

## **Opening Remarks**

I was honored to welcome participants to the 12th Asian Nutrition Network Symposium and sincerely grateful for the strong attendance from across the region. On behalf of the organizing committee, I reflected on the history of this symposium, which since its inception in 2004 has served as an important platform for sharing knowledge and advancing nutrition research and practice throughout Asia for more than two decades.

In my remarks, I noted that rapid economic growth and lifestyle changes in many Asian countries have brought about increasingly complex nutrition challenges. In particular, we are now facing the double burden of malnutrition, where undernutrition coexists with overnutrition, including obesity and lifestyle-related non-communicable diseases. I emphasized that these issues cannot be effectively addressed by individual countries alone, and that regional cooperation, evidence-based approaches, and respect for diverse food cultures are essential.

I also introduced the Japanese nutrient profile models developed by the National Institute of Health and Nutrition, which aim to create food environments that enable people to achieve better health in their daily lives without undue effort. This model was selected as the central theme of this year's symposium, reflecting our shared commitment to practical and sustainable solutions.

Finally, I warmly welcomed the keynote speaker from the WHO Regional Office for Southeast Asia and expressed my hope that this symposium would deepen mutual understanding, strengthen regional networks, and lead to concrete actions toward improving nutrition and health across Asia. I concluded by thanking all organizers and participants for their valuable contributions and dedication.