



Draft 06/07/2023

WORKSHOP AGENDA

Promoting Healthy Aging Through Nutrition

July 20-21, 2023

Boston, MA and Virtual

Register to join virtually: <https://bit.ly/3WBc5xn>

Day 1, Thursday, July 20, 2023

12:30pm	Welcome, Overview, and Goals of the Workshop	Steve Kritchevsky
12:50pm	Welcome	Sarah Booth
1:00 – 1:30 pm	Plenary 1: Poor Nutrition and Health Disparities	Alison Brown
1:30 – 3:05pm	<u>Discussion Topic I: Timing and Targeting Interventions</u>	Moderator: Steve Kritchevsky
1:30-1:45pm	Maternal and Fetal Nutrition – Establishing reserve / metabolic set points affecting late-life risk. (ex. Choline and brain development)	Kevin Klatt
1:45-2:00pm	Adolescent / Early Adult Hood – Establishing reserve/ affecting late-life risks (ex. Calcium bone health)	Sarah Wherry
2:00-2:15pm	Changing nutritional needs in older adults	Sue Roberts
2:15-2:30pm	Timing of Nutrient Intake	Samaneh Farsijani
2:30-2:45pm	The Microbiome’s role in the aging process	Rob Knight (virtual)
2:45-3:05pm	Moderator Wrap-up/ Group Discussion	
3:05-3:20pm	BREAK	
3:20–4:40pm	<u>Topic II: Social Context of Diet and Food Choice</u>	Moderator: Sarah Booth
3:20-3:35pm	Culture, food choices, and dietary patterns	Jane Jih (virtual)
3:35-3:50pm	Dietary risks among low-income and food insecure seniors	Heather Eicher-Miller
3:50-4:05pm	Loneliness & Social connection	Thomas Cudjoe (virtual)
4:05-4:20pm	Government Policies & Food Choice in Older adults	Parke Wilde
4:20-4:40pm	Moderator Wrap-up/Group Discussion	



Day 2, Friday, July 21, 2023

8:00am	Breakfast Available in Meeting Room	
8:30am	Recap of Day 1 and Goals for Day 2	
9:00-9:30am	Plenary2: What is a Dietary Pattern?	Frank Hu
9:30-11:05am	Discussion Topic III: Dietary Patterns in Health and Disease	Moderator: Eric Rimm
9:30-9:45am	Methodologies for Assessing “exposure” to dietary patterns	Shivani Sahni
9:45-10:00am	Dietary Pattern and Health Relevant Outcomes (Animal Models)	Mark Baxter
10:00-10:15am	Dietary Pattern and Alzheimer’s Disease	Marilyn Cornelis
10:15-10:30am	Dietary Pattern and Healthy Aging (Frailty & disability)	Courtney Millar
10:30-10:50am	Moderator Wrap-up/ Group Discussion	
10:50-11:05am	BREAK	
11:05am-12:55pm	Discussion Topic IV: Advancing the Field	Moderator: Derek Huffman
11:05-11:20am	Existing Data Resources / On-going Cohorts	Kyla Shea
11:20-11:35am	Animal models to foster better translation	Rafael de Cabo
11:35-11:50am	Developing Nutritional Pattern Interventions	Lawrence Appel
11:50am-12:05pm	Nutrition in Clinical Medicine/Interface between nutrition science and medicine	Emily Johnston
12:05-12:20pm	Nutrition policies and guidelines	Alice Lichtenstein
12:20-12:40pm	Moderator Wrap-up/ Group Discussion	
12:40-1:15pm	Lunch and Wrap-up Session	
1:15pm	Adjourn	