

Editorial

Dear Scientific and Academic Colleagues,

The 22nd International Congress of Nutrition (ICN) was organized under the auspices of the International Union of Nutritional Sciences (IUNS) and was celebrated in Japan, December 6-11, 2022. The IUNS-ICN is a four-yearly meeting that has been held since 1946. The 2022 IUNS-ICN edition has been jointly organized by the Japanese Society of Nutrition and Food Science, The Japanese Society of Nutrition and Dietetics and the IUNS Council with the integrative collaboration of the Organizing, Scientific and Executive Committees under the motto “The Power of Nutrition: for the smiles of 10 billion people”. The aim of this IUNS 22nd ICN was to promote the global exchange of knowledge in Nutritional Sciences and to encourage communications well as capacity building. The scientific program comprised 2 Opening Lectures, 8 Plenary Lectures, 32 Special Lectures, 8 Special Symposia, 124 Symposia and 2 Panel Discussions and 1 Closing Lecture.

The congress focused on every aspect of nutrition issues, going through a wide variety of topics, which were dealt with from different perspectives in order to enrich our attendees’ points of view. Let us mention the tracks of the developed program:

1. Advances in Nutrition Research
2. Nutrients and Nutritional Assessment
3. Nutrition Through Life Course
4. Nutrition and Management of Diseases
5. Food Culture Practices and Nutrition Education
6. Public Health Nutrition and Environment
7. Functional Foods and Bioactive Compounds
8. Agriculture, Food Science and Safety
9. Additional Nutritional Scopes (Global issues, Challenges, Policies etc.)

The main goal was to offer a high-level scientific meeting focused on addressing the key aspects of nutrition in a multicultural environment, from state-of-the-art reviews to cutting edge nutritional science information. Sessions are planned to deliver latest investigations and outcomes concerning the impact of nutrition on homeostasis and body metabolism, on dietary intake and nutritional status of the population and the individual for precision nutrition as well on the role of dietary prescriptions in disease management and prevention. Translational research oriented to design and implement strategies and approaches to change dietary behaviors and to develop policies, as well as aspects related to public health issues, Nutrition Education and Climate Change, or Food and Agriculture for Health Maintenance, were included in the program. Eight plenary sessions framed the program with eminent speakers covering all health aspects in the life cycle with integrative views on food security. The present supplement accounts for 1798 abstracts from 97 countries, including the summaries of more than 500 selected guest speakers participating in the scientific symposia.

The distribution of abstracts for the different selected tracks appears below:

TRACK	ORAL	POSTER	TOTAL
Track 1: Advances in Nutrition Research	32	127	159
Track 2: Nutrients and Nutritional Assessment	30	146	176
Track 3: Nutrition Through Life Course	32	150	182
Track 4: Nutrition and Management of Diseases	43	222	265
Track 5: Food Culture Practices and Nutrition Education	28	95	123
Track 6: Public Health Nutrition and Environment	53	310	363
Track 7: Functional Foods and Bioactive Compounds	29	323	352
Track 8: Agriculture, Food Science and Safety	20	49	69
Track 9: Additional Scopes (Global issues, Challenges, Policies...)	26	83	109
TOTAL	293	1505	1798

While not all speakers can be mentioned by name, we would like to highlight a representative sample of the very high level of opening and plenary lectures that took place. These include “Serendipities of acquired immunity” by Prof. Tasuku Honjo, “Functional foods in the near future for realization of the society toward healthy and powerful longevity” by Dr. Keiko Abe, “Nutrition epidemiology-methodology and its future aspect” by Prof. Walter C. Willet, “Achieving healthier populations in changing global food and nutritional environment” by Dr. Naoko Yamamoto of

the WHO. And the special lectures including “Ultra-processed foods, diet quality and health” by Prof. Carlos Augusto Monteiro, “An apple a day to keep the doctor away? Fruit, vegetable consumption and links with chronic disease” by Prof. Nita G. Forouhi and “Disaster science and health” by Prof. Emily Ying Yang Chan with a closing lecture about “Personalized, population and planetary nutrition: A Health world” by Professor J. A. Martínez

