Nutrition Society of Malaysia The 37th Scientific Conference

2022.6.21

Nutrition interventions to combat NCDs and COVID-19 health threats – experiences in Japan

Hisanori Kato Project Professor, The University of Tokyo Chair, Organizing Committee of the 22nd IUNS-ICN 1. The Situation of NCDs in Japan and Measures to Address Them

2. Status of COVID-19 in Japan and Measures to Combat It

3. Precision Nutrition in Dealing with NCDs and COVID-19

4. 22nd IUNS-International Congress of Nutrition (ICN)

Population Pyramids for Japan





Fig. 1: Annual trends of life expectancy at birth (years) in selected countries.

Men

Women

The figure was prepared by the author using datafrom "OECD Health Statistics 2019" (<u>https://www.oecd.org/health/health-data.htm</u>).

Tsugane, S. Eur. J. Clin. Nutr. 75, 921-928 (2021)

Fig. 4: Annual trends in age-standardized mortality rate per 100,000 Japan 1985 model population for leading causes of death.



Tsugane, S. *Eur. J. Clin. Nutr.* 75, 921-928 (2021)

Trends of Salt Intake in Japan

Fig. 1



Trends of salt intake in Japan. Report from the National Health and Nutrition Survey in Japan [12]

Tsuchihashi, T. Hypertens. Res. 45, 748-757 (2022)

Tokyo Declaration Promoting Salt Reduction by the Japanese Society of Hypertension (2019)

Fig. 3



Tokyo Declaration Promoting Salt Reduction by the Japanese Society of Hypertension-the JSH Tokyo Declaration [24]

Policies and Actions in Japan

- •National Health and Nutrition Survey 1)
- •Dietary Reference Intakes (DRI) 1)
- •Health Japan 21¹⁾
- •Special Health Checkups and Special Health Guidance 1)
- •Dietary Guidelines for Japanese 1,2)
- •Food and Nutrition Education (Shokuiku) ¹⁻⁴)
- •FOSHU (Food for Specified Health Uses) 1,5)
- •Food with Functional Claims⁵⁾

•Strategic Initiative for a Healthy and Sustainable Food Environment¹⁾

Ministry of Health, Labour and Welfare
 Ministry of Agriculture, Forestry and Fisheries
 Cabinet Office
 Ministry of Education, Culture, Sports, Science and Technology
 Consumer Affairs Agency

Policies and Actions in Japan

- •National Health and Nutrition Survey (1947-)
- •Dietary Reference Intakes (DRI) (1970-, now 2020 version)
- •Health Japan 21 (2000-, now the 2nd term)
- •Special Health Checkups and Special Health Guidance (2008-)
- •Dietary Guidelines for Japanese (2005-)
- Food and Nutrition Education (Shokuiku) (2005 enacted by Law)
 FOSHU (Food for Specified Health Uses) (1991-)
- •Food with Functional Claims (2015-)
- •Strategic Initiative for a Healthy and Sustainable Food Environment (2021-)

Basic concepts of DRIs for Japanese (2020)



Promotion of Health Japan 21 (Second term) < FY2013 to FY2022> Thorough promotion of activities for prevention of development and progression of LRDs Maintenance and promotion of physical function to organize their social life

Purposes and types of nutrition indices

< Purpose >

< Type >



EAR: Estimated Average Requirement RDA: Recommended Dietary Allowance AI: Adequate Intake UL: Upper Intake Level DG: Dietary Goal (Fat, Carbohydrate, Salt, Fiber)

Framework of the current initiative for promoting a healthy and sustainable food environment



Cycle around actions by businesses and consumers

A. Businesses to consumers

- · Developing and mainstreaming healthier and environmentally friendly products
- Providing healthy food at affordable prices to address nutritional disparities
- Supporting behavioral change by providing information

B. Consumers to businesses

Increasing the use of healthier and environmentally friendly products
 Improving the image of participating businesses

Cycle around consumers' actions and the environment

C. Consumers to the environment

· Practicing environmental conservation activities in daily life, including diet

D. The environment to consumers

Reducing the risk of natural disasters

Improving the quality of life in its various aspects, including health

Cycle around businesses' actions and the environment

E. Businesses to the environment

- · Developing and mainstreaming healthier and environmentally friendly products
- Acceleration of other environmental conservation efforts
- F. The environment and business
- Stable procurement of raw materials
 Reduced risk of natural disasters

