



RCCN Workshop: Nutrition and Aging Biology

June 25-26, 2024

San Francisco, CA & Virtual

All times noted are Pacific Time.

Tuesday, June 25, 2024

- 12:45 – 1:15 pm *Welcome, Overview, and Goals of the Workshop*
Stephen Kritchevsky, Wake Forest School of Medicine
- 1:15 – 1:30 pm *Summary of Publication from July 2023 RCCN Workshop: Promoting Healthy Aging Through Nutrition*
Kyla Shea, Tufts University
- 1:30 – 2:00 pm *Plenary: Why Does Caloric Restriction Appear to Extend Lifespan?*
Roz Anderson, University of Wisconsin School of Medicine and Public Health

Topic I: Open Questions on Caloric Restriction's Effect on Lifespan and Healthspan

Moderator: Steve Austad, University of Alabama at Birmingham

- 2:00 – 2:15 pm *Rigor and Reproducibility in Caloric Restriction Experiments*
David Allison, Indiana University
- 2:15 – 2:30 pm *Effects on Cognition & Brain Health – Animals*
Mark Mattson, Johns Hopkins University School of Medicine (virtual)
- 2:30 – 2:45 pm *Effects on Cognition & Brain Health – Humans*
Mark Espeland, Wake Forest University School of Medicine
- 2:45 – 3:00 pm *Caloric Restriction's Effect on Lifespan and Healthspan*
Daniel Adegunbi, UT Health San Antonio
- 3:00 – 3:20 pm Moderator Wrap-Up / Group Discussion
- 3:20 – 3:35 pm *Break*

Topic II: Intake Timing

Moderator: Yih-Woei Fridell, National Institute on Aging

- 3:35 – 3:50 pm *Gene x Caloric Restriction Interactions*
Gary Churchill, The Jackson Laboratory



This meeting is supported in part by the Hevolution Foundation Scientific Conferences Fund.

- 3:50 – 4:05 pm *Time Restricted Feeding in Older Animals*
Abbi Hernandez, University of Alabama at Birmingham (virtual)
- 4:05 – 4:20 pm *Time Restricted Eating in Human Studies*
Krista Varady, University of Illinois Chicago
- 4:20 – 4:35 pm *Intermittent Fasting versus Caloric Restriction*
Courtney Peterson, University of Alabama at Birmingham
- 4:35 – 4:55 pm Moderator Wrap-Up / Group Discussion
- 6:00 – 8:00 pm *Dinner*
Ristorante Rocca - 1205 Broadway, Burlingame, CA 94010

Wednesday, June 26, 2024

- 8:00 am *Breakfast Available in Meeting Room*
- 8:15 – 8:30 am Recap of Day 1 and Goals for Day 2
- 8:30 – 9:00 am *Plenary: Positive, Negatives and Unknowns in Obesity Treatment in Older Adults*
Denise Houston, Wake Forest University School of Medicine
- Topic III: Other Approaches and Considerations**
Moderator: Tina Brinkley, Wake Forest University School of Medicine
- 9:00 – 9:15 am *Protein Restriction*
Dudley Lamming, UW-Madison School of Medicine
- 9:15 – 9:30 am *Ketogenic Diets & Hyperketonemia*
Brianna Stubbs, Buck Institute
- 9:30 – 9:45 am *Potential Benefits of ‘Reduced/Low’ Carb Diets for Better Metabolic and Cognitive Health in Older Adults*
Stephen Cunnane, University of Sherbrooke
- 9:45 – 10:00 am *Microbiome as a Target and Mediator of Dietary Interventions*
Karen Corbin, Advent Health
- 10:00 – 10:15 am *Aging and the Microbiome*
Jacob Allen, University of Illinois at Urbana-Champaign
- 10:15 - 10:30 am *What About the Oldest Old?*
Connie Bales, Duke University
- 10:30 - 10:50 am *Moderator Wrap-Up / Group Discussion*



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- 10:50 - 11:05 am *Break*
- Topic IV: Treating Obesity in Older Adults**
Moderator: Steve Kritchevsky, Wake Forest University School of Medicine
- 11:05 – 11:20 am *Shared Genetic and Metabolic Risks of Liver Disease with Dementia and Alzheimer’s Disease*
Kate Townsend Creasy, University of Pennsylvania
- 11:20 – 11:35 am *Diet, Sarcopenia, and Obesity*
Danae Gross, University of North Carolina at Chapel Hill
- 11:35 – 11:50 am *Mitigating Bone and Muscle Loss (Exercise / Protein / Drugs)*
Kristen Beavers, Wake Forest University School of Medicine
- 11:50 am – 12:05 pm *GLP-1RA’s Effects in Older Adults*
John Batsis, University of North Carolina at Chapel Hill
- 12:05 – 12:20 pm *What Do ‘Personalized Interventions’ Look Like with Respect to Obesity Treatment*
Susan Yanovski, National Institute of Diabetes and Digestive and Kidney Diseases
- 12:20 – 12:40 pm *Moderator Wrap-Up / Group Discussion*
- 12:40 – 1:00 pm *Lunch and Wrap-Up Session*
- Adjourn



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