In this context, IUNS actions Points are Attention to Adhering Bodies and Affiliated Societies, education and Online courses and competence development, regulation of conflicts of interest including Private Sector relationship in the Nutrition Arena and Task forces implementation. Current IUNS task forces were focused in three main areas: Planetary Malnutrition (hidden micronutrient undernutrition, obesity/chronic nutritionally related epidemics, child growth, ...) personalized nutrition with public health nutritional perspectives (traditional/indigenous foods, sustainable and precision nutrition, nutrition in cancer, role of fats, ...) and capacity building approaches (web documents, online courses, leadership programs, scholarships, re-entry-grants,...) Diverse cooperation schemes with important journals and editorials in the Nutrition Arena with Food and Healthscope are currently in operation as endeavors to promote the IUNS vision and International visibility together with this IUNS-ICN congress.

In these times of worldwide pandemics burdens and financial crisis, it has been a challenge to build a solid Nutrition Congress; for that reason, we counted on the advice of the Ethics Committee in order to avoid potential conflicts of interest. Not with standing, in parallel, it opens the exceptional occasion to link the multidisciplinary spaces of nutritional sciences, chiefly basic and applied research activities relating Nutrition and Food with Health. Also, food safety, food production, and environmental sustainability are approached in the program.

The 22nd ICN organizers wish to recognize and thank the important involvement of young investigators and nutrition professionals from transition countries. A special fee rate for students and participants from low- and middle-income countries was offered to encourage their participation. Travel grants, registration fee discounts, and accommodation reductions for selected young investigators and other awardees were made possible by the contribution from international agencies and the private sector. In this context, IUNS granted 69 scholarships, and more than 200 in around world by Japanese organization to its Adhering Bodies’ affiliates and early career scientists from universities and research institutes from all over the world. We wish to express our genuine appreciation to all attendants, also to invited speakers and international experts and delegates whose participation and interest undoubtedly produced a successful IUNS 22nd ICN for sharing and exchanging knowledge in nutritional science for the benefit of the human being.

The next IUNS-ICN Congress will held in Paris from 24 to 29 August 2025. The main theme we have chosen is: “Sustainable Food for Global Health”. Some of the anticipated topics are:

- Review of UN Decade of action on nutrition 2016-2025
- Progress report of The UN 2015-2030 Sustainable Development Goals
- Climate change and smart food system for enhanced nutrition
- Gastronomy and life quality
- Nutrition and health throughout life cycle: global picture
- Non communicable diseases: translational aspects
- Impact of Global Environmental Change on Human Nutrition
- Provision for sustainable cities: water and food
- IUNS-task forces achievements in Planetary Population and Personalized Nutrition for precision Health

All other topics are welcome. We invite all Adhering and Affiliated Bodies of IUNS, and well beyond also any other Association, Institution or Society, to propose symposia. IUNS-ICN Paris 2025 will offer the opportunity to young researchers and students, especially from LMIC to present their work. To this end, IUNS and us will pay particular attention to offering scholarships. The conference layout will facilitate networking, leading to new collaborations between teams and researchers.

Paris is a beautiful city, which offers many attractions for attendants who wish to take advantage of it before and after the congress, and for their families during the congress.

It will be a pleasure and an honor to welcome you.

Warm regards.

Hisanori Kato, The University of Tokyo (Japan) and IUNS. Chair of the Organizing committee ICN-IUNS 2022.
Nobuko Murayama, University of Niigata Prefecture (Japan) and JSND. Program Committee Chair ICN-IUNS 2022.
Jacques Delarue, University of Brest (France) and IUNS. Chair of the Paris 2025 ICN-IUNS Congress.
J. Alfredo Martínez, IMDEA and University of Navarra (Spain) and IUNS President.