

IARU ALH ECR Newsletter

The latest news, views and announcements from the IARU ALH ECR

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Editor's introduction

This quarter's newsletter includes updates, appointments, publications and working papers from our community. The recent IARU ALH conference held at the University of Tokyo in October 2023 was an extraordinary experience, filled with enlightening sessions and invaluable networking opportunities that left everyone inspired. The vibrant culture, warm hospitality, and innovative ideas we encountered have profoundly shaped our perspective and set a new benchmark for future events.



Reflections: IARU ALH ECR community collaboration

Collaboration is the fuel that drives innovation and success in any endeavour, uniting diverse minds towards achieving common goals. It leverages the unique strengths and perspectives of each individual, creating a shared learning and enhanced success.

It's with great pleasure to announce that the members of the IARU-ALH ECR community is collaborating together on two works with one in the final stages.

- Successful Ageing: A Comprehensive Mapping of the Literature.
- Open Letter for IARU ALH ECR Network Initiative.

Conferences

Dr. Yanan Zang

Health Promotion and Development Forum 2023 & China Health Policy and Management Society (CHPAMS), Annual Conference, Guangdong Pharmaceutical University, Guangzhou, China, 8th - 10th July 2023.

Dr. Shangjun Liu

The 34th REVES, Padova, Italy, May 24-26, 2023.

Dr. Yuan Li

SWU-UCPH Bilateral Academic Conference, Chongqing, China, October 2023.

Weida Lyu

IAGG Asia/Oceania Regional Congress, Yokohama, Japan, 2023.

Vania Putri Andriani

HPAIR Harvard Conference, "Charting New Horizons: Mapping Present & Future", USA, 2024.

Harvard East Asia Society Conference, "Knots: Complex Legacies and Imagined Futures of East Asia", USA, 2024.

India Conference at Harvard, USA, 2024.

Global Public Policy Network (GPPN), Paris, France, 22nd - 23rd February 2024.

Uehara Yutaro

Thermo Fisher Scientific User Meeting, Bremen, Germany, December 2023.

JSWE Annual Conference, Tokyo, Japan, 2024.

Dr Xinyin Xu

Asian Congress of Nutrition, Chengdu China, September 2023.

Workshops and Seminars

Dr. Shangjun Liu

Attended a Seminar on aging research at SUND, University of Copenhagen December 14th 2023.

Attended a certificate program, Workshop on National Transfer Account (NTA) initiative for China, UN DESA/ UNFPA China, August 2023, Beijing

Dr. Yanan Zang

Organising a series of institute seminars on social care, the Oxford Institute of Population Ageing (OIPA), 8 October – 2 December 2023.

Weida Lyu

Attended 5th Stockholm-Tokyo Workshop Towards a Sustainable Future - the University and the Wider World, Tokyo, Japan, 2023.

Publications

Dr. Haruno Suzuki

Igarashi, A., Matsumoto, H., Suzuki, H., Takaoka, M., Kugai, H., Sakka, M., & Yamamoto-Mitani, N. "Helping behaviours of community members towards older adults and the related factors: A cross-sectional study". *Psychogeriatrics*, 24(1), 117-126 (2023).

Dr. Zhiquan Li

Guo, Yuanyuan, et al. "Polyphenols in oral health: homeostasis maintenance, disease prevention, and therapeutic applications." *Nutrients* 15.20 (2023): 4384.

Li, Yuan, et al. "Interactions between mitochondrial dysfunction and other hallmarks of aging: Paving a path toward interventions that promote healthy old age." *Aging Cell* 23.1 (2024): e13942.

Hou, Yujun, et al. "Urolithin A improves Alzheimers disease cognition and restores mitophagy and lysosomal functions." *bioRxiv* (2024): 2024-01.

Madsen, H. B., et al. "The cGAS-STING signaling pathway is modulated by urolithin A." *Mechanisms of Ageing and Development* 217 (2024): 111897.

Dr. Yanan Zang

Harper, S., Zhang, Y. "Changing Chinese Family and Implications for Elder Care". In: *Handbook of Aging, Health and Public Policy*. Springer, Singapore (2023).

Zhang, Y., Bennett, M. "Insights into Informal Caregivers' Wellbeing: A Longitudinal Analysis of Care Intensity, Location, and Relationship". *Journals of Gerontology, Series B*. accepted for publication (2024).

Vanessa Koh

Koh, V., et al., "Performance of digital technologies in assessing fall risks among older adults with cognitive impairment: A systematic review" *GeroScience*, (2024).

