cognitive Development in Infants and Young Children**  
*Prof 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 – 0930 **European Perspective on Claims Substantiation in the Area of Nutrition and Cognition**  
*Dr Peter Willatts, University of Dundee, UK*
- 0930 – 1040 **Regional Perspective on Claims Substantiation in the Area of Nutrition and Cognition**
- Australia
  - Japan
  - Southeast Asia Region
- 1040 – 1100 **Q&A**
- 1100 – 1120 **Morning Break**
- 1120 – 1145 **Industry perspective of nutritional products for cognitive function – Omega-3's as a Case Study**  
*Dr James Astwood, Martek Biosciences, USA*
- 1145 – 1210 **Consumer Understanding on Nutrition and Cognition: A Life Course Perspective**  
*Dr Josephine M Wills, European Food Information Council, Belgium*
- 1210 – 1250 **Panel Discussion**  
**Opportunities and Challenges in the Region: Claims and Consumer Understanding on Nutrition and Cognition**
- 1250 – 1300 **Synthesis and Closing Remarks**
- 1330 – 1430 **Lunch**

#### Organizer



International Life Sciences  
Institute (ILSI)  
Southeast Asia Region

#### Co-organizer



The Nutrition Society of  
Malaysia

#### Collaborator



Commonwealth Scientific  
and Industrial Research  
Organisation