

**INSTITUTE OF MEDICINE**

**Committee on the Public Health Dimensions of Cognitive Aging**

**Public Workshop**

**Arnold and Mabel Beckman Center of the National Academies  
100 Academy Drive  
Irvine, CA**

**AGENDA**

**Monday, June 9th**

**OPEN SESSION: Huntington Room**

**7:30 – 8:00 a.m. Breakfast**

**8:00 – 8:15 Welcome and Opening Remarks**  
*Dan Blazer, Chair and Kristine Yaffe, Vice Chair*

**8:15 – 9:30 Panel 1: Cognitive Stimulation**  
Facilitators: Andrea LaCroix and Felicia Hill-Briggs

8:15 – 8:20 Panel Introductions  
8:20 – 8:35 Cognitive training  
*Adam Gazzaley, University of California, San Francisco*  
8:35 – 8:50 ACTIVE trial  
*Sherry Willis, University of Washington*  
8:50 – 9:05 Educational interventions  
*Fred Wolinsky, University of Iowa*  
9:05 – 9:30 Discussion with the committee

**9:30 – 11:00 Panel 2: Physical Activity and Nutrition**  
Facilitator: Art Kramer

9:30 – 9:35 Panel Introductions  
9:35 – 10:05 Physical activity vs. sedentary time  
*Kirk Erickson, University of Pittsburgh*  
*Deborah Barnes, University of California, San Francisco*  
10:05 – 10:35 Nutrition and supplements  
Diet  
*Martha Clare Morris, Rush University Medical Center*  
Supplements and caffeine  
*Steven DeKosky, University of Virginia*  
10:35 – 11:00 Discussion with the committee

**11:00 – 11:15 BREAK**

**11:15 – 12:30**

**Panel 3: Social Engagement, Arts, and Sleep**

Facilitator: David Reuben

11:15 – 11:20 Panel Introductions

11:20 – 11:35 Social engagement

*Michelle Carlson, Johns Hopkins University*

11:35 – 11:50 Arts

*Tony Noice and Helga Noice, Elmhurst College (via Webex)*

11:50 – 12:05 Sleep and mindfulness

*Sonia Ancoli-Israel, University of California, San Diego*

12:05 – 12:30 Discussion with the committee

**12:30 – 1:15**

**Lunch**

**1:15 – 1:45**

**Public Testimony and Questions to Speakers**

Facilitator: Dan Blazer

**1:45 – 3:00**

**Panel 4: Multi-Domain Trials and Sustaining Behavioral Change**

Facilitator: Sara Czaja

1:45 – 1:50 Panel Introductions

1:50 – 2:20 Multi-domain trials

*James Blumenthal, Duke University*

*Miia Kivipelto, Karolinska Institutet (via Webex)*

2:20 – 2:35 Behavioral change

*Bonnie Spring, Northwestern University*

2:35 – 3:00 Discussion with the committee

**3:00 – 4:15**

**Panel 5: Education of Health Professionals**

Facilitators: Donna Fick and Lisa Gwyther

3:00 – 3:05 Introductions

3:05 – 3:35 Professional schools

*Catherine Lucey, University of California, San Francisco*

*Terry Fulmer, Northeastern University*

3:35 – 3:50 Primary care

*Christopher Callahan, Indiana University*

3:50– 4:15 Discussion with the committee

**4:15 – 5:30**

**Panel 6: Public Action**

Facilitator: Jason Karlawish

4:15 – 4:20 Introductions

4:20 – 5:05 Public outreach

*Jennie Chin-Hansen, American Geriatrics Society*

Financial issues

*Naomi Karp, Consumer Financial Protection Bureau*

Media/Outreach

*Heidi Keller, Keller Consulting*

5:05– 5:30

Discussion with the committee

**5:30**

**Public Session Adjourns**