Dr. Shangjun Liu

Chen, C., Zhao, Y., Liu, S., Wu, Y., Yang, S. Su, B., Zheng, X. "Changing Patterns of Mortality in Diabetes Mellitus Among Older Adults — China, 1987–2021"[J]. *China CDC Weekly*, 2023, 5(50): 1120-1124.

Guo. S., Zhao, Y., Liu S., & Zheng X. "Evidence-based Research on Disability Studies in China using VOSviewer" [J]. *Chinese Journal of Rehabilitation Theory and Practice*, 2023,29(03):302-311.(in Chinese).

Dr. Linn Gillberg

Ingersen, A., Soendenbroe, C., Ahmed, H.I., Borch, J., Moseholm, K.F., Dal, M.H., Kusta, O., Bergien, S.O. and Gillberg, L., Should young researchers engage with interdisciplinary research?. *Acta Physiol*, (2023) 239: e14053.

Weida Lyu

Lyu W, Tanaka T, Son BK, Yoshizawa Y, Akishita M, Iijima K. Validity of a simple self-reported questionnaire "Eleven-Check" for screening of frailty in Japanese community-dwelling older adults: Kashiwa cohort study. *Arch Gerontol Geriatr* (2024).

Lyu W, Tanaka T, Bo-Kyung S, Yoshizawa Y, Akishita M, Iijima K. "Integrated effects of nutrition-related, physical, and social factors on frailty among community-dwelling older adults: A 7-year follow-up from the Kashiwa cohort study". *Geriatr Gerontol Int*. (2023).

Lyu W, Kousaka M, Jia H, Kato H. "Effects of Turmeric Extract on Age-Related Skeletal Muscle Atrophy in Senescence-Accelerated Mice". *Life (Basel)*. (2023) Apr 3;13(4):941.

Haoyu Suo

Sun, J., Suo, H., & Chen, G. "The construction of accessible environment in Chinese modernization: Significance, development, and path". *Journal of the Disability Research*. (2023).

Chen, G., Suo, H., & Zhang, C. "Supporting high-quality population development for Chinese modernization: Design of a fertility support policy system from a systems perspective." *Journal of the Central Institute of Socialism* (2023).

Working papers

Dr. Yuan Li

Increased oxidative stress combined with lysosomal dysfunction characterize fibroblasts of patients with sporadic Alzheimer's Disease.

Dr. Xinyin Xu

Study on compliance and sustainability of exercise prescription, funded by Sichuan Provincial Medical Association in China.

Uehara Yutaro

Quantum computation of the mass spectrum with a supercomputer.

Vanessa Koh

Characterising the association between resilience and long-term functional outcomes among older adult patients with hip replacement surgery over time.

Perceptions of falls and falls prevention among community-dwelling older adults in Singapore: a qualitative study.

Steps To Avoid Falls in the Elderly: Innovative Digital Technology (SAFE TECH) - A Randomised Clinical Trial Protocol.

Dr. Yanan Zang

Functional Transitions among Older Adults in Rural China: Examining the Differential Roles of Care from Daughters' and Sons' Families, with Pianpian Zhao and Professor Sarah Harper.

Tergel Namsrai M.D

Does sleep impact brain structure?: A systematic review with a meta-analyses.

Trajectories of sleep and longitudinal effect on brain health.

Fatigue in multiple sclerosis: a rapid review.

Research highlight

We would like to highlight an Editorial by one of our members, Dr. Linn Gillbert at the University of Copenhagen.

Should younger researchers engage with interdisciplinary research? A reflective proposal from early career researchers at the Center for Healthy Aging, that was published in *Acta Physiologica* in October 2023 (doi: 10.1111/apha.14053).

The paper is based on the workshop, Interdisciplinary Interventions for Healthy Aging - What young researchers want, that was held on the Center for Healthy Aging, University of Copenhagen, in September 2022. The 9 workshop participants (all early career researchers: master students, PhD students and Post docs) were divided in 2 groups and worked on an idea for a research project aimed to achieve healthy aging in the society. The groups came up with the following suggestions (not included in the published version of the paper):

Group 1: A randomized controlled intervention study of overall health, metabolic and biosocial effects of a citizen-centred community-based physical activity program, at three different transition time points in life (onset of parenthood, job-dismissal, and retirement). The aim of the project was to identify social, psychological, and biomedical determinants of staying physically active throughout life.

Group 2: A randomized controlled three-armed intervention where newly diagnosed cancer patients are provided either a human mentor who previously had cancer, an artificial intelligence device (Alexa mentor) or no support. The main aim was to examine if a support system may diminish societal inequalities for accessing emotional and educational support, and improve quality of life (based on mental, physical and social health), of individuals diagnosed with cancer.

