

**SSBH 2021
Curriculum Vitae**

Name	Hidenori Arai
Organization	National Center for Geriatrics and Gerontology
Position & Title	President & Dr.
Educational background & Professional experience	
1991	Ph.D., Kyoto University Graduate School of Medicine, Kyoto, Japan
1984	M.D., Kyoto University School of Medicine, Kyoto, Japan
2019 Apr–present	President, National Center for Geriatrics and Gerontology
2018 Apr–2019 Mar	Director, National Center for Geriatrics and Gerontology
2015 Apr–2019 Mar	Director of Center for Gerontology and Social Science
2015 Jan–2018 Mar	Deputy Director, National Center for Geriatrics and Gerontology
2009 April – 2014 Dec	Professor, Department of Human Health Sciences, Kyoto University Graduate School of Medicine, Kyoto, Japan

Research Interests

I am a geriatrician and have been working on frailty and sarcopenia research for more than 10 years. For frailty I have developed a simple scale for frailty assessment and applied in community-dwelling older people. I have also worked on intervention studies to improve physical function by exercise and nutritional supplementation. For sarcopenia I have been working as a co-chairman of the Asian Working Group for Sarcopenia (AWGS) and proposed an algorithm for sarcopenia diagnosis in Asia and revised the algorithm in 2019.

Publications

Merchant RA, Tsoi CT, Tan WM, Lau W, Sandrasageran S, Arai H Community-based Peer-Led Intervention for Healthy Ageing and Evaluation of the 'HAPPY' Program. J Nutr Health Aging. 25(4):520-527 2021

Yamada M, Kimura Y, Ishiyama D, Otobe Y, Suzuki M, Koyama S, Kikuchi T, Kusumi H, Arai H. The influence of the COVID-19 pandemic on physical activity and new incidence of frailty among initially non-frail older adults in Japan: one-year follow-up online survey. J Nutr Health Aging, in press.

Satake S, Kinoshita K, Arai H More active participation in voluntary exercise of older users of information and communicative technology even during the COVID-19 pandemic, independent of frailty status J Nutr Health Aging. 25(4):516-519 2021

Ruiz JG, Dent E, Morley JE, Merchant RA, Beilby J, Beard J, Tripathy C, Sorin M, Andrieu S, Aprahamian I, Arai H, Aubertin-Leheudre M, Bauer JM, Cesari M, Chen LK, Cruz-Jentoft AJ, De Souto Barreto P, Dong B, Ferrucci L, Fielding R, Flicker L, Lundy J, Reginster JY, Rodriguez-Mañas L, Rolland Y, Sanford AM, Sinclair AJ, Viña J, Waters DL, Won Won C, Woo J, Vellas B. Screening for and Managing the Person with Frailty in Primary Care: ICFSR Consensus Guidelines. *J Nutr Health Aging.* 24(9):920-927. 2020

Kinoshita K, Otsuka R, Takada M, Tsukamoto-Yasui M, Nishita Y, Tange C, Tomida M, Shimokata H, Kuzuya M, Imaizumi A, Arai H. The association between dietary amino acid intake and cognitive decline 8 years later in Japanese community-dwelling older adults *J Nutr Health Aging.* 25(2):165-171. 2021

Huang ST, Tange C, Otsuka R, Nishita Y, Peng LN, Hsiao FY, Tomida M, Shimokata H, Arai H, Chen LK. Subtypes of Physical Frailty and Their Long-Term Outcomes: a Longitudinal Cohort study *J Cachexia Sarcopenia Muscle.* 11(5):1223-1231 2020

Tsukasaki K, Matsui Y, Arai H, Harada A, Tomida M, Takemura M, Otsuka R, Ando F, Shimokata H. Association of Muscle Strength and Gait Speed with Cross-Sectional Muscle Area Determined by Mid-Thigh Computed Tomography - A Comparison with Skeletal Muscle Mass Measured by Dual-Energy X-Ray Absorptiometry. *J Frailty Aging* 9(2):82-89 2020
