ILSI Japan Breakfast Meeting

2014 ILSI Annual Meeting
Fairmont Southampton, Bermuda
January 21st, 2014
Meeting Agenda

Welcome

1. About ILSI Japan
2. 2013 Accomplishments & 2014 Plans
3. Reports from the Highlights in 2013
   3-1. ILSI Japan/MAFF Project on “Investigation of Legal Framework on Foods and Food Additives in Asian Countries”
   3-2. ILSI Japan CHP Activities to Benefit Society
4. Discussions & Comments

Closing
Established: 1981
Chairman: Shuichi Kimura Ph. D.
President: Tohru Nishiyama Ph.D.
Executive Director: Ryuji Yamaguchi
No. of staffs: 17 (8 full-time, 9 part-time)
No. of members: 65 (2 new, 4 lost)
Website: www.ilsijapan.org (Jap. / Eng.)
ILSI Japan Organization (simplified) as of January 2014

**Board of Trustees (15)**
[Executive Committee (8)]

- **Food Safety Research Committee (90)**
  - Safety Information Research
  - Food Microorganisms
  - Food Allergy
  - Risk Assessment
  - Flavour

- **Nutrition and Health Research Committee (60)**
  - Nutrition (incl. Nutrition, Obesity WGs)
  - Carbohydrates (incl. G.R. WG)
  - Tea Information WG

- **Food Functionalities Research Committee (45)**
  - ILSI Japan-Endowed Chair of Functional Food Science and Nutrigenomics (22)
  - Functional Foods TF (23)

- **CHP(Center for Health Promotion) (10)**
  - Project PAN
  - Project IDEA
  - Project SWAN

- **Biotechnology Research Committee (31) Plant TF**
  - Environmental Risks Assessment
  - Protein Allergenicity
  - Biotechnology Detection Methods

- **ILSI Japan Project Foundation Committee**

- **International Cooperation Committee (27)**

- **Publication & Scientific Information Committee (6)**
ILSI Japan 2013 Accomplishments(1)

Highlights: - Branches Collaboration –

1. The 5th BeSeTo Meeting organized by ILSI F.P. China with Korea & Japan in Beijing (September)
2. “International Conference on Regulatory Framework and Case Studies of Food and Food Additives in India, Bangladesh, Nepal, and Sri Lanka” with ILSI India, F.P. China, Korea and SEAR (February)
3. “Risk Assessment in the 21st Century” organized by ILSI HESI (July)
4. Symposium on “The Environmental Risk Assessment of Living Modified Organisms Imported for Food, Feed and Processing” co-organized by ILSI CERA (May)
5. “Conference on Healthy Aging in Asia” organized by ILSI SEAR (March)
ILSI Japan 2013 Accomplishments(1-1)

Highlights: - Branches Collaboration -

- The 5th BeSeTo Meeting organized by ILSI F.P.China with Korea & Japan in Beijing (September 10th-11th)
The 5th ILSI BeSeTo Meeting on Food/Nutrition Safety & Workshop on Regulatory Requirements of Nutrition Labelling, organized by ILSI F.P. China with Korea & Japan, and Taiwan and SEAR as an observer (Beijing, September 10th-11th)

September 10th

Workshop on Regulatory Requirements of Nutrition Labelling

- Nutrition Policy and Nutrition Labelling of Korea: Korea FDA
- Perspective of Nutrition Labelling Systems in Japan: Consumer Affairs Agency
- China National Standards on Nutrition Labeling: National Centre for Food Safety Risk Assessment
- Nutrition Labelling in SE Asia – regulatory status
- Plenary discussion
September 10th

Round table discussion on Nutrition Labelling Regulations/Standards

Updates on changes of national food control system
- China: National Food Control System
- Korea: Updates on the Changes of National Food Control system in Korea
- Japan: Background history of current Ingredient Labelling for Foods containing Allergen

Food Safety Issues and/or Incidents
- China: Snapshot of Food Safety Issues/Event 2012-2013
- Korea: Occurrence of Caffeine in Energy Drinks
- Japan: Recall of Oolong Tea Bag due to Violation of Pesticide MRL
Update on Issues/Events on Risk Assessment

- China: - Two Cases of Risk Assessment in China
- Korea: - Risk Assessment on Food Contaminants in Korea
- Japan: - Risk Management of Aluminum Intake through Food Additives in Japan
  - MHLW’s Response to Foods Treated By Peracetic Acid Preparations

Regulatory Issues-New/revised Regulations/Guidelines

- China : - Regulation Change in China
- Korea : - Food Additives are SAFE for USE – Reclassification of Korean Food Additives Code- Plan of Korea Government
- Japan : - Food Additive Regulation in Japan Update since Sep. 2012

Japan MAFF project

Future collaboration
ILSI Japan 2013 Accomplishments (1-2)

Highlights: - Branches Collaboration -

“International Conference on Regulatory Framework and Case Studies of Food and Food Additives in India, Bangladesh, Nepal, and Sri Lanka” (February 20th)
International Conference on Regulatory Framework and Case Studies of Food and Food Additives in India, Bangladesh, Nepal, and Sri Lanka” (February 20th)
ILSI Japan 2013 Accomplishments (1-3)

