



12:00PM to 1:00PM

Lunch and Registration

1:00PM to 1:15PM

Welcome Remarks

1:15PM to 2:45PM

BUILDING SOCIETAL RESILIENCE #1

Moderated by **PROF HIDENORI ARAI** | *President, National Center for Geriatrics and Gerontology*

Functional Status Prediction Model of Oldest Old Adult: Big Data Analysis from GEMU of TVGH

DR KO-HAN YEN

Attending Physician, Taipei Veterans General Hospital

Frailty and Intrinsic Capacity: Translating Evidence into Resilience and Healthy Ageing

ASSOC PROF RESHMA MERCHANT

Head of Geriatric Medicine, National University Hospital; Associate Professor, Yong Loo Lin School of Medicine, National University of Singapore

The Sarcopenia/Frailty Cohort Study: A Preliminary Report

PROF DING-CHENG CHAN

Superintendent, National Taiwan University Hospital Beihu Branch; Clinical Professor of Internal Medicine, National Taiwan University Hospital

Break from 2.45PM to 2.55PM

2:55PM to 4:25PM

GEROSCIENCE AND HEALTH PROMOTION

Moderated by **PROF HIDENORI ARAI** | *President, National Center for Geriatrics and Gerontology*

Biological Ageing Clocks to Promote Healthy Longevity

ASSOC PROF JAN GRUBER

Associate Professor, Department of Biochemistry, Yong Loo Lin School of Medicine, National University of Singapore

Drug Discovery Targeting Mitochondrial Respiratory Supercomplexes in Healthy Ageing

DR SATOSHI INOUE

Theme Leader, Research Team for Ageing Mechanism and Medical Science, Tokyo Metropolitan Institute for Geriatrics and Gerontology

Daily Life Walking Speed Measurement Using a Smartphone App for Health Promotion Services

DR HISASHI KAWAI

Vice-Director, Research Team for Human Care, Tokyo Metropolitan Institute for Geriatrics and Gerontology

Break from 4.25PM to 4.35PM

4:35PM to 6:05PM

LEVERAGING POLICY, SYSTEMS RESEARCH, AND MEDIA

Moderated by **PROF CHI-HUNG LIN** | *President, National Yang Ming Chiao Tung University*

From Consultation to Collaboration: Understanding the Participatory Approach to Communication

DR SOH KAI RUO

Lecturer, Department of Communications and New Media, Faculty of Arts and Social Sciences, National University of Singapore

Transforming Primary Care for a Healthy Longevity

PROF JOSE M. VALDERAS

Director, NUS Centre for Research in Health Systems Performance (CRiHSP); Professor, Yong Loo Lin School of Medicine, National University of Singapore

Innovative Ageing Policy in New Taipei City

DR RAN-CHOU CHEN

Commissioner, Department of Health, New Taipei City Government

6:05 PM to 6:20PM

Closing Remarks



8.30AM to 9.00AM

Registration

9.00AM to 9.15AM

Opening Remarks

9:15AM to 11:00AM

BRAIN HEALTH IN AGEING COMMUNITIES

Moderated by **PROF CHENG-CHIEH LIN** | Chairman, International Association of Gerontology & Geriatrics - Asia/Oceania Region; Vice-President, China Medical University

Implementing Lifestyle Approaches for Brain Health: Reflections from the SINGER Study in Singapore

DR YAP KWONG HSIA

Research Fellow, Yong Loo Lin School of Medicine, National University of Singapore

The Potential of Wireless Dry Electroencephalography for Community-Dwelling Older Adults

DR OSAMU KATAYAMA

Chief Researcher, Center for Gerontology and Social Science, National Center for Geriatrics and Gerontology

Multicomponent Community-Based Interventions to Enhance Frailty and Cognitive Recovery and Promote Societal Resilience

ASSOC PROF

CHIH-KUANG LIANG

Division Chief, Kaohsiung Veterans General Hospital

Break from 11.00AM to 11.15AM

11.15AM to 1.00PM

TECHNOLOGY

Moderated by **PROF LIANG-KUNG CHEN** | Superintendent, Taipei Municipal Gan-Dau Hospital

Wearable Health Trackers to Gain Insights into Sleep, Health Habits and Wellbeing

PROF MICHAEL CHEE

Director, Centre for Sleep and Cognition, Yong Loo Lin School of Medicine, National University of Singapore

Digital Biomarkers for Frailty Assessment: Pathways to Real-World Implementation

ASSOC PROF YOSUKE OSUKA

Associate Professor, Department of Frailty Research, National Center for Geriatrics and Gerontology.