Main actions expected from each sector (1) Business sectors

- Food manufacturers: Development and mainstreaming of healthier and environmentally friendly products as well as company-wide commitment to nutritional and environmental issues
- · Food distributors: Sales promotion of the above products
- Media: Provision of information on how to practice healthier and sustainable diets
 (2) Academia
- · Research to improve the food environment from a neutral position
- Appropriate support for the business sectors and provision of appropriate information to consumers
- Training of professionals such as dietitians who will play a key role

(3) Government (Ministry of Health, Labour and Welfare)

- Development of overall program and coordination among stakeholders
- · Improvement of the environment for promoting health/nutrition research

(4) Professional associations and civil society

 Constructive suggestions to businesses and appropriate mediation between consumers and industry

https://www.mhlw.go.jp/stf/shingi/newpage_19522.html Chair: Prof. Yukari Takemi

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No. of Confirmed Cases and Rate of Increase in Tokyo



平準化し全体の傾向を見る趣旨から、過去7日間の移動平均値を陽性者数として算出

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1

Vitamin D Intervention and COVID-19 Mortality and Severity Rates



 Pai R et al. Vitamin D supplementation and clinical outcomes in COVID-19: a systematic review and meta-analysis. *J Endocrinol Invest* 2022; 45: 53–68

Immuno-modulating food factors: protein, Arg, omega-3 FA, Zn, vitamins A, D, C, etc.



Japan Society of Nutrition and Food Science

公益社団法人日本栄養·食糧学会

○ 学会ホーム ○ サイトマップ ○ English

サイト内検索

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会員サービス

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学会誌·出版物

日本栄養食糧学会誌 英文誌: JNSV その他の出版物 引用許可基準 (PDF)

大会・イベント

年次大会・総会 大会講演発表DB 第22回 国際栄養学会議 学会・イベントー覧

COI管理

COI管理について 指針等 Q&A (PDF)

用語管理

用語管理について 修正・新規集録用語 組織英文名称 (PDF)



ホーム > お知らせ > 新型コロナウイルス感染症への栄養面での対処~日本栄養・食糧学会からのお願い~

新型コロナウイルス感染症への栄養面での対処~日本栄養・食糧学会からの お願い~

新型コロナウイルス感染症の拡大は留まることなく続き、医療崩壊が危惧されることを踏まえ、政府は緊急 事態宣言によって、対象となる自治体の感染拡大を抑止し、感染者の治療体制の再構築を図ることを決めま した。今後も外出の自粛が続き、長く住居内で過ごさざるをえず、栄養状態の悪化が懸念されます。これを 防ぐために、以下のことに注意をお願い<u>します。</u>

正確な情報に基づく適切な行動を

日常の食糧需給体制は確保されています 言飛語に惑わされず、正確な情報に基づた場合、その都度正しい情報を発信致し

食事前の手洗い・消毒を励行する

新型コロナウイルスの主要な感染経路は する事例の報告はありません。しかし、 す。食事前には、手洗い・消毒を心がけ てください。

Japan Society of Nutrition and Food Science (JSNFS) "Nutritional Tips for New Coronavirus Infections -Petitions from JSNFS"

規則正しい生活の中でバランスのよい食事を摂る

一日中家の中で生活することによって、食事を摂る時間が乱れることが想定されます。朝食を抜き、夕食が 遅くなるなど、食事の時間帯が不規則になりがちです。食材も調理の必要のない出来合いのものやインスタ ント食品を選びがちになります。このことによって、揚げ物が増え、食物繊維が不足するなど、栄養のバラ ンスを崩すことになります。とりわけ、学校給食が無くなると子どもたちでは、お菓子などの間食が増え、 運動不足から体重が増加することも心配されます。規則正しい食事時間と栄養素のバランスをとるよう心が けて下さい。糖尿病などの生活習慣病をお持ちの方に、特に注意が必要です。

高齢者のフレイルを予防する

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Japan Society of Nutrition and Food Science (JSNFS) "Nutritional Tips for New Coronavirus Infections -Petitions from JSNFS"

- Take appropriate action based on accurate information
- Encourage hand washing and disinfection before meals

etails

- Eat a well-balanced diet with regularity
- Prevent frailty in elderly
- Others By living in the house all day, it is expected that meal times will be disrupted Meal times tend to be irregular, with breakfast skipped and dinner eaten late. Foods tend to be ready-made or instant foods that do not require cooking. This leads to an increase in fried foods, lack of dietary fiber, and other nutritional imbalances. In particular, when school lunches are eliminated, children tend to snack on sweets and other snacks, which may lead to weight gain due to lack of exercise. Please make sure to maintain regular meal times and a good balance of nutrients. Special attention should be paid to those with lifestyle-related diseases such as diabetes.