Highlights:

- Branches Collaboration

ILSI HESI Workshop

“RISK Assessment in the 21st Century” (July 5th)

Session 1: Chemical Risk Assessment in Japan; Current Status, Challenges and Opportunities

Session 2: RISK21; Accurate, Resource Appropriate Risk Assessment

Session 3: Bringing Innovation in Risk Assessment; Incentives and Hurdles
ILSI Japan 2013 Accomplishments(1-4)

Highlights: - Branches Collaboration -

The Environmental Risk Assessment of Living Modified Organisms Imported for Food, Feed and Processing

Date & Time: May 24th (Fri), 2013  18:20-20:30
Place: Otemachi First Square Conference (Tokyo) Room B
Organizer: ILSI CERA(Center for Environmental Risk Assessment), ILSI Japan
Co-Organizer: Gene Research Center University of Tsukuba, The LMO Committee of Japanese Society of Breeding
Opening Remarks  Dr. Tohru Nishiyama (President, ILSI Japan)

Why are problem formulation and protection goals so important to environmental risk assessment?  Dr. Andrew Roberts (CERA/ILSI Research Foundation, USA)

ERA of LMOs for food, feed and processing in the European Union
  Dr. Hans Bergmans (National Institute of Public Health and the Environment, Netherlands)

ERA of LMOs for food, feed and processing in Mexico: the case of genetically modified maize
  Dr. Sol Ortiz-Garcia (International Commission of Biosafety and Genetically Modified Organisms, Mexico)

ERA of LMOs for food, feed and processing in Japan
  Dr. Shinobu Satoh (Faculty of Life and Environmental Sciences, University of Tsukuba)

Panel Session Q & A
  Moderator: Dr. Ryo Ohsawa (Faculty of Life and Environmental Sciences, University of Tsukuba)

Close of Symposium  Dr. Kenichi Hayashi (ILSI CERA)
ILSI Japan 2013 Accomplishments(2)

Highlight: - Research Committee

- The 5th International Conference on O-CHA (Tea) Culture and Science/ILSI symposium (November)
- Workshop on NBT for Regulatory Considerations Program (October)
The 5th International Conference on O-CHA (Tea) Culture and Science/ILSI symposium (November 7th, Shizuoka)

Introduction and activities of ILSI Japan

Yuji Sugisaki (ILSI-Japan)

Americans Seeking The Health Benefits of Green Tea

Rona Tison (ITO EN North America INC., USA.)

Green Tea Production in India – Present and Future

Subhash C. Barua (Dept. of Tea Husbandry & Technology, Assam Agril. University, Jorhat, India)

Review of epidemiological reports on health effect of green tea in the liver

Masayuki Suzuki (ILSI Japan Tea Task Force, Japan)
**ILSI Japan 2013 Accomplishments(2-2)**

**Workshop on NBT for Regulatory Considerations Program**

**Date & Time:** October 15th (Tue), 2013 13:00-18:15  
**Place:** Station Conference Tokyo, Japan  
**Organizer:** ILSI Japan, The LMO Committee of Japanese Society of Breeding, The 160 &178 Committee of the Japan Society for the Promotion of Science, and Gene Research Center University of Tsukuba
Opening remarks

Session I: Progress in NBT/ Chair;

Overview of NBT and regulatory considerations

A Case examples of plant breeding using NBT Applications

Use of plant RNA virus vectors for plant breeding
Session II: Regulatory considerations/Chair; Prof. Ryo Ohsawa, (University of Tsukuba)
New Breeding Techniques and regulatory considerations in Australia
Prof. Andrew Bartholomaeus (University of Canberra)
US Regulatory Framework and its Implications to the New Breeding Techniques.
Prof. Masashi Tachikawa (University of Ibaragi)

Session III: Panel Discussion/Chair; Prof. Hiroshi Kamada,
(University of Tsukuba)

All speakers and chairs
Closing remarks: Prof. Hitoshi Mori (University of Nagoya,
Vice chairman The 178 Committee of the Japan Society for the Promotion of Science)
ILSI Japan 2013 Accomplishments (3)

Publications:

- ILSI Japan Journal, #112-115 (quarterly, in Japanese with English abstracts)

- Nutrition Reviews, #79-82 (in Japanese, quarterly issues selected from original monthly issues)
ILSI Japan 2014 Plans (1)

Highlights:

- Life Science Symposium “Fresh dimension of behavior modification which links to stretch of health life expectancy” (February 20th, Tokyo)

- 5th Term: ILSI Japan/MAFF Project on “Investigation of Commodity Food Standards and Analytical Methods in Asia”

- IUNS International Workshop on Capacity and Leadership Development in Nutrition Sciences (March 11th-13th, Tokyo)

- Wrap-up meeting of Second term of the ILSI Japan-University of Tokyo Endowed Chair on Functional Food and Nutrigenomics (June, Tokyo)

