



NEWSLETTER

Tsukuba Digital-Bio International center

2022.9.6 vol.4. 2022 Autumn

Salutation

Professor Tomohiro Okura

- University of Tsukuba Faculty of Health and Sport Sciences Professor
- JST COI-NEXT "Tsukuba Digital-Bio International Center Project"
- Principal Investigator "research and development task 7 : Formation of a center for social implementation based on an evidence generation platform using a futuristic integrated medical information network based on a large cohort. "
Research and Development Issue Leader

With the increase in average life expectancy, it is important to extend healthy life expectancy, the period during which people can remain in good health. To ensure a healthy and happy old age, it is important to assess health conditions from an earlier stage. For this research project, the Tsukuba Happiness Life Study was launched with the cooperation of Tsukuba City. In collaboration with the University of Tsukuba's Faculty of Medicine and Medical Sciences, the National Agriculture and Food Research Organization, the National Institute for Environmental Studies, and numerous companies, we aim to achieve well-being by focusing on lifestyle, health status, environment, and anti-infective diseases. The Tsukuba Happiness Life Study will elucidate factors related to lifestyle-related diseases, etc., through mail surveys and health checkups, and develop programs to improve lifestyle functions, etc. We have been developing intervention programs and health assessment instruments for healthy longevity. Utilizing this experience, COI-NEXT will provide medical and healthcare services



through industry-academia-government-private partnerships to realize real support for the extension of healthy life expectancy.



つくばハピネスライフ研究

Participating Researchers

Associate Professor

Hideo Suzuki

- University of Tsukuba Institute of Medicine
- Director, Tsukuba Preventive Medical Research Center



My name is Suzuki from the Tsukuba Preventive Medical Research Center. The Tsukuba Research Center for Preventive Medicine was established in April 2017 with the aim of realizing a healthy and long-lived society through early detection and treatment of diseases. The number of examinees has been increasing every year, with more than 1,000 people using the service in the last fiscal year. As the name implies, "research" is one of our major roles, and we are actively involved in providing samples to biobanks and conducting joint research with various groups on cognitive function and sleep. The Tsukuba Happiness Life Research Center will be the venue for physical measurements, motor function evaluation, cognitive function evaluation, and blood sampling. I hope to contribute to the success of this cohort study based on my past experience.

Assistant Professor Yoon Jieun

- **University of Tsukuba Faculty of Health and Sport Sciences**



By 2025, when the "baby boomers" reach the age of 75, it is estimated that there will be approximately 7 million elderly people with dementia. Dementia is a serious disease that restricts the movements necessary for daily living (eating, dressing, changing

clothes, urinating, defecating, bathing, etc.) Thus, dementia is highly dependent on medical and nursing care support, placing a tremendous burden on the economy and society. However, early detection and prevention of dementia is extremely important because there is still no cure for the disease. Therefore, through the Tsukuba Happiness Life Research, we aim to develop a "cognitive function (disease) decline prevention program" suitable for each condition (e.g., memory decline, thinking ability decline, etc.) based on detailed assessment of the state and changes in cognitive function by "lifestyle, age, and sex" over a long period of time, and to provide and promote this program to the elderly as soon as possible.

Participating Companies

Takao Tsutaya, General Manager

- **TANITA Corporation Development Department, Business Strategy Division**

In addition to the development and sales of health measurement devices such as body composition analyzers, the Tanita Group is expanding its business from "measuring



health" to "creating health" services, including the "Tanita FITZME" fitness program for women, the "Tanita Shokudo" (Tanita Diner), and the "Tanita Health Program" package for companies and local governments. With the cooperation of COI-NEXT and Professor Ohzura of Tsukuba University, "zaRitz," an easy-to-use device for measuring lower limb motor function, has developed

and launched. Through this project, we will work to develop products that contribute to people's health with unprecedented ideas.

Masao Kumagishi, General Manager

- **NEWCOM Inc. Research Department, Sirok Division**



We develop and manufacture touch panels and sheet sensors. In entering the health field, we developed "Peg Amore," a cognitive function testing and training device based on

the relationship between hand dexterity and cognitive function in collaboration with Professor Ohkura of Tsukuba University, utilizing our proprietary sheet sensor technology. Anyone who understands numbers and can pick and move pegs can easily and happily train and take care of their brain health. Through this project, we hope that we can be of some help toward your healthy longevity.

TOPICS

The Tsukuba Happiness Life Study has started.

A large cohort study (the Tsukuba Happiness Life Study), a project of R&D Task 7, has been launched. A health and lifestyle survey was conducted for Tsukuba City for 10,000 Tsukuba City residents aged 45-89. We would like to thank everyone who responded to our survey. The Tsukuba Happiness Life Health Examination will be conducted in the future for those who respond to the survey. Participation information will be sent to eligible participants in due course. Thank you for your cooperation.



つくばハピネスライフ健診

- ◆ 血液検査、体力測定、睡眠調査、認知機能検査などにより、健康状態を総合的に評価します。
- ◆ 健診結果に基づきドクターのコメントや今後のアドバイスがもらえます。

**Tsukuba Global Science Week 2022:
The Tsukuba International Center for Digital
Biology "Cohort Studies in Digital Biology:
Present and Future" session will be held.**

We will hold a session at Tsukuba Global Science Week 2022 hosted by the University of Tsukuba. In the aforementioned Tsukuba Happiness Life Study and other projects conducted jointly by the home offices, Discussions on the role of cohort studies and the realization of diet-assisted control of mild physical and mental disorders in Japan and the world today will be held with regard for the future. The purpose of this program is to promote international exchange. For session details, please contact [here](#). To register, please contact [here](#).

Hiroko Isoda, Principal Investigator of this project and Professor at the University of Tsukuba, delivered a lecture at a side event of the 8th Tokyo International Conference on African Development (TICAD8).

The Principal Investigator of this project, Professor Hiroko Isoda of Tsukuba University, gave a lecture at the above conference, "Japan-Africa Science Innovation Week: STI Research Cooperation between Japan and Africa for Sustainable Development - Equal Partnership and Inclusive Collaboration". For more information on Professor Isoda's activities in Africa, please contact [here](#).

For inquiries about this office or to request an article publication, please contact us at the Tsukuba Digital-Bio International center
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Tsukuba Digital-Bio International center Website
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