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PRECISION NUTRITION

Definition?

Personalized nutrition depending on not only characteristics but also condition at the moment of each individual such as:

- age, life-stage, gender, genome, epigenome, microbiota,
- sleep, rest, exercise, activity, circadian rhythm,
- constitution, hormonal factors, clinical history, stress,
- mental condition, dietary history, food preference

THE PRECISION MEDICINE INITIATIVE

DMINISTRATION

1600 PFNN

BRIFFING ROOM



"Doctors have always recognized that every patient is unique, and doctors have always tried to tailor their treatments as best they can to individuals. You can <u>match a blood transfusion to a blood type</u> — that was an important discovery. What if matching a cancer cure to our genetic code was just as easy, just as standard? What if figuring out the right dose of medicine was as simple as taking our temperature?"

- President Obama, January 30, 2015 State of the Union address



Current Opinion in Biotechnology

Volume 44, April 2017, Pages 103-108



Precision nutrition — review of methods for point-of-care assessment of nutritional status

Balaji Srinivasan ^{1, 2}, Seoho Lee ³, David Erickson ^{1, 2, 3} 🖾, Saurabh Mehta ^{1, 2} 🖾

- ¹ Institute for Nutritional Sciences, Global Health, and Technology (INSiGHT), USA
- ² Division of Nutritional Sciences, Cornell University, Ithaca, USA
- ³ Sibley School of Mechanical and Aerospace Engineering, Cornell University, Ithaca, USA

Available online 30 December 2016.

NEWS RELEASES

Media Advisory W

Wednesday, May 27, 2020

NIH releases strategic plan to accelerate nutrition research over next 10 years



This Plan is organized around a central unifying vision of Precision Nutrition research. Progress in each of the four Strategic Goals, as well as the five Cross-Cutting Research Areas, are essential to achieve this vision.

Some Examples

Genome and Epigenome

An Example of Nutrition-Related SNPs (single nucleotide polymorphisms)

Homocysteine (Hcy): a risk factor for atherosclerosis, cardiovascular disease, stroke, and cognitive impairment

MTHFR: A folate metabolizing enzyme and its TT genotype results in higher total Hcy with lower serum folate



Hiraoka M, Kagawa Y. et al., Biochem Biophys Res Commun 316:1210–1216 (2004)

Decreasing Consumption of Fish in Japanese Population





Koletzko, BV, et al, Annals Nutr. Metab. 65, 49-80 (2014)

Genome Wide Association Study of Fish Consumption



Chromosome

We discovered SNPs associated with fish intake frequency

lgarashi et al. Genes & Nutrition (2019) 14:21 https://doi.org/10.1186/s12263-019-0646-6

Genes & Nutrition

RESEARCH

Open Access

Identification of the 12q24 locus associated with fish intake frequency by genome-wide meta-analysis in Japanese populations



Maki Igarashi^{1,2}, Shun Nogawa³, Kaoru Kawafune³, Tsuyoshi Hachiya^{3,4}, Shoko Takahashi³, Huijuan Jia¹, Kenji Saito^{1,3} and Hisanori Kato^{1*}

Abstract

Background: Japan is traditionally a country with one of the highest levels of fish consumption worldwide, although the westernization of the Japanese diet has resulted in the reduction of fish consumption. A recent metaanalysis of genome-wide association studies (GWASs) on Western populations has identified a single nucleotide polymorphism (SNP) associated with fish intake frequency. Here, we examined the genetic basis for fish intake frequency among Japanese individuals.

Results: We conducted a meta-analysis of a GWAS including 12,603 Japanese individuals and identified a susceptibility locus for fish intake frequency at 12q24 (lead variant was rs11066015, $P = 5.4 \times 10^{-11}$). rs11066015 was in a strong linkage disequilibrium with rs671, a well-known SNP related to alcohol metabolism. When adjusted for alcohol drinking, the association between rs11066015 and fish intake frequency was substantially attenuated. Subgroup analysis revealed that the effect of the 12q24 variant on fish intake frequency was stronger in males than in females (*P* for interaction = 0.007) and stronger in the older subgroup than in the younger subgroup (*P* for

and sweet taste preference.

