



# **Seminar Healthy and Active Ageing in Japan and Spain**

**23/11/2017 (17:00-19:00)**

An ageing society is not only an economic challenge, it is inherently a health and human security issue both in Japan and Spain. Dealing with the problem of an ageing population combined with a diminishing number of children and increased life expectancy is the key to decreasing the pressure on our shrinking workforces and health insurance budgets. This seminar, hosted by Kobe University and Casa Asia, discusses current research for healthy and active ageing in Japan and Spain. Japanese and Spanish speakers will present the latest research and the seminar will include comparisons of both societies.

## **Topics and Speakers:**

**“Effect of exercise and activity in various frail elderly from epidemiological studies”**

**Prof. Rei Ono**, Graduate School of Health Sciences, Kobe University

**“Interventions to promote a healthy ageing applying a biopsychosocial perspective”**

**Prof. Laura Coll-Planas**, Health and Ageing Foundation, Universitat Autònoma de Barcelona (UAB)

**“Solutions to the Realization of Healthy Longevity in the Super-Aging Society”**

**Prof. Hisamoto Kowa**, Graduate School of Health Sciences, Kobe University

**“Cognitive and physical function in frail older adults: from research to Implementation”**

**Prof. Marco Inzitari**, Director of Healthcare at Parc Sanitari Pere Virgili

**“A new perspective on population ageing: Is our population really ageing that fast?”**

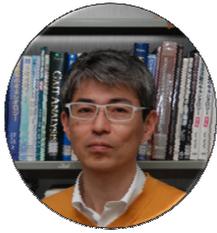
**Dr. Jeroen Spijker**, a “Ramón y Cajal” Research Fellow, Centre of Demographic Studies, UAB

**Registration:** [www.casaasia.cat](http://www.casaasia.cat)

**Information:** [educacion@casaasia.es](mailto:educacion@casaasia.es) / T. 93 368 03 35

**Venue:** Casa Àsia, Recinte Modernista de Sant Pau, Pavelló de Sant Manuel  
C/ Sant Antoni Maria Claret, 167, Barcelona





**Rei Ono** is an Associated Professor at Graduate School of Health Sciences Kobe University, Japan.

Awarded MPH from Graduate School of Medicine Kyoto University, Japan and PhD from Graduate School of Medicine Kyoto University, Japan in 2006 and 2012, respectively.

After working for Tohoku University Hospital as Physical Therapist, joined Kobe University as an academic member.

The research focuses on clinical epidemiology, geriatric medicine, and geriatric oncology.



**Laura Coll-Planas** has a medicine degree by the University of Barcelona, and PhD in public health by the Universitat Autònoma de Barcelona. Her thesis was titled "Loneliness, social support and participation in elderly from a health perspective". From 2000 to 2007, she worked in Germany combining clinical practice and research in the field of geriatrics. In 2007, she joined the Institut de l'Envel·liment de la UAB, currently Fundació Salut i Envel·liment UAB, where she has participated, coordinated and directed European and regional projects on ageing.



Dr. **Hisamoto Kowa** graduated from Faculty of Medicine, University of Tokyo in 1995 and earned M.D.. He engaged in neuropathological studies on Alzheimer's disease in Graduate School of Medicine at the University of Tokyo and earned his Ph.D, in 2004. He had been working for Massachusetts General Hospital for three years.

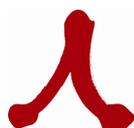
He had been working for University of Tokyo hospital from 2008 to 2010, then moved to Kobe University Hospital. He became an associate professor of Neurology in 2012, and promoted to the present position this year. He is now interested in prevention of dementia by community-based intervention.



**Marco Inzitari**, MD, PhD, is a geriatrician. He currently serves as the Chief Medical Officer and Director of Research and Teaching at Parc Sanitari Pere Virgili, a large, public, intermediate care hospital. He is appointed as an Associate Professor of Medicine at the Universitat Autònoma de Barcelona, and serves as the PI of the research group RE-FiT Barcelona (Research on Aging, Frailty and Transitions in Barcelona), which is part of the Vall d'Hebrón Institute of Research (VHIR).



**Jeroen Spijker** is currently a "Ramon y Cajal" Research Fellow at the Center for Demographic Studies (CED). He obtained a BA (1994) in Sociology and Human Geography from Massey University, New Zealand and a Master (1997) and PhD (2004) in Spatial Sciences (specialisation Demography) from Groningen University, the Netherlands. He has been affiliated with CED since 2002, but has also worked for the Autonomous University of Barcelona (2007-9), University of Edinburgh (2012-14) and Vienna Institute of Demography (2014). Jeroen co-leads CED's health and ageing research team and has published on population ageing, the health transition, family formation and dissolution and child custody arrangements.



CASA ASIA

