Throughout the world, and especially in regions where the elderly comprise a significant and growing portion of the population, understanding the aging process and how diet and other lifestyle factors influence aging is an important public health topic. This session will look at the mechanisms of aging (lifestyle, diet, and genetics); explore new data comparing healthy aging indicators across geography (an International Life Sciences Institute project); and use case studies to foster discussion on best practices and public health policies to encourage healthy aging and well-being late in life.

### Agenda

**08:00** Importance of Understanding Healthy Aging  
Session Chair: Hannia Leon, PhD  
ILSI Mesoamerica, Costa Rica

**08:25** Aging and Nutrition: Research Opportunities to Better Understand Underlying Mechanisms  
Simin Meydani, DMV, PhD  
Tufts University, USA

**08:50** Nutrition for the Aging Brain: Functional Aspects and Strategies  
Sandrine Thuret, PhD  
King’s College London, United Kingdom

**09:15** Comparing Health Indicators Across Geography, A Look at Asia and Latin America  
Sofia Amarra, PhD  
ILSI Southeast Asia Region, Singapore

**09:40** Concluding Panel Discussion

**10:00** Adjourn
Social Media Toolkit

ILSI and ILSI Research Foundation Session

Start the Conversation!

Aging Gracefully: Staying Healthy & Well Late into Life, sponsored by ILSI, the ILSI Research Foundation, and ILSI branches worldwide, is using Twitter to reach a global audience. This year’s session will look at the mechanisms of aging, compare healthy aging indicators of different geographical regions, and use case studies to foster discussion on best practices and public health policies.

Key Social Media Accounts

The ILSI Global Twitter handle is @ILSI_Global
The ILSI Research Foundation Twitter handle is @ILSIRF
#ICN2017 is the preferred hashtag for ICN.
www.ilsi.org/aging-gracefully/ is the session webpage.

Engage with Session Speakers

Hannia Leon, PhD
ILSI Mesoamerica (@ILSI_Global)

Simin Meydani, DMV, PhD
(@SiminNikbinMeyd) Tufts University (@TuftsUniversity)

Sandrine Thuret, PhD
(@thudrine) King’s College London (@KingsCollegeLon)

Sofia Amarra, PhD
ILSI Southeast Asia Region (@ILSI_Global)

Example Tweets

Interested in #aging gracefully? Meet the experts at #ICN2017 - www.ilsi.org/event/icn2017 #HealthyLiving @ILSI_Global @ILSIRF

How does lifestyle, diet & genetics affect #aging? Join #ILSI at #ICN2017 - www.ilsi.org/event/icn2017 #HealthyLiving @ILSI_Global @ILSIRF

Experts from @ILSI_Global @TuftsUniversity & @KingsCollegeLon discuss #aging mechanisms at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI

What are some best practices to encourage healthy #aging? Join #ILSI at #ICN2017 - www.ilsi.org/event/icn2017 @ILSI_Global @ILSIRF

Dr. Leon discusses healthy #aging at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI #Health @ILSI_Global @ILSIRF

Dr. @SiminNikbinMeyd of @TuftsUniversity explores #aging & #nutrition at #ICN2017 - www.ilsi.org/event/icn2017 #ILSI @ILSI_Global @ILSIRF

Curious abt #nutrition for the #aging brain? Dr. Thuret (@thudrine) of @KingsCollegeLon presents at #ICN2017 - www.ilsi.org/event/icn2017

How do Asian & Latin American #health indicators compare? Stay informed w/ #ILSI at #ICN2017 www.ilsi.org/event/icn2017 @ILSI_Global #Aging