Journal of Human Genetics (2020) 65:939–947 https://doi.org/10.1038/s10038-020-0787-x

ARTICLE





Kaoru Kawafune¹ · Tsuyoshi Hachiya^{1,2} · Shun Nogawa ¹ · Shoko Takahashi¹ · Huijuan Jia³ · Kenji Saito^{1,3} · Hisanori Kato³

Received: 29 July 2019 / Revised: 7 May 2020 / Accepted: 7 May 2020 / Published online: 22 June 2020 © The Author(s), under exclusive licence to The Japan Society of Human Genetics 2020

Abstract

The sweet taste preference of humans is an important adaptation to ensure the acquisition of carbohydrate nutrition; however, overconsumption of sweet foods can potentially lead to diseases such as obesity and diabetes. Although previous studies have suggested that interindividual variation of human sweet taste preference is heritable, genetic loci associated with the trait have yet to be fully elucidated. Here, we genotyped 12,312 Japanese participants using the HumanCore-12+ Custom BeadChip or the HumanCore-24 Custom BeadChip microarrays. The sweet taste preference of the participants was surveyed via an internet-based questionnaire, resulting in a five-point scale of sweet taste preference. The genome-wide meta-analysis of the Japanese participants revealed a strong association between the 12q24 locus and sweet taste preference scale ($P = 2.8 \times 10^{-70}$). The lead variant rs671 is monoallelic in non-East Asian populations and is located in the aldehyde dehydrogenase (*ALDH2*) gene, encoding an enzyme involved in alcohol metabolism. The association between the minor allele of rs671 on sweet taste preference was greater in males than in females. In conclusion, we found an association between the 12q24 locus and sweet taste preference in the Japanese population, and showed that the adjustment for drinking

Male







Like

15 cups/year↑ 92 cups/year↑ 52 cups/year↑

Association between 12q24 and dietary behaviors or preferences



Cell Systems

Multiomic analysis reveals cell-type-specific molecular determinants of COVID-19 severity

Highlights

- Machine learning combines GWAS with single-cell omics to discover COVID-19 risk genes
- The discovered severe COVID-19 risk genes account for 77% of the observed heritability
- Genetic risk for severe COVID-19 is focused within NK cells and T cells
- Mendelian randomization and single-cell multiomics highlight CD56^{bright} NK cells



Authors

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In brief

Zhang et al. apply a machine learning method that integrates single-cell multiomics with GWAS summary statistics for gene discovery. Application to severe COVID-19 identifies >1,000 risk genes, which account for 77% of the observed heritability. Genetic risk is focused within NK cells, CD56^{bright} cytokine-producing NK cells in particular, highlighting the dysfunction of these cells as a determinant of severe disease.

Zhang et al., Cell Systems 13 August 17, 2022 https://doi.org/10.1016/j.cels.2022.05.007 (available online)

Epigenetics and Epigenomics DNA modification (Methylation) Histone modification (Methylation, Acetylation, Phosphorylation, etc) Histone Nutrition, Food DNA **Changes in Gene Expression**



"Nutrition during Pregnancy Has Impact on Baby's Health for Long Time"

Increase in Underweight Newborn in Japan

Low birth weight infant; <2,500 g



出典)http://www2.ttcn.ne.jp/~honkawa/2246.html

Spontaneously Hypertensive Stroke-Prone Rats (SHRSP)



Protein Malnutrition during Pregnancy



Survival Rates and Blood Pressure of Offspring



Methylome Analysis (11 weeks)

(genome-wide DNA methylation analysis by NGS)



Methylome analysis of kidney DNA revealed that maternal protein restriction affected methylation of around 1000 regions, the vicinity of which contained 23 genes.

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Genes Differentially Methylated

No.	Chr.	Feature	Description	Orientation	#
1	1	Irx2	Iroquois related homeobox 2	overlapping	36
2	1	Zfp787	zinc finger protein 787	overlapping	39
3	1	Nkpd1	Protein Nkpd1	overlapping	11
4	1	Clasrp	CLK4-associating serine/arginine rich protein	overlapping	36
5	1	RYR1	Ryanodine receptor 1	overlapping	27
6	1	Olr1768	olfactory receptor Olr1768	upstream	120
7	1	Du		ing	33
8	3	Sdce Meth	iylation around <i>Ptger1</i> gene was identifie	d to ing	6
9	3	Inp be al	tered in kidnev.	ım	3
10	3	Pm		ing	1
11	3	Kci		ing	74
12	5	Dm Ptger1 encodes the prostaglandin E2 receptor, ing			21
13	6	Po whic	h is involved in Na ⁺ retention.	ing	8
14	6	Bcl		ing	6
15	7	Lingo3	leucine-rich repeat and immunoglobulin-like domain- containing nogo receptor-interacting protein 3 precursor	overlapping	46
16	7	Fam108a1	Abhydrolase domain-containing protein FAM108A	overlapping	22
17	7	Cacng2	Voltage-dependent calcium channel gamma-2 subunit	upstream	29
18	9	RGD1561662	Protein RGD1561662	overlapping	13
19	14	Gal3st1	galactosylceramide sulfotransferase	overlapping	44
20	19	Ptger1	Prostaglandin E2 receptor EP1 subtype	overlapping	18
21	19	Chst5	carbohydrate sulfotransferase 5	overlapping	20
22	20	Foxo3	forkhead box protein O3	overlapping	20
23	X	Dmrtc1b	No description	upstream	8

