

## Healthy aging, lifestyle and biomarkers: Japan-Taiwan collaborative studies

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### Session summary

Healthy aging is a significant public health priority during this unprecedented era of longevity. As countries with rapidly aging populations, Japan and Taiwan have a shared interest in promoting healthy aging. A collaboration between the Integrated Center on Aging and Health (ICAH) in Taiwan and the National Center for Geriatrics and Gerontology (NCGG) in Japan is exploring topics related to healthy aging, elder care, and medical care. In recent years, the concept of healthy aging has increasingly focused on "physio-cognitive decline syndrome (PCDS)," a phenotype associated with concurrent physical frailty and cognitive impairment. In this symposium, we will share the information from cohort studies in Taiwan (I-Lan Longitudinal Aging Study, Longitudinal Aging Study of Taipei, and Healthy Aging Longitudinal Study in Taiwan) and a Japanese cohort study (National Institute for Longevity Sciences - Longitudinal Study of Aging), and discuss the progress and future prospects of collaborative studies on the association of PCDS with metabolomics biomarkers, brain signature, and other health outcomes.