- Present Knowledge in Nutrition (Japanese-language edition)
ILSI Japan 2014 Plans (1-1)

- Life Science Symposium "Fresh dimension of behavior modification which links to stretch of health life expectancy" (February 20th, Tokyo)

- Physical activity standard 2013 in health
- Health literacy in stretch of health life expectancy
- Physical exercise by each life-stage based on Chrono-nutrition
- Acquisition and Modification of Taste and Preference in life stage, and Health literacy
- Search for mechanism of a stretch of health life expectancy by physical activity
ILSI Japan 2014 Plans (1-2)

5th Term: ILSI Japan/MAFF Project on “Investigation of Commodity Food Standards and Analytical Methods in Asia”

✓ Application for the 5th Term project submitted in May, approved in August, 2013
✓ To make and maintain its database for reference
✓ To expand the country to investigate in remaining ASEAN countries, Myanmar, Cambodia, Laos and Brunei, and Taiwan
✓ To have the 5th International Workshop and Roundtable Discussions on Food Safety and Standards in Myanmar (March 4th-5th, Myanmar)
IUNS International Workshop on Capacity and Leadership Development in Nutrition Sciences (March 11th-13th, Tokyo)

Theme: Achieving the global nutrition and NCD targets by 2025

Promotion of a healthy diet to combat the double burden of undernutrition, obesity and diet-related NCD

The 6th Asian Network Symposium on Nutrition organized by National Institute of Health and Nutrition

Improvement of social environment for healthy diet
Wrap-up meeting of Second term of the ILSI Japan-University of Tokyo Endowed Chair on Functional Food and Nutrigenomics (June, Tokyo)

- The wrap-up meeting is planed to be held in coming June.
  ✓ The achievement of the second 5yrs-term activity will be presented
  ✓ The outlook of the third 5yrs-term will be also provided from the members.
10th edition of PKN (Japanese-language edition)

1. 10th edition
   1) Price 25,000 yen
   2) Expected Sales Numbers 750 copies

2. Schedule
   1) First editorial meeting January, 2013
   2) To ask translation March, 2013
   3) Deadline of draft manuscript July, 2013
   4) Editing task February, 2014
   5) Scheduled for publication March, 2014
Notice!

The 7th International Conference on “Nutrition and Aging”

● General information
  – Autumn, 2015 (Tokyo, Japan)

● Main theme and session topics
  – *To stretch our healthy life expectancy*
    ✓ Traditional Japanese cuisine (Intangible Cultural Heritage)
    ✓ Effects of a diet on mental health
    ✓ Longevity and intestinal microorganism
    ✓ Optimization of nutritional status beyond generations
    ✓ Physiology of “Physical inactivity” (Physical activity and Nutrition)

● 1st circular and website (ILSI Japan) will be available soon.
Thank you for your attention!
ILSI Japan / MAFF Project and Collaboration with Asian Branches

2014 ILSI Annual Meeting,
Fairmont Southampton, Bermuda
H. Hamano, ILSI Japan
Overall Objectives:

- To investigate Legal Framework on Foods and Food Additives in Asian Countries for the purpose of supporting food industry to expand overseas businesses in the fast-growing markets of emerging countries.
- To facilitate harmonization of food regulations/standards and fair trade, and further to help secure food safety within Asian region.
- To build close communication/collaboration within Asian branches.
# ILSI Japan / MAFF Project

Funded by Ministry of Agriculture, Forestry and Fisheries (MAFF), Japan

<table>
<thead>
<tr>
<th>Term</th>
<th>Duration</th>
<th>Topics</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Term</td>
<td>June 2009 – March 2010</td>
<td>- Legal Framework on Foods;</td>
</tr>
<tr>
<td></td>
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<td>- Commodity Food Standards for Instant Noodles, Carbonated Soft Drinks,</td>
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<td>Prepared Frozen Foods and Cow’s Milk;</td>
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<td>- Codex, Japan, Korea, China, Malaysia, Singapore, the Philippines</td>
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<tr>
<td>2nd Term</td>
<td>June 2010 – March 2011</td>
<td>+ Methods of Analysis;</td>
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<td>+ Indonesia, Thailand and Vietnam</td>
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<td>3rd Term</td>
<td>July 2011 – March 2012</td>
<td>+ Legal Framework on Food Additives;</td>
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<tr>
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<td>All Countries listed in the above</td>
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<tr>
<td>4th Term</td>
<td>August 2012 – March 2013</td>
<td>+ India, Bangladesh, Nepal and Sri Lanka;</td>
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<td>All Items Investigated in the above;</td>
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<td>Web-search System of the Information Collected</td>
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<td>Codex</td>
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<td>Japan</td>
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<td>Korea</td>
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<td>Taiwan</td>
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<td>ASEAN</td>
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<td>Malaysia</td>
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<td>The Philippines</td>
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<td>Singapore</td>
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<td>Indonesia</td>
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<td>2009, 2010</td>
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<td>Bangladesh</td>
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<td>Nepal</td>
<td>2012</td>
<td>2012</td>
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<td>Sri Lanka</td>
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</tbody>
</table>
The 5th ILSI Japan / MAFF Project