When Data Becomes Medicine

PROF DEAN HO

Director, The Institute for Digital Medicine (WisDM), Yong Loo Lin School of Medicine, National University of Singapore

1.00PM to 2.00PM

Lunch break

Continued in the next page...



2.00PM to 3.45PM

BUILDING SOCIAL RESILIENCE #2

Moderated by **ASSOC PROF JIA LILE** | Associate Professor, Department of Psychology, Faculty of Arts and Social Sciences, National University of Singapore

What gives rise to resilience: Insights from the Singapore Life Panel (SLP)

PROF PAULIN STRAUGHAN

Director, Centre for Research on Successful Ageing (ROSA), Singapore Management University

Radio Taiso, Japan's National Calisthenics, for Healthy Ageing: Assessing Its Effectiveness and Dissemination Strategies with an Insurance Company

DR HIROYUKI SASAI

Theme Leader, Frailty & Musculoskeletal Health Research, Tokyo Metropolitan Institute for Geriatrics and Gerontology

Exploring Cognitive Intervention Programs Using the Board Game Go: Development, Evaluation, and Collaboration with Community and Senior Care Providers

DR AI IIZUKA

Medical Doctor, Tokyo Metropolitan Institute for Geriatrics and Gerontology

Break from 3.45PM to 4.00PM

4.00PM to 5.45PM

BUILDING SOCIETAL RESILIENCE #3

Moderated by **PROF JOHN EU-LI WONG** | Executive Director, Centre for Population Health, National University of Singapore

The Power of Community: How Lifelong Learning in MOOCs and Choirs Fosters Wellbeing

ASSOC PROF KEN-ZEN CHEN

Associate Director, Research Center of Higher Education Resource for Openness, National Yang Ming Chiao Tung University

Integrated Care between Acute Care and Long-Term Care Service

ASSISTANT PROF MING-YUEH CHOU

Director, Kaohsiung Veterans General Hospital

A Personal Health Risk Stratification System for Healthy Longevity

PROF LIANG-KUNG CHEN

Superintendent, Taipei Municipal Gan-Dau Hospital

5.45 PM to 6:00PM

Closing Remarks



8.30AM to 9.00AM

Registration

9.00AM to 9.15AM

Opening Remarks

9:15AM to 10:45AM

BUILDING SOCIETAL RESILIENCE #4

Moderated by **ASSOC PROF DAVID MICHAEL ALLEN** | Deputy Executive Director, Centre for Population Health, National University of Singapore

From Crisis Command to Connected Care: AIoT-Driven Innovations for Resilient Critical and Geriatric Care

ASSISTANT PROF WEI-CHENG CHEN

Chief Secretary,
Superintendent's Office, China
Medical University Hospital

Brain Health in SG: Transforming Brain Health Through AI, Prevention, and Integrated Care

DR TAN LI FENG

Senior Consultant
Geriatrician, Alexandra
Hospital; Geriatrics Lead at
the NUHS Regional Health
System Office

What We Have Found About Insulin Resistance in the Population, and What We Would Like to Do for It

PROF ROGER FOO

Zayed bin Sultan Al Nahyan Professor
in Medicine & Vice-Dean (Research),
Yong Loo Lin School of Medicine,
National University of Singapore; Senior
Consultant, NUHCS

Break from 10.45AM to 11.00AM

11.00AM to 12.45PM

BUILT ENVIRONMENT

Moderated by **PROF JOHN EU-LI WONG** | Executive Director, Centre for Population Health, National University of Singapore

Reimagining Public Housing for an Ageing Singapore

MS YANG XIAOXUAN

Executive Engineer,
Housing and
Development Board

Towards Age-Ready, Heat-Resilient Cities: A Human-Centered Thermal Study of Singapore's Ageing Population and Its Implications for Ageing in Place

