Lecturer profiles

Professor J.J. (Hans) Meij, PhD MBA

Co-founder, NUS Academy for Healthy Longevity
Professor of Medicine, Dean's Office, NUS Yong Loo Lin School of Medicine
CEO, Beyond100 (GEMS, Dubai)

Professor Hans recently retired as Vice Dean International Affairs at Amsterdam UMC, but continues working as a medical anthropologist focused on Healthy Longevity. A pioneer in testing life history theory in Africa, he co-founded the Leyden Academy on Vitality and Aging (2008) and NUS Academy for Healthy Longevity (2022). In August 2026, he was appointed as chair and CEO of Dubai's Beyond100 program on Healthy Longevity, reaching out to 170.000 young students in the Middel East.

Professor Andrea B. Maier, MD PhD FRACP

Oon Chiew Seng Professor in Medicine, Healthy Ageing and Dementia Research
Director, Centre for Healthy Longevity, National University Health System, National University of Singapore
Professor of Gerontology, Vrije Universiteit Amsterdam, The Netherlands
Founder, Chi Longevity

Andrea B. Maier (1978), a Fellow of the Royal Australasian College of Physicians (FRACP), graduated in Medicine (MD) 2003 from the University of Lübeck (Germany), was registered 2009 in The Netherlands as Specialist in Internal Medicine-Geriatrics and was appointed Full Professor of Gerontology at Vrije Universiteit Amsterdam (The Netherlands) in 2013. She was the head of Geriatrics at the Vrije Universiteit Medical Center from 2012 to 2016. From 2016 to early 2021 Professor Maier served as Divisional Director of Medicine and Community Care at the Royal Melbourne Hospital, Australia, and as Professor of Medicine and Aged Care at the University of Melbourne, Australia. She continued her career at the National University of Singapore as Director of the Centre for Healthy Longevity. Professor Maier's research focuses on unraveling the mechanisms of ageing and age-related diseases to bring diagnostics and interventions to optimize health into clinical practice. She is heading international longitudinal cohort studies and geroscience interventions. She has published more than 400 peer-reviewed articles, achieving an H index of 72, spearheading the significant contributions of her highly acclaimed innovative, global, multidisciplinary @Age research group. She is a frequent guest on radio and television programs and book author to disseminate aging research. Furthermore, she is invited member and advisor of several international academic and health policy committees and funding agencies,

including the World Health Organization evaluating the United Nations Decade of Healthy Ageing and Hevolution. In 2022, she co-founded the first evidence based Healthy Longevity Medicine Clinic in Singapore, Chi Longevity, and joined NU as Chief Medical Officer. She is the past President of The Australian and New Zealand Society for Sarcopenia and Frailty Research, the Founding President of the Healthy Longevity Medicine Society and serves as selected Member of The Royal Holland Society of Sciences and Humanities, Fellow of the Atria Academy of Science and Medicine, and Academy for Health and Lifespan Research. In 2023, she co-founded the NUS Academy for Healthy Longevity to disseminate Geroscience and evidence based Healthy Longevity Medicine.

Professor Heike Bischoff-Ferrari
Professor of Geriatrics and Chair of the Department of Acute Aging Medicine Felix Platter at the University of Basel

Prof. Heike A. Bischoff-Ferrari, MD, MPH, DrPH is a specialist in geriatric medicine, general internal medicine and rehabilitation. She holds a Master's degree and doctor of public health degree from Harvard School of Public Health. She is the Chair of Geriatrics and Aging Research at the University of Zurich since 2013 and is the Chair elect. University of Basel Dept. of Aging Medicine FELIX PLATTER in Switzerland since 2025. Prof. Bischoff-Ferrari is coordinating DO-HEALTH and DO-HEALTHBioAge, the largest European intervention study and biobank on healthy longevity. The aim of this research effort is to investigate the combined effect of three preventive measures (vitamin D, omega-3 and exercise) on the ageing process, as well as to identify early risk profiles to slow down biological ageing and thereby reduce the risk of functional decline and disease. In 2021, Prof. Bischoff-Ferrari received a Lifetime Achievement Award for her research on Healthy Aging from the ICFSR in Boston. Since 2020 she has been a board member of the Harvard working group MINDING OUR FUTURE: Healthy Aging, Food, and Lifestyle; and since 2022 she has been a member of the WHO Clinical Consortium Healthy Aging. Since 2024, she coordinates the “Gobal Health Span Extension Consortium”.

