

RCCN Workshop: Promoting Healthy Aging Through Nutrition

July 20-21, 2023

Boston, MA & Virtual

All times noted are Eastern Time.

Thursday, July 20, 2023

12:30 – 12:50 pm *Welcome, Overview, and Goals of the Workshop*
Stephen Kritchevsky, Wake Forest School of Medicine

12:50 – 1:00 pm *Welcome*
Sarah Booth, Tufts University

1:00 – 1:30 pm *Plenary: Poor Nutrition and Health Disparities*
Alison Brown, National Heart, Lung, and Blood Institute

Topic I: Timing and Targeting Interventions

Moderator: Stephen Kritchevsky, Wake Forest School of Medicine

1:30 – 1:45 pm *Maternal and Fetal Nutrition: Establishing reserve and metabolic set points
affecting late-life risk*
Kevin Klatt, University of California Berkeley

1:45 – 2:00 pm *Adolescence and Early Adulthood: Establishing reserve and affecting late-life
risks*
Sarah Wherry, University of Colorado Anschutz Medical Campus

2:00 – 2:15 pm *Changing Nutritional Needs in Older Adults*
Susan Roberts, Tufts University

2:15 – 2:30 pm *Timing of Nutrient Intake*
Samaneh Farsijani, University of Pittsburgh

2:30 – 2:45 pm *The Microbiome's Role in the Aging Process*
Rob Knight, University of California San Diego (Virtual)

2:45 – 3:05 pm Moderator Wrap-Up / Group Discussion

3:05 – 3:20 pm *Break*

Topic II: Social Context of Diet and Food Choice

Moderator: Sarah Booth, Tufts University

3:20 – 3:35 pm *Culture, Food Choices, and Dietary Patterns*
Jane Jih, University of California San Francisco (Virtual)

3:35 – 3:50 pm *Dietary Risks Among Low-Income and Food Insecure Seniors*
Heather Eicher-Miller, Purdue University

- 3:50 – 4:05 pm *Loneliness and Social Connection*
Thomas Cudjoe, Johns Hopkins University School of Medicine (Virtual)
- 4:05 – 4:20 pm *Government Policies and Food Choice in Older Adults*
Parke Wilde, Tufts University
- 4:20 – 4:40 pm Moderator Wrap-Up / Group Discussion

Friday, July 21, 2023

- 8:00 – 8:30 am *Breakfast Available in Meeting Room*
- 8:30 – 9:00 am Recap of Day 1 and Goals for Day 2
- 9:00 – 9:30 am *Plenary: What is a Dietary Pattern?*
Frank Hu, Harvard T.H. Chan School of Public Health
- Topic III: Dietary Patterns in Health and Disease**
Moderator: Eric Rimm, Harvard T.H. Chan School of Public Health
- 9:30 – 9:45 am *Methodologies for Assessing “Exposure” to Dietary Patterns*
Shivani Sahni, Harvard Medical School
- 9:45 – 10:00 am *Dietary Pattern and Health Relevant Outcomes (Animal Models)*
Mark Baxter, Wake Forest School of Medicine
- 10:00 – 10:15 am *Dietary Pattern and Alzheimer’s Disease*
Marilyn Cornelis, Northwestern University
- 10:15 – 10:30 am *Dietary Pattern and Healthy Aging (Frailty & disability)*
Courtney Millar, Harvard Medical School and Beth Israel Deaconess Medical Center
- 10:30 – 10:50 am Moderator Wrap-Up / Group Discussion
- 10:50 - 11:05 am *Break*
- Topic IV: Advancing the Field**
Moderator: Derek Huffman, Albert Einstein College of Medicine
- 11:05 – 11:20 am *Existing Data Resources / On-going Cohorts*
Kyla Shea, Tufts University
- 11:20 – 11:35 am *Animal Models to Foster Better Translation*
Rafael de Cabo, National Institute on Aging

11:35 – 11:50 am *Developing Nutritional Pattern Interventions*
Lawrence Appel, Johns Hopkins University School of Medicine

11:50 am – 12:05 pm *Interface Between Nutrition Science and Medicine*
Emily Johnston, NYU Grossman School of Medicine

12:05 – 12:20 pm *Nutrition policies and guidelines*
Alice Lichtenstein, Tufts University

12:20 – 12:40 pm Moderator Wrap-Up / Group Discussion

12:40 – 1:15 pm *Lunch and Wrap-Up Session*

1:15pm Adjourn