Some Examples

Genome: Dietary behavior and food preference are related with genetic background.

Epigenome: Nutrition at very early stage of life, such as fetal period, affects the risk of NCDs.

PRECISION NUTRITION *Perspective (1)* What is needed?

1. Analytical Methods

Key Words: Physical condition, Dietary record, Lifestyle, Real-time monitoring, Wearable device, Omics (genome, epigenome, proteome, metabolome, microbiome), etc.

2. Informatics

Integration of big data

3. Output

Education, Motivation, Behavior change

PRECISION NUTRITION Perspective (2)

Planetary Precision Nutrition

Precise strategy for sustainability, Protect the globe

Population Precision Nutrition

Tailored for various populations

Elderly, Pregnant women, High risk groups, Athlete, Emergency, Astronaut, Genotype group, etc.

Personalized Precision Nutrition

Tailored for each individual



HEALTH Martinez, A.M. et al. BMJ NPH, 4, 355-358 (2021)

World Population

2021 7.9 billion



2050 9.7 billion

2030? Protein Crisis?

Protein Demand > Supply



The Planetary Health Diet



The EAT-Lancet Commission on Food, Planet, Health (2019)





Review

COVID-19 Pandemic Is a Call to Search for Alternative Protein Sources as Food and Feed: A Review of Possibilities

Piotr Rzymski ^{1,2,*}^(D), Magdalena Kulus ³^(D), Maurycy Jankowski ⁴^(D), Claudia Dompe ⁵, Rut Bryl ⁴^(D), James N. Petitte ⁶^(D), Bartosz Kempisty ^{3,4,7,*} and Paul Mozdziak ^{6,*}^(D)

Nutrients, 13, 150 (2021)

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- ⁵ The School of Medicine Medical Sciences and Nutrition University of Aberdeen Aberdeen AB25 27D LIK.

Plant-based food, Plant-based protein substitute, Insect-based food, Cultured meat

are ecologically better than meat.

are good in reducing the risk of zoonotic diseases.





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22nd IUNS-International Congress of Nutrition

December 6-11, 2022 Tokyo International Forum

Hisanori Kato (Chair, Organizing Committee of the 22nd IUNS-ICN)





Opening Lectures

Prof. Tasuku Honjo (Kyoto University, Japan / Nobel Prize laureate in Physiology or Medicine in 2018) "Serendipities of acquired immunity"

Dr. Naoko Yamamoto (World Health Organization, Switzerland) "Achieving healthier populations in changing global food and nutrition environment"









Closing Lecture











Plenary Lectures

Prof. Barry M. Popkin

University of North Carolina Gillings School of Global Public Health, USA

Prof. Masayuki Saito Hokkaido University, Japan

Prof. Scot R. Kimball Penn State College of Medicine, USA

Prof. Sian M. Robinson Newcastle University, UK

Prof. Walter C. Willett Harvard T.H. Chan School of Public Health, USA

Prof. Keiko Abe The University of Tokyo, Japan

Prof. Pekka M. Puska Finnish Institute for Health and Welfare , Finland

Prof. Marcus J. Post Maastricht University and Mosa Meat, B.V., The Netherlands





32 Special Lectures



130 Symposia

2,250 Oral/Poster Presentations

Call for Late-Breaking Abstract August 1 – August 29, 2022 (Poster presentation)

Sponsored Symposia

Important Dates



Early Brid Registration June 6, 2022 - August 4, 2022

Regular Registration August 5, 2022 - October 20, 2022

Late Registration October 21, 2022 - November 21, 2022



Science Council of Japan (SCJ) Japan Society of Nutrition and Food Science (JSNFS) The Japanese Society of Nutrition and Dietetics (ISND)