You can find the abstract and a post about the article here: https://www.linkedin.com/posts/maria-kristiansen-b84b8726-should-young-researchers-engage-with-interdisciplinary-activity-7124825946406236160-dGt2?utm_source=share&utm_medium=member_desktop

Upcoming events

IARU ALH ECR Seminar: Kashiwa Cohort Study and Frailty Prevention Among Community-Dwelling Older Adults



Dr. Weida Lyu

Mr Weida Lyu will embark on an in-depth exploration of the 'Kashiwa Cohort Study' database. This will be followed by an examination of pioneering strategies in the prevention of frailty among older adults living in the community. The session will focus on the integrated impact of nutrition, physical activity, and social engagement, and will conclude with a discussion on practical strategies designed to enhance the overall well-being of the elderly population.

Our speaker is looking forward to sharing these insights and discussing the potential for future collaborative research in both observational and intervention-based studies.

The seminar is scheduled for 10:00 UK time. This corresponds to 11:00 in Copenhagen, 12:00 in Cape Town, 17:00 in China and Singapore, 18:00 in Japan, and 21:00 in Canberra (until April 7th, after which it will be 20:00). Please confirm your availability using the provided link by March 20th.

<https://doodle.com/meeting/participate/id/dN7rqgLe>

Upcoming events (cont.)

International Systems Dynamics Conference



Abstract deadline: March 19, 2024

Bergen Norway

For submissions, follow the link: [International Systems Dynamics Conference \(Abstract deadline: March 19, 2024\), Bergen Norway.](https://systemdynamics.org/submission-instructions/)

For submissions follow the link:

<https://systemdynamics.org/submission-instructions/>

QAR-Net Care inaugural workshop: 'Bridging Care Gaps: Exploring Impact on Lives and Societies'



University of Sheffield, UK.

Abstract deadline: March 15, 2024.

For submissions, follow the link:

<https://centreforcure.ac.uk/updates/2023/12/qar-net-care-inaugural-workshop/>

Congratulations

New Appointments



Dr. Sarah Assaad

Lecturer

Epidemiology and Statistics
at the division of Psychiatry
University College London



Dr. Yanan Zhang

Senior Research Fellow

Oxford Institute of
Population Ageing
University of Oxford



Dr. Xinyin Xu

Professorial Research Fellow

Sichuan Centre for Disease
Control and Prevention

New Arrival

A very heartfelt congratulations to Zhiquan and his family to the birth of the little baby boy. His name is Duheng Li. Welcome to the cool researcher dad club!



Call for submissions

Dear ECR Members,

As Zhiquan takes time for his new role as a father, he continues to generously contribute to the development of our [ECR website](#). Your support in this endeavour would be greatly appreciated.

Please send the requested content for the website to him at zhiquan@sund.ku.dk:

- **ALH-ECR Member Profiles:** Submit your name, affiliation, a short biography, a portrait photo, contact information, and website links. Confirm your consent for publication on the IARU ALH ECR website.
- **Ageing-Related Projects:** Provide a brief introduction or a link to the project webpage detailing the ageing-related work you are working on.
- **Publications on Ageing:** List any publications you have on ageing-related topics.
- **Conferences and Funding Opportunities:** Share information about relevant conferences and funding opportunities focused on ageing.
- **Feedback and Suggestions:** Offer any ideas or feedback to improve our website or network.

Your contributions are invaluable to us, and with collective effort, we aspire to establish an active and influential network.

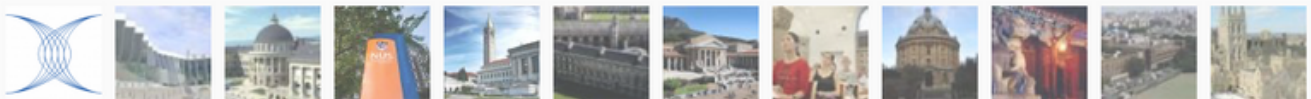
Best wishes,

IARU ALH ECR Committee

Closing remarks from the editor

I want to thank everyone for contributing and reading our newsletter. Lastly, I want to highlight the importance of collaboration and warmly invite everyone to share your ideas, expertise and skills to create something remarkable. Collaboration is just an email away! — Tergel Namsrai

IARU UNIVERSITIES



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The International Alliance of Research Universities (IARU) is a collaboration between 11 of the world's leading research-intensive universities. The members are: the Australian National University, ETH Zurich, National University of Singapore, Peking University, University of California, Berkeley, University of Cambridge, University of Cape Town, University of Copenhagen, University of Oxford, the University of Tokyo and Yale University.