Professor Guido Kroemer
Professor, Faculty of Medicine of the University of Paris-Cité
Director of the research team "Metabolism, Cancer and Immunity", French Medical Research Council (INSERM)
Director of the Metabolomics and Cell Biology platforms, Gustave Roussy Comprehensive Cancer Center
Hospital Practitioner at the Hôpital Européen George Pompidou, Paris, France

Guido Kroemer is currently Professor at the Faculty of Medicine of the University of Paris-Cité, Director of the research team "Metabolism, Cancer and Immunity" of the French Medical Research Council (INSERM), Director of the Metabolomics and Cell Biology platforms of the Gustave Roussy Comprehensive Cancer Center, and Hospital Practitioner at the Hôpital Européen George Pompidou, Paris, France.

Dr. Kroemer's work focuses on the pathophysiological implications of cell stress and death in the context of aging, cancer and inflammation. He discovered the ignition of regulated cell death pathways by mitochondrial membrane permeabilization, the cytoprotective and antiaging effects of macroautophagy, as well as the decisive role of immunogenic cell death in anticancer treatments.

With over 1,800 scientific articles, including 76 in CNS journals—Cell (17 papers), Nature (6), Nature Medicine (26), Science (18), and Science Translational Medicine (9), over 500,000 citations and an h-index of 320, he is Europe's most cited biomedical researcher and the most cited worldwide in biology and biochemistry (https://research.com/scientists-rankings/biology-and-biochemistry). Kroemer is the founding Editor-in-Chief of six journals: Cell Death & Disease, Cell Stress, Geromedicine, OncoImmunology, MedComm-Oncology, Microbial Cell, and Molecular & Cellular Oncology. He is the Editor-in-Chief of Seminars in Immunology.

Dr. Kroemer is member of the Academia Europaea, Austrian Academy of Sciences, Chilean Academy of Sciences, Chinese Academy of Engineering, European Academy of Cancer Sciences (EACS), European Academy of Sciences (EAS), European Academy of Sciences and Arts (EASA), European Molecular Biology Organization (EMBO), German Academy of Sciences (Leopoldina) and Royal Spanish Academy of Sciences. He is the Founding President of the European Academy of Tumor Immunology (EATI), as well as the president of the European Network for Cancer Immunotherapy (ENCI).

Professor Terrie Moffitt
Professor of Social Development, King's College, London
Nannerl Keohane University Professor of Psychology, Duke University

Professor Moffitt's expertise is in the areas of mental health, biological aging, and longitudinal research methods. She is the associate director of the Dunedin Longitudinal Study, which follows a 1972 birth cohort in New Zealand. She also founded the Environmental Risk Longitudinal Twin Study (E-Risk), which follows a 1994 birth cohort in Britain. Moffitt is an elected fellow of the US National Academy of Medicine, Association of Psychological Science, American Society of Criminology, American Academy of Arts and Sciences, American Academy of Political & Social Sciences, the British Academy, and the UK Academy of Medical Sciences. Her service includes major roles as member of the International Advisory Board of Bocconi University, chair of the Board on Behavioral, Cognitive and Sensory Sciences at the US National Academies of Sciences, chair of the National Institute on Aging's Data-Monitoring Board for the Health and Retirement Study, and chair of the jury for the Klaus J. Jacobs Prize (Switzerland). Moffitt is recipient of the Member of the Most Excellent Order of the British Empire, the Stockholm Prize, the Swiss Klaus Jacobs Prize, the NARSAD Ruane Prize, and the 2022 Grawemeyer Prize for her work on mental health, and the Matilda White Riley Award from the NIH for her work on aging. She holds honorary degrees from the University of Basel, University of Leuven, University of Cyprus, and Hebrew University Jerusalem. Moffitt received her PhD in psychology at the University of Southern California, and completed her postdoctoral training at the UCLA Neuropsychiatric Institute. She enjoys working on her poison-ivy farm in North Carolina. Learn more at https://moffittcaspi.trinity.duke.edu/ .

Dr Antoni Olona
Lecturer, NUS Academy for Healthy Longevity, NUS Yong Loo Lin School of Medicine

Dr Antoni holds a PhD from Imperial College London, where he studied immune lipid metabolism and its links to obesity.He continued his postdoctoral research at Imperial and Duke-NUS, focusing on immune and nutrient pathways in infectious disease and ageing. During this time, he also gained valuable teaching experience. Toni is now a Lecturer at the Academy, dedicated to advancing education in healthy longevity.