MS JEAN YOU

PhD Researcher, Singapore-ETH Centre's
Future Cities Lab Global; Research
Collaborator, Environment and Ageing Well
(ENgAGE), National University of Singapore

Humanistic Computation in Architectural and Urban Informatics for Wellbeing

ASSOC PROF JUNE-HAO HOU

Associate Professor, Institute of
Architecture, National Yang
Ming Chiao Tung University

12:45PM to 1:00PM

Closing Remarks

1:00PM to 3.00PM

Lunch

Speakers and Moderators

PROF HIDENORI ARAI is the President of the National Center for Geriatrics and Gerontology (NCGG), Japan, where he leads national and international initiatives in aging research, education, and clinical innovation. A graduate of Kyoto University's Faculty of Medicine, he previously served as Professor at its School of Human Health Sciences before becoming Deputy Director, Director, and, since 2019, President of NCGG. His leadership has strengthened NCGG's role as a global hub for dementia care, frailty research, and healthy longevity. A leading expert in geriatric medicine, frailty, and sarcopenia, Prof Arai has served as President of the Japanese Association on Sarcopenia and Frailty and as a member of the Science Council of Japan.

MODERATOR | DAY 1 SESSIONS 1 & 2

PROF CHI-HUNG LIN is President of National Yang Ming Chiao Tung University (NYCU), Taiwan. He obtained his M.D. from the School of Medicine, National Yang-Ming University, and his Ph.D. in Biology from Yale University. He previously served as Commissioner of Health for Taipei City and New Taipei City Governments, and held multiple leadership roles at National Yang-Ming University, including Vice Dean of Research and Development, Dean of International Affairs, and Director of the Institute of Microbiology and Immunology. An accomplished biomedical scientist, Professor Lin has published extensively in leading international journals, advancing the fields of cell biology, biophotonics, cancer genomics, and infectious diseases. His work bridges basic science and translational research to improve health through innovation and interdisciplinary collaboration.

MODERATOR | DAY 1 SESSION 3

PROF CHENG-CHIEH LIN is the Distinguished Professor and Vice President of China Medical University, Taiwan, and Chairman of the International Association of Gerontology and Geriatrics Asia/Oceania Region (IAGG-AOR). A physician-scientist trained in medicine, public health, and health services administration, he earned his M.D. and M.S. from China Medical University and Ph.D. from the University of South Carolina. Prof Lin previously served as the Superintendent of China Medical University Hospital and Dean of the School of Medicine. His research spans geriatric medicine, preventive community medicine, and health services administration. Widely recognised for his contributions to public health and ageing research, he has received the Taiwan Medical Contribution Award and the Health Promotion Contribution Award from the Ministry of Health and Welfare.

MODERATOR | DAY 2 SESSION 1

PROF LIANG-KUNG CHEN is the Distinguished Professor at National Yang Ming Chiao Tung University (NYCU), Taiwan, and Superintendent of Taipei Municipal Gan-Dau Hospital. He earned his M.D. from National Yang-Ming University and Ph.D. in Health Policy and Welfare. Prof Chen previously directed the Center for Geriatrics and Gerontology at Taipei Veterans General Hospital and the Aging and Health Research Center at NYMU. A leading authority in geriatric medicine, he founded the Asian Working Group for Sarcopenia and led the Asian Consensus for Sarcopenia Diagnosis. His research on frailty, healthy aging, and AI-driven geriatric care has gained global recognition, placing him among the world's top 2% scientists (Stanford University). He has received multiple national awards for innovation and research excellence and is Editor-in-Chief of Archives of Gerontology and Geriatrics.

MODERATOR | DAY 2 SESSION 2

SPEAKER | DAY 2 SESSION 4

ASSOC PROF LILE JIA is an Associate Professor of Psychology in the Faculty of Arts and Social Sciences at the National University of Singapore. His research explores how goal pursuit is dynamically shaped by intrapersonal and interpersonal contexts, integrating insights from self-regulation, motivation, and social cognition. As Principal Investigator of the Situated Goal Pursuit (SPUR) Lab, he employs experimental, longitudinal, and data-driven approaches to examine self-control, academic achievement, creativity, and social well-being. His recent work extends into community-based interventions in Singapore to enhance residents' well-being and goal attainment. Through his research, Associate Professor Jia aims to advance understanding of human motivation and foster environments that support purposeful, sustained goal pursuit.