5th Term Project (September 2013 – March 2014):

- All countries investigated and further expand to Brunei, Cambodia, Laos, Myanmar and Taiwan
- Web-search System of the information collected and updated (1st to 5th Term)
- Workshop and Roundtable Discussions on Food Safety and Standards: March 4&5, 2014, Yangon in Myanmar
Investigation Format for Regulations on Nutrition Labelling and Nutrition / Health Claims
Codex STANs/GLs on Nutrition Labelling/Health Claims

- **General Standard for the Labelling of Prepackaged Foods** (CODEX STAN 1-1985)
  - Adopted 1985, Last amended 2010
  - Scope, Definitions, General Principles, Mandatory Labelling, Additional Mandatory Requirements, Exemptions/Optional Labelling

- **General Guidelines on Claims** (CAC/GL 1-1979)
  - Adopted 1979, Revised 1991, Amended 2009
  - Scope & General Principles, Definition, Prohibited/Misleading/Conditional Claims

- **Guidelines on Nutrition Labelling** (CAC/GL 2-1985)
  - Scope, Definitions, Nutrient Declaration (NRVs), Legibility, Suppl. Nutrition Info.

  - Scope, Definitions, Nutrition Labelling, Nutrition Claims, Nutrient Content Claims (Low/Free, Source/High), Comparative Claims, Non-addition Claims, Health Claims, Claims related to Dietary Guidelines or Health Claims

- **Guidelines for Vitamin and Mineral Food Supplements** (CAC/GL 55-2005)
  - Adopted 2005; Preamble, Scope, Definitions, Composition, Packaging, Labelling
<table>
<thead>
<tr>
<th>Nutrition Labelling</th>
<th>Codex</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrient Reference Values (Definitions, NRVs-R/-NCD)</td>
<td>CAC/GL 2-1985 Article 2.5</td>
<td>Definitions for NRVs List of NRVs</td>
</tr>
<tr>
<td>Nutrient Declaration (Application: Mandatory or Voluntary)</td>
<td>Article 3.1 Mandatory</td>
<td>Voluntary, Mandatory when nutrition/health claims made</td>
</tr>
<tr>
<td>Food Categories Applied</td>
<td>All Prepackaged Foods</td>
<td>All prepackaged foods</td>
</tr>
<tr>
<td>Exemptions (Food Categories)</td>
<td>National Authority</td>
<td>Not applicable</td>
</tr>
<tr>
<td>(Size of Food Business Operators)</td>
<td>National Authority</td>
<td>Not applicable</td>
</tr>
<tr>
<td>Listing of Nutrients (Nutrients, Order)</td>
<td>Article 3.2</td>
<td>Energy, Protein, Fat, Carbohydrate (Available Carbohydrate and D.F.) and Sodium</td>
</tr>
<tr>
<td>Optional Ingredients</td>
<td>Article 3.2.2</td>
<td>Any other nutritional constituent</td>
</tr>
</tbody>
</table>
## Investigation Format for Nutrition Labelling Regulations-1.2

<table>
<thead>
<tr>
<th>Nutrition Labelling</th>
<th>Codex</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Presentation of Nutrient Content</strong></td>
<td>Article 3.4</td>
<td>Per 100g/ml, Per package</td>
</tr>
<tr>
<td><em>(Expression per 100g/ml or serving or package)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>(Expression in Exact values or Ranges)</strong></td>
<td></td>
<td>Exact values / Range</td>
</tr>
<tr>
<td><strong>(Analysis or Calculation Basis)</strong></td>
<td></td>
<td>Analysis Calculation basis allowed</td>
</tr>
<tr>
<td><strong>Use of Food Composition Table/Database for Presentation of Nutrients</strong></td>
<td></td>
<td>Allowed</td>
</tr>
<tr>
<td><strong>Food Composition Table/Database for Presentation of Nutrients</strong></td>
<td></td>
<td>Japanese Food Composition Table</td>
</tr>
<tr>
<td><strong>Calculation of Nutrients (Energy/Protein/Carbohydrate/Fat)</strong></td>
<td>Article 3.3</td>
<td>Identical to Codex Guidelines</td>
</tr>
<tr>
<td><strong>Tolerances and Compliances (Tolerance Limits)</strong></td>
<td>Article 3.5</td>
<td>Values plus/minus 20%, Specific tolerations defined for certain nutrients, such as V.C</td>
</tr>
<tr>
<td><strong>Specific Features of Presentation (Format, %NRV Labelling)</strong></td>
<td>Article 3.4.4, 4.2</td>
<td>Tabular format No %NRV labelling applied</td>
</tr>
<tr>
<td><strong>(Front of Package Labelling, FOP)</strong></td>
<td>Article 3.4.4, 4.2</td>
<td>No FOP labelling applied</td>
</tr>
</tbody>
</table>
## Investigation Format for Nutrition Labelling Regulations-1.3

