



Optimizing Health with Age: What is Nutrition's Role?

November 20, 2024
9:00 AM – 12:00 PM EDT

9:00–9:25 AM

Opening Remarks and Setting the Stage

Patrick Stover, Texas A&M University

Optimizing Health with Age

Moderator: Kristi Reimers, Conagra Brands

9:25–10:25 AM

Age-related Health Changes

- **Exposome of Aging:** *Paul Shiels, University of Glasgow*
- **Skeletal Muscle Decline:** *Anna Thalacker-Mercer, University of Alabama, Birmingham*
- **Cognitive Decline:** *Robert Wallace, University of Iowa*

10:25–10:55 AM

Age-Related Changes in Dietary Intakes and Nutrient Needs

Sarah Booth, Tufts University

10:55–11:15 AM

Achieving Food and Nutrition Access for Older Adults

Ucheoma Akobundu, Meals on Wheels America

11:15 AM – 12:00 PM

Age-related Nutritional Barriers and Opportunities

Panelists:

- *Ucheoma Akobundu*
- *Sarah Booth*
- *Paul Shiels*
- *Patrick Stover*
- *Anna Thalacker-Mercer*
- *Robert Wallace*

12:00 PM

Adjourn