MODERATOR | DAY 2 SESSION 3

PROF JOHN EU-LI WONG is the Isabel Chan Professor in Medical Sciences, Executive Director, Center for Population Health, National University of Singapore (NUS); Senior Advisor, National University Health System (NUHS), Singapore. He was previously Director, National University Cancer Institute, Singapore, Dean of the NUS Yong Loo Lin School of Medicine, and Chief Executive of NUHS. He is an elected member of the Academia Europaea, and an international member of the US National Academy of Medicine. He is currently a Commissioner, Lancet Commission on 21st Century Global Health Threats. He was the recipient of the David Rall Medal, US National Academy of Medicine, received the degree of Doctor Philosophiae Honoris Causa, Hebrew University of Jerusalem, the President's Science & Technology Medal, the Public Administration Medal (Gold), and the National Medical Excellence Awards, among others.

MODERATOR | DAY 2 SESSION 4, DAY 3 SESSION 2

ASSOC PROF DAVID MICHAEL ALLEN is the Deputy Executive Director of the Centre for Population Health at the National University of Singapore and Associate Professor in the Yong Loo Lin School of Medicine. He also serves as a Senior Consultant in the Division of Infectious Diseases at the National University Hospital and Visiting Senior Consultant at the National Centre for Infectious Diseases, Singapore. Trained in Internal Medicine and Infectious Diseases at New York Hospital and Cornell University Medical Center, he previously founded and led Singapore's first Infectious Diseases Department before serving over two decades as President of ID Specialists, P.A. in Texas. His work bridges clinical leadership, infectious disease management, and population health innovation across international healthcare systems.

MODERATOR | DAY 3 SESSION 1

DR KO-HAN YEN is an Attending Physician at the Center of Geriatrics and Gerontology, Taipei Veterans General Hospital, and Lecturer in the Department of Geriatric Medicine, National Yang Ming Chiao Tung University. He obtained his medical degree from Kaohsiung Medical University and is pursuing a Master of Health Care Administration at National Yang Ming Chiao Tung University. Trained in family and geriatric medicine, his work focuses on the health and care models for older adults. He is a board-certified specialist of the Taiwan Association of Family Medicine and the Taiwan Association of Gerontology and Geriatrics.

SPEAKER | DAY 1 SESSION 1

ASSOC PROF RESHMA MERCHANT is the head of Division of Geriatric Medicine at National University Hospital. Her expertise in healthy aging has made her a significant figure in geriatrics both locally and globally. She is a member of the Ministry of Health Frailty Implementation Workgroup, WHO Global Network on Long-term Care and Clinical Consortium on Healthy Ageing. Throughout her career, she has received multiple clinical and teaching awards, including the Distinguished Senior Clinician award in 2024 and the NUHS-Mochtar Riady Pinnacle Master Clinician Award in 2022. Her research focuses on sarcopenia, falls prevention, frailty, and healthy aging. She is well published, PI for population health grants and is involved in numerous ongoing population-level healthy aging programs, such as the SPICE Program, Health District @ Queenstown and the Movement for Health initiative. She serves in multiple editorial boards and co-author in multiple global consensus papers.

SPEAKER | DAY 1 SESSION 1

PROF DING-CHENG CHAN is the Superintendent of National Taiwan University Hospital (NTU) Bei-Hu Branch. He is also an attending physician of the Department of Geriatrics and Gerontology and a Clinical Professor of Internal Medicine at the NTU Hospital. A leading expert in geriatric medicine and osteoporosis, his research focuses on drug-related problems, frailty, sarcopenia, and fracture prevention. He established the Fracture Liaison Services (FLS) at NTUH and its Bei-Hu Branch, both internationally recognised by the International Osteoporosis Foundation's "Capture the Fracture" campaign. He co-chaired the Asia Pacific Frailty Fracture Alliance and helped develop the regional consensus on best practice standards for FLS. Prof Chan also serves as Vice Chair of FFN Taiwan, Treasurer of the Frailty Fracture Network, and a mentor in the Capture the Fracture® Partnership programme that aims to advance secondary fracture prevention worldwide.