<table>
<thead>
<tr>
<th>Nutrition Labelling</th>
<th>Codex</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administrations/Compliances for Nutrition Labelling (Governing Authorities/Agencies)</td>
<td>Competent Authorities</td>
<td>Consumer Affairs Agency Local Governments</td>
</tr>
<tr>
<td>Inspections and Penalties</td>
<td></td>
<td>Periodical inspections Penalties defined</td>
</tr>
</tbody>
</table>
# Investigation Format for Nutrition Claims Regulations

<table>
<thead>
<tr>
<th>Nutrition Claims</th>
<th>Codex</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relevant Laws/Regulations</td>
<td>CODEX STAN 1-1985</td>
<td>Food Sanitation Act (1947)</td>
</tr>
<tr>
<td></td>
<td>CAC/GL 1-1979</td>
<td>Health Promotion Act (2002)</td>
</tr>
<tr>
<td>Definitions (Nutrient Content/Comparative Claims)</td>
<td>CAC/GL 23-1997</td>
<td>Identical to Codex Guidelines</td>
</tr>
<tr>
<td>Nutrient Content Claims</td>
<td>Article 5</td>
<td>Conditions defined</td>
</tr>
<tr>
<td>Nutrient Comparative Claims</td>
<td>Article 6</td>
<td>Conditions defined</td>
</tr>
<tr>
<td>Non-addition Claims (Non-addition of Sugars/Sodium Salts)</td>
<td>Article 7</td>
<td>Conditions defined</td>
</tr>
<tr>
<td>Administrations/Compliances for Nutrition Claims (Governing Authorities/ Agencies)</td>
<td>Competent Authorities</td>
<td>Consumer Affairs Agency</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Local Governments</td>
</tr>
<tr>
<td>Inspections and Penalties</td>
<td></td>
<td>Periodical Inspections Penalties defined</td>
</tr>
</tbody>
</table>
## Investigation Format for Health Claims Regulations-3.1

<table>
<thead>
<tr>
<th>Health Claims</th>
<th>Codex</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Definitions (Collective Name of Foods with Health Claims, if applicable)</td>
<td>Article 2</td>
<td>Foods with Health Claims (FHC)</td>
</tr>
<tr>
<td>Nutrient Function Claims (Collective Name of the Foods, if applicable)</td>
<td>Article 2</td>
<td>Foods with Nutrient Function Claims (FNFC)*, applicable to all prepackaged foods including Tablet or Capsule type of products</td>
</tr>
<tr>
<td>Other Function Claims (Collective Name of the Foods, if applicable)</td>
<td>Article 2</td>
<td>Foods for Specified Health Uses (FOSHU)**, applicable to all prepackaged foods</td>
</tr>
<tr>
<td>Reduction of Disease Risk Claims (Collective Name of Foods Applied)</td>
<td>Article 2</td>
<td>Foods for Specified Health Uses (FOSHU)***, applicable to all prepackaged foods</td>
</tr>
<tr>
<td>Types of Approval/Certification (Standardized/ Pre-authorized Claims)</td>
<td>Article 8.1.2, 8.2</td>
<td>FNFC: Pre-authorized Claims/Self-determined</td>
</tr>
<tr>
<td>(Food Product/Constituent Specific Approval)</td>
<td>Article 8.1.2, 8.2</td>
<td>FOSHU: Product Specific</td>
</tr>
</tbody>
</table>

* List of Nutrient Function Claims Approved/Authorized
** List of Other Function Claims Approved/Authorized
*** List of Reduction of Disease Risk Claims Approved/Authorized
<table>
<thead>
<tr>
<th>Health Claims</th>
<th>Codex</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Scientific Substantiation of Health Claims</strong></td>
<td>Article 8,</td>
<td>Documentation required****</td>
</tr>
<tr>
<td><strong>Criteria for the Substantiation and/or Consideration of the Evidence</strong></td>
<td>Annex Article 3.2, 3.3</td>
<td>Documentation required****</td>
</tr>
<tr>
<td><strong>Specific Safety Concerns</strong></td>
<td>Annex Article 4</td>
<td>Documentation required****</td>
</tr>
<tr>
<td><strong>Re-evaluation</strong></td>
<td>Annex Article 5</td>
<td>Not Specified</td>
</tr>
<tr>
<td><strong>Product Quality Concerns (GMP, ISO, HACCP or Other Measures)</strong></td>
<td></td>
<td>Documentation required****</td>
</tr>
<tr>
<td><strong>Adverse Event Reporting System (Mandatory/Voluntary)</strong></td>
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<td>Not Specified</td>
</tr>
<tr>
<td><strong>Administrations/Compliances for Health Claims (Governing Authorities/Agencies)</strong></td>
<td>Competent Authorities</td>
<td>Consumer Affairs Agency Local Governments</td>
</tr>
<tr>
<td><strong>Inspections and Penalties</strong></td>
<td></td>
<td>Periodical Inspections Penalties defined</td>
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**** List of Documentation Required
### Investigation Format for Health Claims Regulations-3.3

