

## **Abstract : Womens Forum 2021**

**The 3rd Eurasian Women's Forum**  
**St. Petersburg, Russia**  
10//13-15/2021

**1. September 13, 15:15-16:40**  
**Tavrichesky Palace, Hall 20**  
**Discussion session "The World of Active Longevity: Transformation"**

### **Active Longevity in Japan**

**Yoshikazu Yonei**

**1) Doshisha University, Kyoto, Japan**

**2) Isyoku-Dogen Research Foundation, Tokyo, Japan**

In the past 20 years, I have done three things: founded the Japanese Society for Anti-Aging Medicine (AAM) in 2000, the Society of Glycative Stress Research Group (GSR) in 2012, and the Institute for Medical and Food Research (IDRF) in 2021. These three organizations are still working in an organic relationship with each other. The key issues and solutions for positive longevity programs are contained in these three activities.

What I am advocating through the activities of AAM is "to correct the weaknesses of aging and to achieve overall harmony. If the weak points of aging are left untreated, the weak areas will spread more and more and deteriorate the surrounding organs and systems. The person will drop off the path to health and longevity. We have created a system to evaluate the weaknesses of aging and the risk factors that promote aging.

In recent years, diseases with high glycation stress, such as type 2 diabetes and metabolic syndrome, have been on the rise. Through the activities of the GSR, we are trying to understand the dangers of glycation stress and how to combat it.

GSR publishes the journal "Glycative Stress Research" which deals with basic research, clinical research and social implementation related to glycative stress, anti-aging and aging. In addition to the original English version of the journal, a number of Japanese translations and six Russian translations are posted on the web.

IDRF is a foundation that aims to promote health and longevity through lifestyle improvement. IDRF's mission is to promote health and longevity by improving lifestyle. The budget is 100 million yen per year (totally one billion yen for 10 years). The main activity is to support research that recognizes the importance of diet and aims to implement it in society. Here are some of our specific activities.

In our latest paper, we showed a case study of a nearly 40% reduction in medical costs due to the consumption of processed brown rice (Saika & Yonei. Glycative Stress Research 2021). In addition, we have begun a comparative study of 600 nursery schools and kindergartens (100 to 150 children in each facility) that consume processed brown rice and white rice. This is a practical study to ensure the healthy development of children who will support the future of the country. In the future, we would like to conduct a practical study on 16~17 year old females to ensure the healthy development of women and female organs through a long-term (up to 10 years) medical diet of the same source.

In Japan, the declining birthrate, aging population, and late marriages have become social problems. At the same time, the number of women suffering from infertility is increasing. We are planning to provide processed brown rice and brown rice-derived supplements to couples wishing to conceive at medical institutions that provide reproductive medicine, and to examine the effects on changes in ovarian and testicular functions, artificial insemination, and birth rates.

There is a certain percentage of nutritionally vulnerable people in the world. If left untreated, they can have a negative impact on future growth and maturity, especially in children and adolescents. We would like to reduce the number of nutritionally vulnerable people by promoting the same source of food and medicine. I am confident that it will definitely contribute to reducing glycative stress and achieving healthy longevity.

**2. October 14. 13:00-15:00**

**Tavrichesky Palace, Hall 1**

**Strategic session "Women's mission: together for a healthy present and future"**

**The Process of Shaping the Future and Health Promotion in Japan.**

**Yoshikazu Yonei**

**1) Doshisha University, Kyoto, Japan**

**2) Isyoku-Dogen Research Foundation, Tokyo, Japan**

This lecture will introduce the efforts of Doshisha University (DU) and the Isyoku-Dogen Research Foundation (IDRF).