SPEAKER | DAY 1 SESSION 1

ASSOC PROF JAN GRUBER is an Associate Professor, at the Department of Biochemistry, Yong Loo Lin School of Medicine, National University of Singapore (NUS), and Principal Investigator, Caenorhabditis elegans Ageing Laboratory. He obtained his PhD in Molecular Biophysics from the University of Oxford. His research integrates experimental and computational approaches to study the molecular mechanisms of ageing and age-dependent diseases, focusing on biomarkers of oxidative damage, mitochondrial function, free radicals, and the evolution of ageing. He has published extensively in leading journals and contributes to advancing interventions to modulate ageing processes and improve healthspan. He is recognized internationally for his contributions to biogerontology and ageing research and serves on advisory boards for several scientific initiatives.

SPEAKER | DAY 1 SESSION 2

DR SATOSHI INOUE is the Theme Leader of the Research Team for Aging Mechanism and Medical Science and Director of the Department of Systems Aging Science and Medicine at the Tokyo Metropolitan Institute for Geriatrics and Gerontology. He is also Adjunct Professor at the Graduate School of Medicine, The University of Tokyo. Dr Inoue has more than thirty years of experience in the field of endocrinology and metabolism. He is interested in the role of hormone signaling in health and diseases, and have made important contributions that shaped the understanding of how the estrogen and androgen receptors, their cofactors, and downstream factors influence physiological processes and diseases. His team have authored over 400 publications focusing on nuclear receptors, long non-coding RNAs, RNA binding proteins, ubiquitin ligases, vitamins, aging, age related diseases, cancers, human genetics and mitochondrial respiratory supercomplexes.

SPEAKER | DAY 1 SESSION 2

DR HISASHI KAWAI is the Vice Director of the Research Team for Human Care at the Tokyo Metropolitan Institute for Geriatrics and Gerontology. He received his Ph.D. from the Graduate School of Human Sciences at Waseda University. Dr Kawai's research focuses on promoting functional independence, physical activity, and well-being among older adults. He has held key research positions at the Tokyo Metropolitan Institute of Gerontology, contributing to the development of evidence-based strategies for healthy aging and long-term care prevention. A leading researcher in geriatric human sciences, Dr Kawai has advanced the understanding of frailty, mobility, and social participation in ageing populations through numerous national and international collaborative studies.

SPEAKER | DAY 1 SESSION 2

DR KAI RUO SOH was awarded with a PhD in Creative Industries (Media Studies). Her research examines film production culture to consider how foreign film collaborations are transnational in their ability to forge connections across borders both culturally and economically. She brings professional experiences in marketing and communications within the arts, cultural and social impact sectors, with several international accolade recognising her work. Dr Soh is also co-leading the Communications and Engagement team for Health District @ Queenstown, an initiative by the National University of Singapore, National University Health System and the Housing & Development Board (HDB).

SPEAKER | DAY 1 SESSION 3

PROF JOSE M. VALDERAS is an Academic Family Physician and Professor of Medicine at the National University of Singapore, Director of the Centre for Research in Health Systems Performance, and Head of the Department of Family Medicine at the National University Health System. His career spans clinical, academic, and policy roles across Spain, the UK, the US, and Singapore. Prof Valderas has provided expert advice to the World Health Organization (including on the Declaration of Astana and health systems strengthening for NCDs), the Organisation for Economic Co-operation and Development (patient-reported quality indicators), the World Economic Forum (health equity), and the Wellcome Trust. He is a Lancet Commissioner for Pandemic Readiness, Implementation, Monitoring and Evaluation (PRIME) and for Primary Health Care Transformation. He is a Fellow of the Academy of Medicine, Singapore; Chair of the WONCA Working Party on Quality & Safety; and former President of the International Society for Quality of Life Research.

SPEAKER | DAY 1 SESSION 3

DR RAN-CHOU CHEN is the Commissioner of the Department of Health, New Taipei City Government. She previously served as Deputy Director General of the Health Promotion Administration, Ministry of Health and Welfare, and as Director of Taipei City Hospital, Heping Fuyou Branch. Trained in radiology and gastroenterology, Dr Chen has extensive experience in hepatobiliary imaging, health care management, and public health. Her leadership in municipal and national health systems has advanced preventive health strategies, integrated care delivery, and innovation in population health governance across Taiwan.