<table>
<thead>
<tr>
<th>Health Claims</th>
<th>Codex</th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relevant Laws/Regulations for (Dietary/Food/Health) Supplements</td>
<td>CAC/GL 55-2005</td>
<td>Not specifically defined, Treated in the same manner as foods</td>
</tr>
<tr>
<td>Definitions (Dietary Supplements, and/or Food Supplements, and/or Health Supplements)</td>
<td>Article 2</td>
<td>Not specifically defined, Treated in the same manner as foods</td>
</tr>
<tr>
<td>Administrations/Compliances for the Supplements (Governing Authorities/Agencies)</td>
<td></td>
<td>Not specifically defined, Treated in the same manner as foods</td>
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Workshop and Roundtable Discussion on Food Safety and Standards
March 4-5, 2014, Yangon, Myanmar

Organizer: ILSI Japan and ILSI SEAR
(Co-organizer: FDA, MOH, Myanmar)
Sponsor: Ministry of Agriculture, Forestry and Fisheries (MAFF), Japan

Background: Cambodia, Laos, Myanmar and Vietnam (CLMV) of ASEAN are rapidly developing with more open economies. In view of this, improvements to food safety control systems and standards are increasingly important to ensure fair practices in food trade and to protect public health. The workshop and roundtable discussion therefore aims to build capacity in food safety control systems among CLMV countries and identify further needs for the future.

Objectives:
(1) Share information on international and regional (ASEAN) food safety framework and standards with CLMV countries
(2) Share best practices on risk communication and consumer education in relation to food safety issues with stakeholders from CLMV countries
(3) Discuss and identify capacity gaps in food safety control systems and food safety standardization systems for CLMV countries
Opening Session:
- Opening & Introduction

Session 1: International and Regional Food Safety Framework and Standards
- International Food Standards: Objectives and Structure of Codex
- Regulatory Frameworks and Key Challenges of Food Safety in ASEAN Countries

Session 2: Food Safety in ASEAN
- Risk Assessment of Food Additives
- Import & Export Control for Food Safety
- Food Quality Control (GMP, HACCP) for SME
- Implementing Food Quality Controls in ASEAN– Industry Experience

Session 3: Risk Communication and Consumer Education
- Risk Communication Strategy for Food Safety
- Consumer Education
Roundtable Discussion: Tackling Food Safety Challenges
Participants from Cambodia, Laos, Myanmar, and Vietnam

● Welcome and Introduction

● Updates of Food Safety Regulatory Frameworks for CLMV
  - Cambodia
  - Laos
  - Myanmar
  - Vietnam

● Discussion

● Key Topics to include:
  - Food Additives Safety
  - Consumer Protection
  - SME Education, etc.
2014 Project Plans

1. Asian ILSI Branches Collaboration on Nutrition Labelling Survey in Asian Countries:
   On a basis of ILSI SEAR Nutrition Labelling survey templates, combined with the information collected by the 5th ILSI Japan/MAFF Project, ILSI Asian branches agreed to further establish a new Collaborative Project in 2014 at the BeSeTo Meeting.

2. New ILSI Japan/MAFF Project to Further Expand to a Global Basis:
   For the purpose of establishing a data-search system for Food Regulations on a Global Basis by the MAFF, Japan, food categories and countries to investigate would be further expanded for 2014 project.
ILSI Japan
Center for Health Promotion
Project IDEA
(Iron Deficiency Elimination Action)

Takashi Togami
ILSI Japan CHP
(Center for Health Promotion)

The 2014 ILSI Annual Meeting
Bermuda
The UN ACC/SCN (the United Nations Administrative Committee on Coordination/Sub-Committee on Nutrition) reported that 3.5 billion people suffer from iron deficiency anemia, and that it has been more difficult to overcome this than other micronutrient deficiencies.

Project IDEA works to reduce iron deficiency anemia (IDA) in developing countries by adding iron to commonly-eaten and commercially-produced foods such as condiments and staples.
ILSI Project IDEA was summarized in IUN 20 ICN in Granada, Spain

ILSI CHP, ILSI SEAR, ILSI FP China and GAIN (Global Alliance for Improved Nutrition) co-sponsored the science symposium “Micronutrient Fortification – Science and Strategy for Public Health Improvement in Asia” in IUN 20th International congress of Nutrition that was held in Granada, Spain during September 15-20, 2013.
Programs

Chair: Mr. Takashi Togami, Director, ILSI CHP Japan
Co-chair: Mr. Geoffry Smith, President, ILSI Southeast Asia Region

1. Welcome Remarks
   Mr. Takashi Togami

2. Micronutrients and Food Fortification - Strategic and Practical Issues
   Mr. Geoffry L Smith

3. GAIN’s Global Strategy on Food Fortification to Improve Public Health-Asia Highlights
   Dr. Regina Moench - Pfanner, Director, Singapore, Global Alliance for Improved Nutrition (GAIN)

4. Iron Fortified Soy Sauce in China-An Assessment of 10 years of Policy and Business Development
   Dr. Huo J Sun, Director, ILSI Focal Point China, China

