

1321st Ordinary General Meeting of the Royal Society of NSW

Minutes

The 1321st Ordinary General Meeting of the Royal Society of NSW took place by webinar on Wednesday, 1 May 2024, commencing at 6:30 pm.

1. WELCOME AND APOLOGIES

The President, Dr Susan Pond AM FRSN presided at the meeting. She welcomed Members and guests.

2. MINUTES OF THE 1320th ORDINARY GENERAL MEETING

Minutes of the 1320th Ordinary General Meeting will be reviewed at the next face-to-face meeting.

3. REPORTS FROM COUNCIL AND COMMITTEES OF COUNCIL

The President reported on the progress on the master planning process that is now being implemented.

4. OPEN LECTURE

"Brain Health Equity - a new frontier for healthy longevity"

Scientia Professor Kaarin Anstey FRSN FASSA FAHMS

Deputy Director, ARC Centre of Excellence for Population Ageing Neuroscience Australia, UNSW Sydney

In the last two decades, evidence has accumulated on the importance of modifiable lifestyle factors and chronic disease that impact brain health and increase the risk of late-life neurodegenerative conditions. In the past 5 to 10 years, the evidence on environmental risk factors for neurodegenerative conditions has strengthened. However, implementing strategies to reduce risk has typically focused on individual behaviour change. In this talk, Professor Anstey provided an overview of this evidence on dementia risk reduction and brain health promotion and outlined what individuals can do to reduce their own risk of dementia. She discussed the socio-demographic and socio-economic factors that enable or prevent brain healthy lifestyle. She presented an argument that brain health inequity is one of the largest challenges to society and government aspirations for healthy ageing.

About the speaker

Scientia Professor Kaarin Anstey is an ARC Laureate Fellow in the School of Psychology at the University of New South Wales (UNSW). She is also Director of the UNSW Ageing Futures Institute, and Co-Deputy Director of the ARC Centre of Excellence in Population Ageing as well as a conjoint Senior Principal Research Scientist at Neuroscience Research Australia. Prof Anstey's research programs focus on cognitive resilience in ageing as well as the prevention of dementia. She has developed risk assessment tools and interventions for people at risk of dementia. A second focus of her work is on older driver safety and in this field Anstey has also developed and validated risk assessment tools and interventions. She is a member of the World Dementia Council.

A question-and-answer session was led by Prof George Paxinos AO DistFRSN.

5. VOTE OF THANKS

The vote of thanks was given by Dr Christina Slade FRSN.

6. OTHER BUSINESS

There was no other business.

7. CLOSE

The President closed the meeting at 7:45 pm.

The minutes were recorded by the Secretary, Dr Donald Hector AM FRSN.

Signed as a true record Dr Susan Pond AM FRSN President