SPEAKER | DAY 1 SESSION 3

DR YAP KWONG HSIA is a Senior Research Fellow at the Memory, Ageing and Cognition Centre, National University of Singapore. Trained in mixed-methods research, she has worked on stroke and cognition studies and is part of the core team for the SINGapore GERiatric Intervention Study to Reduce Cognitive Decline and Physical Frailty (SINGER), Singapore's adaptation of the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER), which tests multidomain lifestyle interventions for dementia prevention. Her work focuses on translating evidence from clinical and population research into community and health system approaches that strengthen brain health and support healthy ageing.

SPEAKER | DAY 2 SESSION 1

DR OSAMU KATAYAMA is the Chief Researcher in the Department of Preventive Gerontology at the National Center for Geriatrics and Gerontology, Japan. A physiotherapist and researcher, he received his Ph.D. from the Graduate School of Health Sciences, Kio University, and has held research appointments at Kyoto Tachibana University and Columbia University. His work focuses on physical function, pain rehabilitation, and dementia prevention in older adults. Dr Katayama has received multiple national awards for his research, including honors from the Japan Geriatrics Society and the Japan Society for Dementia Prevention. A member of several professional societies, he continues to advance evidence-based strategies for maintaining physical and cognitive health in aging populations.

SPEAKER | DAY 2 SESSION 1

ASSOC PROF CHIH-KUANG LIANG is the Division Chief of Geriatric Integrated Care and Attending Physician in the Division of Neurology at Kaohsiung Veterans General Hospital, Taiwan, and Associate Professor in the Department of Geriatric Medicine at National Yang Ming Chiao Tung University School of Medicine. Trained in internal medicine, neurology, and geriatric medicine, he has pursued advanced study in artificial intelligence and neuro-aging at the U.S. National Institutes of Health. His research explores the interplay between brain health and physical function in aging, focusing on sarcopenia, neurobiological mechanisms of frailty, and Physical and Cognitive Decline Syndrome. Author of more than 80 peer-reviewed publications, Assoc Prof Liang advances multidisciplinary interventions to promote healthy longevity and functional independence in older adults.

SPEAKER | DAY 2 SESSION 1

PROF MICHAEL CHEE is the Professor and Director of the Centre for Sleep and Cognition at the Yong Loo Lin School of Medicine, National University of Singapore. A leading authority in sleep and cognitive neuroscience, he has advanced understanding of how sleep restriction and deprivation affect cognition across varying communities. His pioneering research integrates neuroimaging, wearable technologies, and large-scale longitudinal studies to characterise sleep patterns and their health implications. Professor Chee is a recipient of Singapore's top-tier Clinician Scientist (STaR) Investigatorship and the National Outstanding Clinician Scientist Award. As a Fellow of the Organization for Human Brain Mapping, he also contributes actively to science communication and mentorship, shaping the next generation of clinician-scientists in Asia.

SPEAKER | DAY 2 SESSION 2

ASSOC PROF YOSUKE OSUKA is an Associate Professor in the Department of Frailty Research at the National Center for Geriatrics and Gerontology, Japan. He specializes in exercise physiology, frailty, and sarcopenia, and holds a Ph.D. in Sports Medicine from the University of Tsukuba, where he also earned his M.S. and B.S. in Exercise Physiology and Physical Education. Dr. Osuka previously served as a JSPS Research Fellow at the Japan Aerospace Exploration Agency and the University of Tsukuba. His research integrates digital health technologies and clinical trials to develop assessment methods and interventions for age-related decline. He leads a Ministry of Health-funded project on occupational fall risk assessment and advances digital biomarkers for healthy ageing.

SPEAKER | DAY 2 SESSION 2

PROF DEAN HO is Provost's Chair Professor and Director of both the Institute for Digital Medicine (WisDM) and the N.I Institute for Health at the National University of Singapore, where he also heads the Department of Biomedical Engineering. In 2024, he led a first-of-its-kind trial—using himself as the test subject—to optimise human performance through digital technologies. His team manages over ten interventional oncology trials with life-saving outcomes. A serial entrepreneur and advisor to health innovation ventures, Prof Ho is a Fellow of NAI, AAAS, AIMBE, and the Royal Society of Chemistry, and Co-Chair of WHO's AI for Health Working Group.

