

*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE

**Nutrition Across the Lifespan for Healthy Aging**

Food Forum Workshop

September 13-14, 2016

The National Academy of Sciences Building, Lecture Room  
2101 Constitution Avenue, NW, Washington, DC

**DAY 1, September 13, 9:00 AM-5:30 PM**

- 9:00 AM**      **Welcome & Opening Remarks**  
*Sylvia Rowe, Food Forum Chair, SR Strategy, LLC, Washington, DC*
- 9:05 AM**      **SESSION 1: Changing Landscape: Demographics, Health Status, and Nutritional Needs**  
*Session Moderator: Pamela Starke-Reed, Agricultural Research Service, U.S. Department of Agriculture*
- The Changing Face of Older Americans: Key Indicators of Well Being**  
Jennifer Madans, National Center for Health Statistics
- Healthy Aging Perspective**  
Mary Ann Johnson, University of Georgia
- 20-minute Discussion/Q&A**
- 10:05 AM**      **25-MINUTE BREAK**
- 10:30 AM**      **SESSION 2: The Spectrum of Aging and Health Over the Lifespan**  
*Session Moderator: Catherine Kwik-Urbe, Mars, Inc.*
- Early-life Origins of Metabolic Disease and Aging**  
Janet King, Children’s Hospital Oakland Research Institute
- Biomarkers of Aging**  
Luigi Ferrucci, National Institute on Aging
- Overweight and Obesity in Older Persons: Impact Upon Health and Mortality Outcomes**  
Gordon Jensen, University of Vermont College of Medicine
- 30-minute DISCUSSION/Q&A**
- 12:00 PM**      **LUNCH BREAK (1 hour)**
- 1:00 PM**      **SESSION 3: Changes in Organ Systems Over the Lifespan**  
*Session Moderators:*  
*Regina Tan, Food and Nutrition Service, U.S. Department of Agriculture*

*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE

*Sharon Ross, National Cancer Institute, National Institutes of Health*

**Cardiovascular System**

Tamara Harris, National Institute on Aging

**The role of nutrition on cardiovascular health and disease in aging**

Penny Kris-Etherton, Penn State University

**15-minute Discussion/Q&A**

**Skeletal Systems**

Connie Weaver, Purdue University

**Muscular Systems**

Roger A. Fielding, Jean Mayer USDA Human Nutrition Research Center  
on Aging at Tufts University

**15-minute Discussion/Q&A**

**3:00 PM**

**20-MINUTE BREAK**

**Sensory and Oral Health**

**Age-associated Changes in Taste and Smell Function**

Nancy Rawson, Monell Chemical Senses Center

**Nutrition and Oral Health in Aging**

Athena Papas, Tufts University School of Dental Medicine

**15-minute Discussion/Q&A**

**Early Nutrition, Gut Development, and the Microbiome**

**Nutrition and the Microbiome**

Cindy Davis, Office of Dietary Supplements, NIH

**Non-invasive Methods for Assessing Nutritional Regulation of  
Neonatal Gut Gene Expression and Host-Microbe Interactions**

Sharon Donovan, University of Illinois at Urbana-Champaign

**15-minute Discussion/Q&A**

**Dietary Interventions for Healthy Aging**

Rafael de Cabo, National Institute on Aging

**10-minute Discussion/Q&A**

**5:30 PM**

**Adjourn Day 1**

**DAY 2, September 14, 9:00 AM-12:00 PM**

**9:00 AM**

**Welcome & Opening Remarks**

*Sylvia Rowe, Food Forum Chair, SR Strategy, LLC, Washington, DC*

**9:05 AM**

**SESSION 4: Moving Forward**

*Session Moderator: Johanna Dwyer, National Institutes of Health and Tufts University*

*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE

**Nutrition to Promote Healthy Aging**

David B. Reuben, David Geffen School of Medicine at UCLA

**10-minute Discussion/Q&A**

**What are the Patterns of Dietary Intake Across the Lifespan and the Opportunities to Support Healthy Aging?**

Eve Stoody, Center for Nutrition Policy and Promotion, USDA

**10-minute Discussion/Q&A**

**Supporting Healthy Aging Across the Lifespan - The Role of the Food Industry**

Tim Morck, Spectrum Nutrition Consulting

Douglas “Duffy” MacKay, Council for Responsible Nutrition

**15-minute discussion/Q&A**

**MODERATED DISCUSSION**

*Moderator: Simin Meydani, Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University*

**Healthy Aging: What is it? Are there acceptable markers to utilize in developing strategies to promote it?**

Panelists:

- Frank Busta, University of Minnesota
- Mary Ann Johnson, University of Georgia
- Janet King, Children’s Hospital Oakland Research Institute
- David B. Reuben, David Geffen School of Medicine at UCLA

**12:00 PM      ADJOURN WORKSHOP**

*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE

The Food Forum convenes scientists, administrators, and policymakers from academia, government, industry, and public sectors on an ongoing basis to discuss problems and issues related to food, food safety, and regulation and to identify possible approaches for addressing those problems and issues. The Forum provides a rapid way to identify areas of concordance among these diverse interest groups. It does not make recommendations, nor does it offer specific advice. It does compile information, develop options, and bring interested parties together.

The Food and Nutrition Board (FNB) established the Food Forum in 1993 to allow selected science and technology leaders in the food industry, top administrators in the federal government, representatives from consumer interest groups, and academicians to periodically discuss and debate food and food related issues openly and in a neutral setting. The Forum provides a mechanism for these diverse groups to identify possible approaches for addressing food and food safety problems and issues surrounding the often complex interactions among industry, academia, regulatory agencies, and consumers.

About the FNB: The FNB falls within the Health and Medicine Division of the National Academies of Sciences, Engineering, and Medicine. The Academies are private, nonprofit institutions that provide independent, objective analysis and advice to the nation to solve complex problems and inform public policy decisions related to science, technology, and medicine. The Academies operate under an 1863 congressional charter to the National Academy of Sciences, signed by President Lincoln.

**<http://www.nationalacademies.org/foodforum>**