Planning Committee

• Gordon Jensen - chair
• Elaine Waxman
• Julie Locher
• Katherine Tucker
• Mary Pat Raimondi
• Nancy Wellman
• Robert Post
• Susan Crockett
• Uche Akobundu
Workshop Overview – Day 1

• **Session 1** – Introduction and Background - 8:30-9:30
  - Welcome and Introductory Remarks (Gordon Jensen)
  - AARP Foundation (Lisa Marsh Ryerson)
  - Consumer Behavior (Dave Donnan)
  - What is Healthy Aging? (Simin Meydani)

• **Break** – 9:30-9:50

• **Session 2** – Emerging Insights (Physiological) - 9:50-12:10
  - Dietary Needs of the 50+ (Katherine Tucker)
  - Aging, BMI, and Mortality Outcomes (Gordon Jensen)
  - Aging Vitamin D, and Physical Function (Denise Houston)
  - Brain Health: B Vitamins and Omega 3 Fatty Acids (Irwin Rosenberg)
  - Gut Health: Dietary Fiber, Microbiome (Lita Proctor)
  - Panel Discussion (Katherine Tucker, Gordon Jensen, Denise Houston, Irwin Rosenberg, Lita Proctor)

• **Lunch** – 12:10-1:10
Workshop Overview – Day 1

• Session 3 – Emerging Insights (Ecological) - 1:10-3:30
  – Factors Influencing the 50+ (Julie Locher)
  – Food Security and Older Adults (Craig Gundersen)
  – Special Considerations for Meeting the Dietary Needs of Vulnerable Groups (Joseph Sharkey)
  – Role of the Family Caregiver (Alan Stevens)
  – Built Environment: What is it and How it Influences the Diets of Older Adults (Irene Yen)
  – Relationship between Mobility and Nutrition (Richard Allman)
  – Panel Discussion (Julie Locher, Craig Gundersen, Joseph Sharkey, Alan Stevens, Irene Yen, Richard Allman)

• Break – 3:30-3:50
Workshop Overview – Day 1

• **Session 4 – National Programs - 3:50-5:40**
  - Outlook on Legislation (Bob Blancato)
  - USDA Nutrition Programs (Lura Barber and Kathryn Law)
  - Nutrition during Care Transition (Rose Ann DiMaris-Ghalili)
  - Panel Discussion (Bob Blancato, Lura Barber, Kathryn Law, Rose Ann DiMaria-Ghalili, Kibbe Conti, Jean Lloyd)
Workshop Overview – Day 2

• Welcome and Recap of Day 1 (Gordon Jensen) – 8:15-8:20

• Session 5 – Role of Community and Food Sectors – 8:20-11:30
  – Strategic Advice for the Food and Beverage Industry (Julian Mellentin)
  – Retailers’ Initiatives for Meeting the Dietary Needs of Older Adults (Annette Maggi)
  – Insights from the Retail Sector – The Little Clinic at Kroger (Eileen Myers)
  – Perspectives from a Home Service Retailer (Beth Burrough)
  – Food Product Development for Older Adults (John Ruff)
  – The Role of Community Programs: Peer, Inc. (Sally Allocca)
  – The Role of Community Programs: City Harvest (Leslie Gordon)
  – Community Programs for Chronic Disease and Seniors (Hilary Seligman)
  – Break
  – Panel Discussion
Workshop Overview – Day 2

• **Session 6** – Research Priorities and Gaps – 11:30-12:30
  - Documenting Outcomes from Older Adult Nutrition Programs (Kali Thomas)
  - Highlights of the Workshop: Identification of Unmet Needs (Elaine Waxman)
  - Reflections and Open Discussion
Previous Initiatives on Nutrition and Aging

• The Role of Nutrition in Maintaining Health in the Nation’s Elderly: Evaluating Coverage of Nutrition Services for the Medicare Population
  – Released January 1, 2000
  – Identified multiple gaps in coverage.
  – Resulted in enhanced coverage for nutrition counseling for diabetes and pre-dialysis renal failure.

• Nutrition and Healthy Aging in the Community – A Workshop Summary
  – Released March 20, 2012
  – Identified key research gaps.
  – High priority to target care transitions.
AARP Foundation

• Lisa Marsh Ryerson, President
  – Joined AARP Foundation in 2013
  – Served 18 years as president and CEO of Wells College in Aurora, NY
  – Bachelor of Arts degree from Wells College
  – Master of Science Degree from State University of New York College at Cortland
  – Honorary Doctor of Humane Letters from State University of New York