5. Vietnam: Iron- fortified Fish Sauce –Evaluating and adopting a Successful Model
   Professor Le Thi Hop, Director, National Institute of Nutrition, Vietnam

6. Cambodia: Iron –fortified Fish Sauce-Progress & Development
   Ms. Theary Chan, Executive Director, Reproductive and Child Health Alliance (RACHA), Cambodia

7. Philippines: Iron Fortified Rice- Lessons learnt, Opportunities and Challenges
   Dr. Mario Capanzana, Director, Food and Nutrition Research Institute, Philippines

8. Q&A/ Discussion
Project IDEA has established scientific evidences on food fortification and proposed to the public and private sectors to implement the fortification programs. The symposium could showed a milestone to demonstrate a successful tripartite partnership-academia, public and private in food fortification.
Joint Project on Multiple Nutrients Fortification Objectives

The joint project aims to establish science base to effectively develop rice fortification technology with multiple nutrients and implement the fortified rice in commercial market. The project will widely share the science base with any party who are interested in commercial applications of the technology.
Scope of Work

The joint project will conduct research work involving scientific studies to implement rice fortification with multiple nutrients in Asian cooking of rice. These studies are:

1) Development of formulae of fortification
2) Development of production technology of Premix
3) Stability and acceptability study
4) Development of production technology of fortified rice with Premix
5) Development of social marketing programs
6) Intervention study
Programs during 2013-2015

Taking needs and interest of countries involved into consideration, the following programs will be pursued during 2013-2015, focusing on fortification with iron, zinc and lysine.

1. Formula development based on WHO guidelines
2. Development and production of Premix in the Philippines
3. Intervention studies
   3-1 Pilot study with iron and lysine in India
   3-2 Market Trial, which includes production and marketing of the fortified rice in Vietnam
   3-3 Development of advocacy and education program for the fortified rice
4. Development of the strategic plan for effective supply of the Premix in Asia
The following partners will participate in the joint project: ILSI Japan CHP, ILSI SEAR, ILSI India, Food and Nutrition Research Institute in the Philippines, National Institute of Nutrition in Vietnam, National Institute of Nutrition in India, St. John’s Research Institute in India and Private sector- Taiyo Kagaku and Ajinomoto.
A pilot study that was conducted in Bangalore in cooperation with St. John’s Research Institute in India and ILSI India was completed in early December.

The study evaluates the efficacy of the fortified rice on improvement of muscle strength.

The outcomes will be summarized in January to design the next step—Efficacy study and/or Market Trial.
Thank you!

Our major publications are listed in Project IDEA,

Project SWAN
(Safe Water and Nutrition)

Takashi Togami
ILSI Japan CHP
(ILSI Japan Center for Health Promotion)

The 2014 ILSI Annual Meeting
Bermuda
## Process of Project SWAN  
*(Safe Water and Nutrition in Vietnam)*

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<th>SWAN 1</th>
<th>SWAN 2</th>
<th>Expansion of SWAN</th>
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### Model Development

**<Goal>**
To establish workable models for sustainable clean water supply and health communication through IEC promotion and WTF management.

### Verification of Models through build-up of local capability

**<Goal>**
To assure effectiveness and sustainability of models through expansion of models by local organizations.

### Sustainable expansion by Vietnam organizations

**<Goal>**
To establish sustainable clean water supply and health communication on nationwide basis.
SWAN 1 Three project sites

Vietnam

Rural areas in the north part of Vietnam

Model 1: Tam Hiep, Hanoi

Model 2: Dai Mo, Hanoi

Model 3: Quang Trung, Nam Dinh
Achievements of SWAN 1

Established the workable model for sustainable clean water supply and health communication

**OUTCOME of IEC activity**
- Improved nutritional status of child
- Decreased childhood diarrhea
- Improved food hygiene practices
- Improved attitude toward:  
  - clean water
  - water management

**OUTCOME of Technical activity**
- Improved water quality
- WTF operation
  - Maintenance
  - Recording
- Improved water distribution
  - Increased water volume
  - Decreased rate of water loss
  - Penalty against water theft

**OUTCOME of sustainability**
- Increased confidence
- Increased responsibility
- WMU leads:
  - Water management
  - Communication
- Increased revenue
From SWAN 1 To SWAN 2

SWAN2 aims to verify the model through build-up of the capacity of local authorities and communities in order to expand the SWAN model widely.

The key of SWAN 2 is to establish a community support system to build up the capacity of local authorities.

The number of sites increased from 3 sites in SWAN 1 to 16 sites in SWAN 2.
SWAN 1 and SWAN 2

**SWAN 1 (2005~2008)**

- Development
  - Direct approach to communes by **NIN & ILSI** with cooperation of local authorities in 3 locations.

**SWAN 2 (2010~2012)**

- Expansion
  - Direct approach to communes by **trained local authorities** with support of **working team** in 16 locations.
Operational Structure of the Project

ILSI Japan

Japanese experts

Working Team

Support Team

Water Management Union

Central government level

Province/District level

Community level
Establishments of SWAN 2

Established a community-support system to address safe water supply and nutritional improvements through increasing the capacity of local authorities

Cross-sector cooperation

- Multi-disciplinary coordination (water and health/nutrition sectors) and
- Vertical approach has been strengthened.

