



SEMINAR

Healthy and Active Ageing in Japan and Spain

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.

23.11.2017

(Registration starts at 4:30pm)

5.00pm **Welcome remarks**

Rafael BUENO, Director of Politics, Society and Education, Casa Asia

5.05pm **Introduction**

Prof. Kiyomitsu YUI, Executive Advisor to the President in charge of International Collaboration, Kobe University

5.10pm **Effect of exercise and activity in various frail elderly from epidemiological studies**

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

5.30pm **Interventions to promote a healthy ageing applying a biopsychosocial perspective**

Prof. Laura Coll-Planas, Health and Ageing Foundation, Universitat Autònoma de Barcelona

5.50pm **Solutions to the Realization of Healthy Longevity in the Super-Aging Society**

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

6.10pm **Cognitive and physical function in frail older adults: from research to implementation**

Prof Marco Inzitari, Director of Healthcare at Parc Sanitari PereVirgili



6.30pm **A new perspective on population ageing: is our population really ageing that fast?**

Dr Jeroen Spijker, a "Ramón y Cajal" Research Fellow, Centre for Demographic Studies, Autonomous University of Barcelona

6.45 pm Discussion with Japanese and Spanish speakers and Q&A from audience

7.00pm End of the seminar

Date and time: Thursday 23 November 2017, 5pm to 7pm

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

*Language: English

LOCALIDAD: Barcelona

LUGAR: Casa Asia Seu de Casa Àsia, Pavelló de Sant Manuel, Recinte Modernista de Sant Pau
c/ Sant Antoni Maria Claret, 167 Barcelona

FECHAS Y HORARIOS: Thursday 23 November 2017, 5pm to 7pm

Máximo número de plazas: 80

ORGANIZADOR: Casa Asia and Kobe University

CASA ASIA GESTIONA INSCRIPCIONES: Sí

FECHA (INICIO/FINAL): Thursday 23 November 2017, 5pm to 7pm

ÁREA TEMÁTICA: Política y Sociedad