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
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<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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<tbody>
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<td>11:35 – 11:50 am</td>
<td>Developing Nutritional Pattern Interventions</td>
<td>Lawrence Appel, Johns Hopkins University School of Medicine</td>
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<td>11:50 am – 12:05 pm</td>
<td>Interface Between Nutrition Science and Medicine</td>
<td>Emily Johnston, NYU Grossman School of Medicine</td>
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<td>12:05 – 12:20 pm</td>
<td>Nutrition policies and guidelines</td>
<td>Alice Lichtenstein, Tufts University</td>
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<td>12:20 – 12:40 pm</td>
<td>Moderator Wrap-Up / Group Discussion</td>
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<td>12:40 – 1:15 pm</td>
<td>Lunch and Wrap-Up Session</td>
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<td>1:15pm</td>
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