Increasing the capacity of local authorities

The local authorities have now acquired the ability to;
- investigate problems
- assess community needs
- maintain both technical and IEC activities in the communes.

Sustainable activities at communities

- Community members’ knowledge of water borne diseases improved.
- Hand washing with soap at critical points increased from 52% to 88%.
- Improvements in quality and quantity of water supplies.

Community-support for expansion

- Nam Dinh Support Team expanded the SWAN model in two new districts.
- Hanoi Support Team printed 1,200 copies of the flip chart by using their own budget and expanded IEC activity in new districts.
SWAN 1 and SWAN 2 Completed

- SWAN1 and SWAN 2 directly benefited more than 100,000 people in communities.
- Project SWAN developed guidelines and manuals to target provincial and district implementers.
- The project completion workshop was held at 3 levels (Commune, district/provincial, and national).
From SWAN 2 To SWAN 3
National Expansion

- 8,300 WTFs exist in rural and sub-urban areas in Vietnam.
- SWAN 2 confirmed the effectiveness and sustainability of the model of Project SWAN.
- The Key for the national expansion is:
  - To establish a support system from the central and local authorities in training and financing.
  - To establish participatory approach in communities to share ownership of programs and raise motivation.
Nam Dinh Province- Pioneer for National Expansion

Nam Dinh Province has developed the plan for introducing SWAN 3 into all the 44 WTF communities by 2015.

ILSI Japan CHP keeps supporting SWAN3 in Nam Dinh Province and new provinces after completion of SWAN 2 in March 2013.
Thank you!

Project SWAN's Final Report is downloadable from here!

http://www.ilsijapan.org/ILSIJapan/COM/CHP/Project%20SWAN_Final%20Report_E-mail%20Distribution.pdf
Project PAN
(Physical activity and Nutrition)
Physical activity and good dietary habits are most important factors for healthy aging. We have two approaches.

- One is a **high risk approach**, LiSM10!® (Lifestyle Modification 10) for adults in the workplace. We developed a health promotion program which is composed of individual structured counseling sessions, as well as social and environmental approaches.

- Another is a **population approach**, “TAKE 10!®” for the elderly. We developed a comprehensive and sustainable education package for primary prevention of people in nursing care.
ILSI Japan CHP developed the Life Style Modification program "LiSM 10!®".

**Life Style Modification**

- Promotion of healthy dietary habits
- Promotion of physical activity

**LiSM10!®**

**TAKE10!®** for older adults

- Take10 minutes of exercise 2 or 3 times every day
- Take10 food groups every day
- Change Dietary Habits to be more Well-balanced
- Stretching and Muscle Training Using Body Weight

**Primary prevention of nursing care**

**Enjoy a long life**

Promotion of TAKE10!®

- 3 types of promotion
  - Introduce TAKE10! to **professionals** in local governments
  - Introduce TAKE10! to **elderly peer leaders** in local areas
  - Collaboration with **Universities or Institutes**
TAKE10!® Promotion in 2013

- Collaboration with Industries
  - Utilizing TAKE10® program as a promotion tool by industries.
  - TAKE10!® featured at the supermarket chain Aeon Group big trade fair.

TAKE10® magnets were distributed to twelve thousands of visitors.
TAKE10!® Promotion in 2013

- Collaboration with universities
  - Students at Ishinomaki Senshu University participated in Ishiomaki TAKE10!® project, that we have promoted in the disaster-affected area since 2012, as TAKE10!® leaders.
Ishinomaki TAKE10!® project

To assist the Tohoku earthquake victims who live in Ishinomaki city

► Support professionals
  ► Support the Social Welfare Council and local health workers

► Support peer leaders
  ► ILSI Japan staff train several people living in temporary housing as peer leaders, and promote TAKE10!® program with them at 3 sites.

► Collaborate a local university
  ► Students at Ishinomaki Senshu University participate in this project as TAKE10!® leaders at 4 sites.
TAKE10!® Promotion in 2013

- TAKE10!® for office workers
  - Application of the TAKE10!® basic concept to office workers on our website. http://take10.jp/

Short videos showed people how to perform stretching and muscle training exercises sitting in a chair at the office.
Publication

Scientific Journal

  Community based intervention to improve dietary habit and promote physical activity among older adults: a cluster randomized trial

- Preventive Medicine 51(2010) 11-17, Maruyama et al.
  Effect of a worksite-based intervention program on metabolic parameters in middle-aged male white-collar workers: A randomized controlled trial

- Preventive Medicine 45(2007) 146-152, Arao et al.
  Impact of lifestyle intervention on physical activity and diet of Japanese workers.

General publication

- TAKE10!® Booklet
- Training manual set
- TAKE10!® Easy cook books for older adults
- Original Calendars
Thank you!

Project PAN
Physical Activity and Nutrition

Project IDEA
Iron Deficiency Elimination Action

Project SWAN
Safe Water and Nutrition