SPEAKER | DAY 2 SESSION 2

PROF PAULIN STRAUGHAN is the Director of the Centre for Research on Successful Aging (ROSA) at Singapore Management University. Her research focus largely on Sociology of health; well-being and Ageing, and work and Family. She is the Principal Investigator (PI) of four projects which have been awarded more than S\$10 million by the various ministries from 2018-2022. As a former Nominated Member of Parliament from 2009-2011, Prof Straughan has been an influential advocate for work-life balance and pro-family social policies in Singapore. Her leadership in research and public engagement continues to shape national conversations on population health and social resilience.

SPEAKER | DAY 2 SESSION 3

DR HIROYUKI SASAI is Group Leader of the Frailty and Musculoskeletal Health Research Group within the Research Team for Promoting Independence and Mental Health at the Tokyo Metropolitan Institute for Geriatrics and Gerontology, Japan. He holds a Ph.D. from the Graduate School of Comprehensive Human Sciences, University of Tsukuba. His research focuses on frailty, sarcopenia, musculoskeletal health, and the roles of physical activity and sedentary behavior in aging populations. Dr. Sasai serves as Editor-in-Chief of Research in Exercise Epidemiology and Associate Editor of Geriatrics and Gerontology International. He is also Visiting Professor at Shibaura Institute of Technology and an active member of several national scientific societies on geriatrics and epidemiology.

SPEAKER | DAY 2 SESSION 3

DR AI IIZUKA is a board-certified geriatrician and clinical instructor. Her research focuses on developing and evaluating lifelong learning programs to prevent cognitive decline through intellectual activities such as the board game Go, as well as intergenerational exchange initiatives. She is currently a visiting researcher at the Department of Community and Behavioral Health, College of Public Health, University of Iowa, where she is conducting an evaluation of a Go-based cognitive intervention program for older adults in the United States.

SPEAKER | DAY 2 SESSION 3

ASSOC PROF KEN-ZEN CHEN is Associate Professor, Institute of Education, National Yang Ming Chiao Tung University (NYCU), Taiwan. He holds a B.Ed. and M.A. in Education from National Taiwan Normal University, and an M.S. in Applied Statistics and Ph.D. in Mathematics, Science, and Technology Education from the University of Illinois at Urbana-Champaign. Prior to joining NYCU, he served as Online Learning Technology Consultant at the University of Illinois and as Instructional Designer and Data Analyst at Boise State University. He has received multiple awards including the NUTN Research Award and AECT Distance Learning Journal Article Awards. Dr Chen collaborates internationally on the "Learning How to Learn" MOOC series, co-directs Taiwan's largest MOOC platform edwant, and leads research in digital pedagogy, learning analytics, and self-directed online education.

SPEAKER | DAY 2 SESSION 4

ASSISTANT PROF MING-YUEH CHOU is the Chief of the Division of Geriatric Integrated Care at the Center for Geriatrics and Gerontology, and Adjunct Assistant Professor at National Yang Ming Chiao Tung University. Trained in family medicine and geriatrics, he earned his M.D. and Ph.D from National Yang-Ming University. His clinical and research expertise spans geriatric medicine, palliative care, and community health. Dr Chou serves as Executive Director of the Taiwan Society of Integrated Care and Secretary General of the Taiwan Society of Geriatric Care and Education, with international research experience across the UK, Canada, Finland, Japan, and the US.

SPEAKER | DAY 2 SESSION 4

DR LI FENG TAN is a Senior Consultant Geriatrician, Alexandra Hospital (AH), Geriatrics Lead, NUHS Regional Health System Office, and Planning Lead for Geriatrics at the upcoming Tengah General and Community Hospital. Her research focuses on cognition, frailty, and sarcopenia, with an emphasis on developing innovative interventions and AI-powered tools to enhance brain health and functional independence in older adults. She has received multiple grants including the NMRC Healthy and Meaningful Longevity Grant and the NUS-NUHS Health Promotion and Health Services Research Grant. Dr. Tan is a member of the Global Leadership Initiative in Sarcopenia (GLIS) and a founding member of the Global Brain Care Coalition. She serves on the clinical expert panel at the Geriatric Education & Research Institute and is actively engaged in community ageing initiatives.

