

Nestlé and Singapore's Nanyang Technological University Partner to Advance Research on Healthy Longevity and Women's Health

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Nestlé and Nanyang Technological University, Singapore (NTU Singapore) have launched a multi-year research partnership to advance the scientific understanding of how nutrition supports healthy longevity and women's health, two of Nestlé's key strategic growth priorities.

The partnership comes at a time when the pace of population ageing is much faster than in the past. By 2030, one in six people in the world will be aged 60 years or older. As consumers reach midlife and beyond, they begin to prioritise elements such as energy levels, strength, quality sleep, as well as physical and mental recovery.

At the same time, global analyses show a growing gap between life expectancy and healthy life expectancy, rising by 13 per cent to 9.6 years in 2019. This means that many people spend around 9 years in poor health later in life. This period, known as the healthspan-lifespan gap, is often marked by reduced mobility, cognitive decline, and a lower quality of life.

By combining Nestlé's global R&D expertise, including at its R&D Centre in Singapore, with NTU Singapore's scientific expertise and world-class research infrastructure, the collaboration will examine how targeted nutrition, dietary patterns and lifestyle factors can impact the biological processes linked to ageing. The researchers will also build on the growing scientific evidence that targeted nutrition may help slow the pace of biological ageing.

Ryan Carvalho, Head of Nestlé Research, said: "As people age, their nutritional needs change, and we know that nutrition plays a fundamental role in helping people maintain their long-term health. Through this partnership with NTU, we will be able to strengthen the growing body of scientific evidence on how nutrition can contribute to healthy longevity, particularly through midlife and beyond, including the menopausal transition. These insights will guide the development of science-backed, consumer-centric nutritional food and beverages."

To support this work, NTU and Nestlé plan to establish a joint research lab in Singapore with shared facilities for data analysis and clinical studies. Research findings will be used to identify services and solutions that can improve health concerns linked to ageing, such as metabolic health, mobility, and sleep, as well as the needs associated with menopause.

A key part of the research will use anonymised data from the Health for Life in Singapore (HELIOS) Study, one of Asia's largest population health studies. The study has gathered comprehensive lifestyle, biological, and health data from around 50 000 adults aged 21 to 84 over the last decade.

Professor Christian Wolfrum, Deputy President and Provost, NTU Singapore, said: "This latest initiative with Nestlé highlights NTU's commitment to translating cutting-edge science into meaningful health outcomes through academia-industry partnership. By leveraging the de-identified data from the HELIOS Study and our strengths in interdisciplinary research, together with Nestlé's capabilities in nutrition science, we aim to deepen understanding of how nutrition and lifestyle shape healthy longevity and women's health, and translate this knowledge into impactful, evidence-based solutions for Singapore, Asia, and beyond."