DU appointed Professor Asako Ueki as its president in 2020, becoming the first female president. She made a commitment to "Promotion of Diversity" with a strong will. The first goal is to improve the research environment for female researchers by enhancing their research capabilities, i.e., supporting their career paths. The second goal is to collect and analyze issues, examples, and knowledge necessary to reflect them in the university's strategic goals and action plans. We will conduct an internal awareness survey and a case study survey of domestic institutions through the National Diversity Network, share the issues with both institutions, and reflect the results in the content of the overseas survey. Overseas, based on the characteristics of the four universities in the US, Germany, and Thailand, we will survey the national accreditation system, hiring and promotion to higher positions at each institution, and other efforts to change institutional awareness and the research environment for female researchers. Furthermore, by reflecting the results and current issues that led to the increase in the number of female researchers through the "Fostering Models for Supporting Female Researchers" project in the overseas survey, we will be able to conduct a more concrete verification, and aim to create a model for promoting diversity in private universities aiming to be the world level. As specific goals, we have created a mechanism for increased recruitment of female researchers and salary increases, and have set specific numerical targets. We expect to be able to accumulate knowledge on initiatives for diversity from a global perspective, and initiatives for culture, nationality.

The IDRF was established on April 14, 2021, with the aim of building a new society through the social implementation of so-called "Isyoku-Dogen" (= medicine and food with the same source), in which people are energized by agricultural and marine products, which have been valued as herbal medicines since ancient times, and are able to work vigorously even in old age. A diverse group of people from industry, government (Cabinet Office, Ministry of Agriculture, Forestry and Fisheries, and Ministry of Health, Labor and Welfare), and academia have joined the board members.

Through "activities that bring together the wisdom of industry, government, and academia," the Foundation will conduct surveys, research, evaluation, and publication of papers on medical food from a medical and objective standpoint based on empirical evidence, provide support to those involved, and conduct educational activities through lectures and other events. In particular, we will conduct long-term and continuous human trials to investigate the effects on health of long-term regular consumption of whole grains (i.e., brown rice) by a large number of people, to demonstrate the effects of Isyoku-Dogen and to promote its social implementation.

Japan is currently facing a number of problems. In terms of demographics, the birthrate is declining and the population is aging; in terms of the national economy, public health care costs are soaring and tax revenues are declining; and in terms of general health, many citizens are suffering from diseases caused by aging and glycation stress. In addition, the corona disaster has been added. The impact on the generation (especially young women and children) who will bear the future of Japan is enormous. Under these circumstances, we would like to contribute to the prevention of lifestyle-related diseases and the reduction of public health care costs through our "Health promotion through Isyoku-Dogen" activities.

## 【日本語翻訳版】

### 日本における積極的長寿への取り組み

米井嘉一

- 1) 同志社大学生命医科学部
- 2) 一般財団法人 医食同源生薬研究財団

過去 20 年間に私が実践したことは次の 3 つです。2000 年日本抗加齢医学会 (AAM) の設立、2012 年糖化ストレス研究会 (GSR) の設立、2021 年医食同源研究財団 (IDRF) の設立です。この 3 つの団体は現在も互いに有機的関係を保ちながら活動をしています。積極的長寿プログラムの重要な課題とその解決方法はこの 3 つの活動に込められています。

AAM の活動を通じて私が主張していることは「老化の弱点を是正して、全体の調和を図ること」です。老化の弱点を放置すると、弱い部分が益々広がり周囲の臓器・器官を劣化させていきます。その人は健康長寿への道から脱落するでしょう。老化の弱点と老化を促進する危険因子を評価するシステムを作りました。

近年、2 型糖尿病やメタボリックシンドロームといった糖化ストレスが強い疾病が増加しつつあります。現代はまさに「糖化ストレスと闘う時代」なのです。GSR の活動を通じて糖化ストレスの危険性とその対策を広報しています。GSR では糖化ストレス・抗加齢・老化に関する基礎研究・臨床研究・社会実装を扱うジャーナル「Glycative Stress Research」刊行しています。本ジャーナルは英語版原著に加えて、数多くの日本語翻訳版、6 編のロシア語翻訳版を WEB 上に掲示しています。

IDRF は生活習慣の改善による健康増進、健康長寿をめざす財団です。医食同源とは「健康と疾病予防のためには、食事からの栄養素は薬と同じように重要であること」を意味します。予算は年間 1 億円 (10 年間分を確保) です。主な活動は、食事の重要性を認識し、社会実装を目指す研究の支援です。具体的な活動を紹介します。

