



Draft 6/5/2024

WORKSHOP AGENDA

Nutrition and Aging Biology

June 25-26, 2024

San Francisco, CA

Day 1, Tuesday, June 25, 2024

12:30 – 1:15pm	Welcome, Overview, and Goals of the Workshop	Steve Kritchevsky
1:15 – 1:30pm	Summary of Publication from July 2023 RCCN Workshop: <i>Promoting Healthy Aging Through Nutrition</i>	Kyla Shea
1:30 – 2:00pm	Plenary: Why Does CR appear to extend lifespan?	Roz Anderson
	Discussion Topic I: Open Questions on CR's effect on life-span and health span	Moderator: Steve Austad
2:00-2:15pm	Rigor and reproducibility in CR experiments	David Allison
2:15-2:30pm	Effects on Cognition & Brain Health – Animals	Mark Mattson (virtual)
2:30-2:45pm	Effects on Cognition & Brain Health – Humans	Mark Espeland
2:45-3pm	CR effect of lifespan and Healthspan	Daniel Adegunbi
3-3:20pm	Moderator Wrap-up/Group Discussion	
3:20-3:35pm	BREAK	
	Discussion Topic II: Intake Timing	Moderator: Yih-Woei Fridell
3:35-3:50pm	Gene x CR Interactions	Gary Churchill
3:50-4:05pm	Time Restricted Feeding in Older Animals	Abbi Hernandez (virtual)
4:05-4:20pm	Time Restricted Eating in Human Studies	Krista Varady
4:20-4:35pm	Intermittent Fasting versus CR	Courtney Peterson
4:35-4:55pm	Moderator Wrap-up/ Group Discussion	

Day 2, Wednesday, June 26, 2024

8:00 am	Breakfast Available in Meeting Room	Speakers
8:15 am	Recap of Day 1 and Goals for Day 2	
8:30am	Plenary: Positive, Negatives and Unknowns in Obesity Treatment in Older Adults	Denise Houston
	<u>Topic III: Other Approaches and Considerations</u>	Moderator: Tina Brinkley
9:00-9:15am	Protein Restriction	Dudley Lamming
9:15-9:30am	Ketogenic Diets & Hyperketonemia	Brianna Stubbs
9:30-9:45am	Potential benefits of 'reduced/low' carb diets for better metabolic and cognitive health in older adults	Stephen Cunnane
9:45-10:00am	Microbiome as a target and mediator of dietary interventions	Karen Corbin
10:00-10:15am	Aging and the microbiome	Jacob Allen
10:15-10:30am	What About the Oldest old?	Connie Bales
10:30-10:50am	Moderator Wrap-up/Group Discussion	
10:50-11:05am	BREAK	
	<u>Discussion Topic IV: Treating Obesity in Older Adults</u>	Moderator: Steve Kritchevsky
11:05-11:20am	Shared genetic and metabolic risks of liver disease with dementia and Alzheimer's Disease	Kate Townsend Creasy
11:20-11:35am	Diet, Sarcopenia, and Obesity	Danae Gross
11:35-11:50am	Mitigating Bone and Muscle Loss (Exercise / Protein / Drugs)	Kristen Beavers
11:50am-12:05pm	GLP-1ra's Effects in Older Adults	John Batsis
12:05-12:20pm	What do 'Personalized Interventions' look like with respect to obesity treatment	Susan Yanovski
12:20-12:40	Moderator Wrap-up/ Group Discussion	
12:40-1:00	Lunch and Wrap-up Session	
	Adjourn	