SPEAKER | DAY 3 SESSION 1

ASSISTANT PROF WEI-CHENG CHEN is Chief Secretary of the Superintendent's Office and Director of the Respiratory Intensive Care Unit at China Medical University Hospital, Taiwan. He is a specialist in pulmonary and critical care medicine whose work integrates clinical excellence with digital innovation. His research focuses on smart healthcare, antimicrobial resistance, acute respiratory distress syndrome (ARDS), and sepsis. Assistant Prof Chen has been recognized with the Young Investigator Award from the Taiwan Society of Pulmonary and Critical Care Medicine and the Outstanding Young Physician Award from the Taichung City Medical Association. His digital critical care team received the 2023 HIMSS Davies Award of Excellence —the only recipient in Asia that year— alongside the National Healthcare Quality Award and the Symbol of National Quality for advancing data-driven, AIoT-enabled models that enhance patient safety and healthcare efficiency.

SPEAKER | DAY 3 SESSION 1

PROF ROGER FOO is a Zayed bin Sultan Al Nahyan Professor of Medicine at the Yong Loo Lin School of Medicine, National University of Singapore, and Research Director at the Institute of Molecular and Cell Biology, A*STAR. A graduate of NUS, he trained in cardiology at King's College Hospital and Addenbrooke's Hospital, University of Cambridge. His pioneering work in cardiac epigenetics produced the first epigenomic map of the failing human heart and continues to advance understanding of gene regulation in cardiovascular disease. Professor Foo's laboratory employs cutting-edge technologies including single-cell transcriptomics, CRISPR gene editing, and stem cell models. An active translational scientist and mentor, he leads collaborations bridging academia and industry and advises the NUHS Clinician Scientist Academy and national clinician-scientist development programs.

SPEAKER | DAY 3 SESSION 1

MS XIAOXUAN YANG is an executive engineer at the Housing & Development Board (HDB), where she leads the implementation of smart elderly care solutions, specifically focusing on fall detection technologies under the Enhancement for Active Seniors (EASE) programme. She oversees the evaluation and integration of innovative technologies to enhance seniors' living environments. In her current role, she manages vendor relationships, coordinates cross-agency collaborations, and drives the implementation of fall detection systems across public housing estates. She has been actively involved in conducting comprehensive trials and establishing evaluation frameworks for new technologies in this space.

SPEAKER | DAY 3 SESSION 2

MS JEAN YOU is a PhD researcher at the Singapore-ETH Centre's Future Cities Lab Global and a research collaborator at the NUS Centre for Environment and Ageing Well (ENgAGE). Her research focuses on human-centred and climate-adaptive urban planning, with a particular emphasis on heat exposure and thermal comfort among ageing populations in Singapore. Previously, she served as Urban Planning and Resilience Expert at UN-Habitat, leading the climate resilience portfolio in Southeast Asia, and as Senior Planner at the New York City Department of City Planning. She holds dual master's degrees in Architecture and Urban Design (MAUD) and Design Studies (MDes) from Harvard University, and a Bachelor of Architecture from Cornell University.

SPEAKER | DAY 3 SESSION 2

ASSOC PROF JUNE-HAO HOU is an Associate Professor at the Graduate Institute of Architecture and Associate Dean of the College of Artificial Intelligence at National Yang Ming Chiao Tung University (NYCU), where he also directs the Architectural Informatics Laboratory. He holds a Doctor of Design (DDes) and Master of Design Research (MDesS) from Harvard University and a Master of Arts from National Chiao Tung University. His research integrates computational design, human-machine interaction, and information visualization to advance smart cities and intelligent environments. Professor Hou has led innovation and advisory roles in sustainable building and urban regeneration projects and collaborates internationally with institutions such as ETH Zurich, the University of Tokyo, and Parsons School of Design.

SPEAKER | DAY 3 SESSION 2



**SCAN THE QR CODE OR
VISIT THE URL BELOW**

for more information:

www.hdqt.sg/symposium2025