

Preface

Thanks to the financial support of the Shizuoka Prefectural Government, the Shizuoka Forum on Health and Longevity started in 1996 with the preforum held in 1995. The 4th Shizuoka Forum on Health and Longevity was held in 1999 (18–21 November). The main theme was 'Wise dietary life-style and healthy longevity'. The Academic Conference included three sessions: (I) Strategy for prevention of life-style-related diseases — cause, treatment and prevention of diabetes mellitus; (II) Nutrition and health — research messages from Shizuoka, Asia and Europe; (III) Frontiers of molecular nutrition. As a satellite conference, the Asian Conference of Health and Longevity (Health and Food) Nutrition in Asia: Present and Future was held on the day immediately following the conference sessions described above.

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