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LONGEVITY AND HEALTHY AGEING: WHAT CAN WE LEARN FROM BLUE ZONES?

OKINAWA, JAPAN MAY 12-13TH 2023

Congress venue: [Okinawa Institute of Science and Technology](#)

FRIDAY MAY 12th 2023

- 08:30-08:40 **Welcome to Okinawa**(Yasuhiro "Denny" TAMAKI, Governor of Okinawa Prefecture)
- 08:40-08:50 **Journal of Internal Medicine and the Royal Swedish Academy of Sciences**(Bo Angelin, Karolinska Institute, Stockholm, Sweden; Editor-in-Chief, Journal of Internal Medicine)
- 08:50-09:00 **Introduction** (Olle Melander, Lund University, Sweden, Editor, Journal of Internal Medicine)
- Epidemiological insights of longevity and healthy ageing**(09:00-14:00) (15+5 min talks)
- 09:00-09:30 "The Okinawa Centenarian Study; longevity and challenges related to a westernizing society" Makoto Suzuki, Okinawa Research Center for Longevity Science, Okinawa, Japan
- 09:30-09:50 "Drug modifiable mechanisms of longevity- from non-vertebrates to mammals and humans?" Brian Kennedy, National University of Singapore, Singapore
- 09:50-10:10 "Genetic and environmental determinants of longevity-The New England Centenarian Study" Thomas Perls, Boston University School of Medicine, Boston, MA, USA
- 10:10-10:35 Break
- 10:35-10:55 "The gut microbiome- key to longevity and healthy ageing" Rob Knight, UCSD, San Diego, CA, USA
- 10:55-11:15 "Cognitively healthy centenarians- the Dutch 100-plus study" Henne Holstege, UMC, Amsterdam, Netherlands
- 11:15-11:35 "Mediterranean Diet and healthy ageing; The Cilento Study of Ageing" Salvatore di Somma, Sapienza University, Rome, Italy
- 11:35-11:55 "A new approach to healthy ageing studies - Using digital devices in studies of the elderly" Akiko Kishi Svensson and Thomas Svensson, the University of Tokyo, Tokyo, Japan
- 11:55-13:00 Lunch
- 13:00-13:20 "The epigenetic clock and healthy ageing" Steve Horvath, UCLA, Los Angeles, CA, USA
- 13:20-13:40 "Twenty years of research on the Blue Zones. An update" Giovanni Pes, University of Sassari, Sassari, Italy
- 13:40-14:00 "Exceptional longevity in Okinawa: the more recent trends" Michel Poulain, University of Leuven, Leuven, Belgium
- 14:00-14:25 Break
- Mechanisms behind longevity and healthy ageing** (14:25-15:25) (15+5 min talks)
- 14:25-14:45 "Clues to longevity from the Hawaii Life span studies" Bradley Willcox, Hawaii University, Honolulu, HI, USA
- 14:45-15:05 "Macronutrients, ageing and the Okinawa ratio" David Le Couteur, University of Sydney, Sydney, Australia
- 15:05-15:25 "Genomic and metabolomic profiles as causes of longevity" Joris Deelen, Max Planck Institute for biology of Ageing, Köln, Germany
- 15:25-15:30 **Day 1 Closing remarks** (Olle Melander, Lund University, Sweden)



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Congress Secretariat

Okinawa Congress Corporation

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SATURDAY MAY 13th 2023

Promotion of healthy ageing in the elderly(09:00-10:20) (15+5 min talks)

- 09:00-09:20 "Quality ageing of the locomotion system" Noriko Yoshimura, The University of Tokyo, Tokyo, Japan
- 09:20-09:40 "Patient-Centered Deprescribing Interventions to Reduce Polypharmacy and Promote Healthy Aging" Sandra Simmons, Vanderbilt University, Nashville, TN, USA
- 09:40-10:00 "Mobility Interventions for promotion of healthy ageing in Frail Elderly in the Hospital and Nursing home" John Schnelle, Vanderbilt University, Nashville, TN, USA
- 10:00-10:20 "Medication reconciliation in several multi-site studies, reduction of medication errors" Amanda Mixon, Vanderbilt University, Nashville, TN, USA
- 10:20-10:45 Break

Interventions and life-style change promoting longevity and healthy ageing(10:45-12:05) (15+5 min talks)

- 10:45-11:05 "Diet strategies for promoting of longevity and healthy ageing" Frank Hu, Harvard Medical School, Boston, MA, USA
- 11:05-11:25 "Changing from a red zone towards a blue zone-The North Karelia Project" Erkki Vartiainen, Finnish Institute for Health and Welfare, Helsinki, Finland
- 11:25-11:45 "A healthy liver, key to longevity and healthy ageing?" David Brenner, UCSD, San Diego, CA, USA
- 11:45-12:05 "Senolytic drugs for longevity and healthy ageing- data from rodents and translation to humans" James Kirkland, Mayo Clinic, Rochester, MN, USA

12:05-13:00 Lunch

Continued: Interventions and life-style change promoting longevity and healthy ageing

(13:00-15:00) (15+5 min talks)

- 13:00-13:20 "Promotion of the physical and mental health of older adults in order to build a society of healthy longevity" Hidenori Arai, The National Center for Geriatrics and Gerontology, Japan
- 13:20-13:40 "Telomere length as a cause of healthy ageing and therapeutic potential of stem cells" Richard Allsopp, University of Hawaii, Honolulu, HI, USA
- 13:40-14:00 "What have we learned about interventions and lifestyle change from a half century of research on healthy aging and longevity in Okinawa and other longevity hotspots?" Craig Willcox, Okinawa Research Center for Longevity Science, Okinawa, Japan
- 14:00-15:00 **Summary/discussion**