

**Defining Healthy Aging: from Science to Practice, the Link to Diet and Nutrition** Organized by ILSI North America as a pre-conference workshop at the 2014 Gerontological Society of America’s Annual Meeting

Wednesday, 5 November 2014 8:30am - 3:30pm East Salon B, Marriott Marquis and Walter Washington Convention Center, Washington, DC

8:30am **Welcome and Introductory Remarks** – The Current State of Nutrition Science on Aging

Chair: Johanna Dwyer, DSc, RD, Tufts

8:40am **The Science of Aging:  Current state of basic research and knowledge on human aging from cellular to whole system biology**

Speaker: Luigi Ferrucci, MD, PhD, NIA

9:05am Q&A

9:15am **Nutrition and Aging: Overview of the state of nutrition research and practice that optimize ‘natural aging’ and reduce ‘pathological aging’**

Speaker/Moderator: David Klurfeld, PhD, USDA ARS

9:40am Q&A

9:50am **Age-related changes in nutritional and energy requirements** Speaker: William Evans, PhD, Duke University

10:15am Q&A

10:25am **BREAK**

10:45am **Nutrition and age-related cognition function** Speaker: Regan Bailey, PhD, RD, NIH ODS

11:10am Q&A

11:20am **Nutrition and age-related changes in chemosensory systems: taste and smell**  Speaker: Beverly Cowart, PhD, Monell Chemical Senses Center

11:45am Q&A

11:55am **Nutrition and movement (muscle-bone and joint system)**  Speaker: Martina Heer, PhD, University of Bonn, Institute of Food and Nutrition Sciences

12:20pm Q&A

12:30pm **LUNCH**

1:30pm **Nutrition and aging related changes to gut function** Speaker: Gordon Jensen, MD, PhD, Penn State

1:55pm Q&A

2:05 pm **Defining Healthy Aging**

Speaker: Simin Meydani, PhD, Tufts

2:30pm Q&A

2:40pm **Panel Session on Defining Healthy Aging**  Strive for agreement on definitions and taxonomy; develop a framework to define healthy aging; identify appropriate outcomes measures, and methodologies and study designs from current scientific learning  Moderator:  Simin Meydani, PhD, Tufts

 Panelists: Drs. Dwyer, Ferrucci, Klurfeld, Evans, Bailey, Heer, and Jensen

3:30pm **Adjourn**