最新の論文で加工玄米摂取により医療費が 40% 近く減少した事例を示しました (Saika & Yonei. Glycative Stress Research 2021)。さらに保育園・幼稚園 (各施設の児童数 100~150 人) を対象とし、加工玄米摂取施設と精白米摂取施設との比較研究を始めました。国の将来を支える子供たちが健康に発育するための実践的研究です。将来的には 16~17 歳の女性を対象に、長期間 (最大 10 年) にわたり医食同源を行い、女性そして女性器官の健全な発育を目指す実践研究を行いたいと考えています。

日本では少子高齢化、晩婚化が社会問題になっています。並行して不妊に悩む女性が増えています。生殖医療を行う医療機関を対象に、妊娠を望むカップルに加工玄米や玄米由来サプリメントを提供し、卵巣機能や精巣機能の変化、人工授精や出産率へ効果について検証する予定です。

世の中には一定の割合で栄養学的弱者が存在します。放置すると、特に子供や若者は将来の成長や成熟に悪い影響を及ぼします。医食同源の普及により栄養学的弱者を減らしたいと考えます。必ずや糖化ストレスの軽減と健康長寿の達成に貢献できると確信しています。

## 日本における未来への取り組みと健康増進

米井嘉一

### 1) 同志社大学生命医科学部

### 2) 一般財団法人 医食同源生薬研究財団

この講演では同志社大学（DU）と医食同源研究財団（IDRF）の取り組みを紹介します。

DUは2020年に学長に植木朝子教授が就任、初めての女性学長になった。彼女は強い意志をもって「ダイバーシティの推進」に取り組んだ。

この企画は、女性研究者の研究力向上、キャリアパス支援等、研究環境整備や大学の戦略目標や実行計画への反映に必要な課題、事例、知見の収集分析を行うことを事業の目的とする。学内意識調査、全国ダイバーシティネットワークを通じた国内機関の事例調査を実施、両機関で課題を共有し、分析結果を海外調査の内容に反映する。海外は米、独、泰4大学の特徴を踏まえ、国の認証制度、各機関の採用、上位役職への登用等、機関の意識改革や女性研究者の研究環境に関する取組を調査する。「女性研究者支援モデル育成」事業を契機に女性研究者増に繋げた実績と現課題を海外調査に反映することでより具体的な検証を可能とし、世界水準を目指した私立大学のダイバーシティ推進モデルを目指した取組とする。

具体的目標として、女性研究者の採用増や昇給への仕組みを作り、数値目標を定めた。グローバルな視点での多様性への取り組み、文化、国籍等への取り組みについても知見が蓄積できるものと期待している。

IDRFは、太古より生薬として重宝されてきた農作物や水産物によって人々を元気にし、年をとっても元気浚刺で働ける世に変える、いわゆる「医食同源」の社会実装による新たな社会の構築を目指し、2021年4月14日に設立された。役員には産業界、行政（内閣府、農林水産省、厚生労働省）、研究分野から多彩な人材が加わった。

当財団では、「産官学の叡智を集めた活動」を通じて、実証に基づく医学的且つ客観的な立場から、医食同源食の調査、研究、評価、論文発表、関係者への支援、及び講演会などによる啓発活動を行って参ります。特に、長期的、継続的なヒト試験を実施して、多くの人々が長期間常食することによる健康への影響を調査し、医食同源食の効果を実証して社会実装化を推進する。

日本は現在、いくつもの問題に直面している。人口動態は少子高齢化、国家経済は公的医療費の高騰、税収の減少、健康概況は多くの国民が加齢や糖化ストレスに起因する疾患に苦しめられている。さらにコロナ禍が加わった。将来の日本を担う世代（特に若年女性や子供たち）への影響は多大である。このような時代背景の中で、「医食同源による健康増進」を目標に掲げ、生活習慣病の予防、公的医療費の削減に貢献したいと考えている。