

The 1st Joint Scientific Meeting on Physical Activity and Exercise Science

Main Theme:

**Development and Future Challenges of Evidence-based
Health Promotion in Older Adults: from the Standpoint of
Physical Activity and Exercise Science**

Dates: Aug 6, 2019 (9:25-17:10)

Organizer: Center for Health Science and Counseling, Kyushu University

Co-organizer: Graduate School of Human-Environment Studies, Kyushu
University

Venue: JR Hakata City Conference Room

Language: English

Sponsors: Omron Healthcare Co., LTD; Sumitomo Riko Co., LTD; Seiko IT
Solution Co., LTD; and Japan Health Club at Fukuoka Branch

Moderator: *Tao Chen* (Kyushu University)

Program

Opening Ceremony (9:25 – 9:30)

Shuzo Kumagai

Center for Health Science and Counseling, Kyushu University

1. Educational Lecture (9:30-12:00)

Session ① (9:30-11:00)

Chairman: Kenji Masumoto

Graduate School of Human-Environment Studies, Kyushu University,
Japan

Speakers: Hyuntae Park

Department of Healthcare and Science, Dong-A University, South
Korea

「Community-based intervention study in mild cognitive impairment」

Speaker: Sanmei Chen

Department of Epidemiology and Public Health, Graduate School of
Medical Sciences, Kyushu University, Japan

「Physical frailty and risk of needing long-term care in community-
dwelling Japanese Elderly」

Speaker: Tao Chen

Center for Health Science and Counseling, Kyushu University, Japan

「The associations of physical fitness and activity with the risk of
needing long-term care in older adults」

Session ② (11:00-12:00)

Chairman:Koji Yamatsu

Faculty of Education, Saga University, Japan

Speaker:Fumiharu Togo

Graduate School of Education, The University of Tokyo, Japan

「Irregular behavioral patterns and mental/physical health problems
in aged society」

Speaker:Huiru Wang

Department of Physical Education, Shanghai Jiao Tong University,
China

「The intervention study of Taijiquan exercise prescription
On Osteoporotic fracture」

Lunch break (12:00-13:00)

2. Invited Lecture① (13:00-14:00)

Chairman : Hyuntae Park

Department of Healthcare and Science, Dong-A University, South
Korea

Speaker: Toshiharu Ninomiya

Department of Epidemiology and Public Health, Graduate School of
Medical Science, Kyushu University, Japan

「Community-based dementia cohort study: the Hisayama Study」

3. Invited Lecture② (14:00-14:45)

Chairman: Kenji Narazaki

Faculty of Socio-Environmental Studies, Fukuoka Institute of
Technology, Japan

Speaker: Yasuko Manabe

Graduate School of Human Health Sciences, Department of Health
Promotion Sciences, Tokyo Metropolitan University, Japan
[Molecular mechanism of physical activity-induced beneficial
effects]

4. Keynote Lecture (14:45-15:25)

Chairman: Fumiharu Togo

Graduate School of Education, The University of Tokyo, Japan

Speaker: Yung Liao

Department of Health Promotion and Health Education, National
Taiwan Normal University, Taiwan

[Neighborhood built environment and performance-based physical
function among older women]

Speaker: Hans Ding

. Shanghai i-Zhaohu Senior Care Services Co. Ltd, China

[iACC--- A Value-based Integrated Community Care Model
Empowered by K-aid Technology]

5. Oral Presentation (15:25-16:49)

Session 1 (15:25-16:13)

Chairman: Tao Chen

Center for Health Science and Counseling, Kyushu University, Japan

Speaker: 4 persons

Session 2 (16:13-16:49)

Chairman: Si Chen

Graduate School of Human-Environment Studies, Kyushu
University, Japan

Speaker: 3 persons

6. Closing Ceremony (17:00-17:05)

Hyuntae Park

Faculty of Health Science, Dong-A University, South Korea

7. Welcome Party (17:30~19:30)

Venue: Hotel Nikko Fukuoka

List of oral presentation (15:25-16:49)

No.1 (15:25-15:37)

Harukaze Yatsugi¹, Tao Chen², Yu Nofuji³, Kenji Narazaki⁴ Hiro Kishimoto^{1,2,5}, Shuzo Kumagai^{1,2} : Normative data of objectively measured physical activity and sedentary time in community-dwelling older Japanese: A pooled analysis

1 Department of Behavior and Health Sciences, Graduate School of Human-Environment Studies, Kyushu University, Japan

2 Center for Health Science and Counseling, Kyushu University, Japan

3 Japan Association for Development of Community Medicine, Japan

4 Faculty of Socio-Environmental Studies, Fukuoka Institute of Technology, Japan

5 Faculty of Arts and Science, Kyushu University, Japan

No.2 (15:37-15:49)

Tianshu Chu¹, Tao Chen², Hiro Kishimoto^{1,2,3}, Shuzo Kumagai^{1,2}.: Factors associated with academic performance among first-year university students: The EQU SITE Study.

1 Graduate School of Human- Environment Studies, Kyushu University, Japan.

2 Center for Health Science and Counseling, Kyushu University, Japan.

3 Faculty of Arts and Science, Kyushu University, Japan.

No.3 (15:49-16:01)

Si Chen¹, Tao Chen², Hiro Kishimoto^{1,2,3}, Harukaze Yatsugi¹, Shuzo Kumagai^{1,2}.:Associations of objectively measured physical activity and sedentary behavior with frailty screened by the FRAIL scale in Japanese community-dwelling elderly:The Itoshima Frailty Study

1 Department of Behavior and Health Sciences, Graduate School of Human-Environment Studies, Kyushu University, Japan

2 Center for Health Science and Counseling, Kyushu University, Japan

3 Faculty of Arts and Science, Kyushu University, Japan

No.4 (16:01-16:13)

Zhen Wen¹, Si Chen¹, Tao Chen², Hiro Kishimoto^{1,2,3}, Shuzo Kumaga^{1,2}: Sex differences in the association of domain-specific sedentary behavior with cognitive function in Japanese community-dwelling elderly: The Itoshima Frailty Study

1 Department of Behavior and Health Sciences, Graduate School of Human-Environment Studies, Kyushu University, Japan

2 Center for Health Science and Counseling, Kyushu University, Japan

3 Faculty of Arts and Science, Kyushu University, Japan

No.5 (16:13-16:25)

Minwoo Jang¹, Jakyung Yang¹, Neegmasara Thapa¹, Haejin Park¹, Haeun Son¹, Jihyun Lee¹, Gwonmin Kim¹, Hyuntae Park¹: Carotid intima-Media Thickness and Physical Function is Associated with Greater Risk of MCI

1 Department of Healthcare and Science, Dong-A University, South Korea

No.6 (16:25-16:37)

Haejin Park¹, Jakyung Yang¹, Neegmasara Thapa¹, Minwoo Jang¹, Haeun Son¹, Jihyun Lee¹, Gwonmin Kim¹, Hyuntae Park¹: Are physical performance and polypharmacy associated with frailty in community-dwelling older adults.

1 Department of Healthcare and Science, Dong-A University, South Korea

No.7 (16:37-16:49)

Neegmasara Thapa¹, Boram Kim², Jakyung Yang¹, Haejin Park¹, Minwoo Jang¹, Haeun Son¹, Jihyun Lee¹, Gwonmin Kim¹, Hyuntae Park¹: Chronotype, physical activity and dementia in community-dwelling older adults.

1 Department of Healthcare and Science, Dong-A University, South Korea

2 Department of Neurology, Dong-A University Hospital, South Korea