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Probiotics: a proactive approach to health. A symposium report
Linda V. Thomas, Kaori Suzuki and Jia Zhao

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Aims and Scope

Public Health Nutrition provides an international forum for the publication and dissemination of research and scholarship in the form of peer-reviewed original papers and reviews, and for discussion in the form of editorials, commentaries, and correspondence, with a specific focus on nutrition-related public health.

The scope of *Public Health Nutrition* includes food systems and supplies, patterns of diet, foods and drinks, nutrients, body composition, physical activity, and associated factors, and their effects on disease, health and well-being, and the whole living and physical world. We welcome papers that:

- Address nutritional status **assessment, monitoring, and surveillance**
- Identify and analyse social, cultural, biological, environmental, economic and political **determinants of nutrition-related public health**
- Build intelligence about the development and evaluation of environmental and settings-based **interventions** focused on the availability of foods including interventions in the out of home eating environment.

- Describe, discuss, debate and influence **food and nutrition policy**
- Focus on improving food and nutrition-related public health, particularly in **populations that are most vulnerable and at risk**.
- Discuss and **build capacity** for effective public health nutrition action, including workforce development and educational issues
- Develop and test **innovative and emerging models, methods and approaches** to public health nutrition practice and research.

We prefer papers that are innovative and contribute new knowledge to the literature. Papers should be succinct (ie, usually well under 5,000 words not including the abstract, references, tables, figures and acknowledgements). Short communications are welcome. We publish research, scholarship, and discussions that take a population and preventive approach. In addition to original contributions, ideas and suggestions for topics for debate are also welcome. We publish special issues.

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Preface and Acknowledgements

The year 2015 marked the 80th anniversary of Yakult worldwide, and the 20th anniversary of Yakult in Germany. Reflecting the scientific research heritage of the company but also looking to the future, the 8th International Yakult symposium, entitled *Probiotics, a proactive approach to health*, was held on 23-24th April in Berlin. This report reflects the content of the symposium; the manuscript was approved by all the speakers.

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Dr Tomoyuki Sako
On behalf of the Symposium Scientific Committee