

CRN-I 8<sup>TH</sup> ANNUAL SYMPOSIUM  
2 DECEMBER 2017 / BERLIN

# Healthy Aging

THE NATURAL CONSEQUENCES OF GOOD NUTRITION



## AGENDA

08:00 – 08:20

**Intro/Overview –  
Overarching ‘multi-year’ theme:  
Exploring ‘Optimal Nutrition’**

Daniel S. Marsman, D.V.M., Ph.D.  
*Head of Product Safety and Regulatory  
Affairs, Worldwide Personal Health Care,  
P&G (Procter and Gamble)*

08:20 – 09:05

**Keynote: From biology to quality of life:  
Defining ‘healthy aging’**

Andrew Shao, Ph.D.  
*Independent Consultant*

**What is ‘healthy aging’ and how  
would one measure it?**

09:05 – 09:40

**Quantification of biological aging:  
A frontier for evaluating interventions  
to extend human healthspan**

Dan Belsky, Ph.D.  
*Assistant Professor of Population Health  
Sciences, Duke University School of Medicine*

09:40 – 10:15

**WHO’s new mandate to measure  
intrinsic capacities and functional  
ability across the life course**

Ritu Sadana, DSc.  
*Senior Health Advisor,  
Department of  
Ageing and Life Course,  
World Health Organization  
(WHO)*

10:15 – 10:35

**Break**

10:35 – 11:10

**Cross-cultural approaches to  
biomarkers for healthy aging**

Mary Ann Johnson, Ph.D.  
*Flatt Professor in Foods and Nutrition,  
Associate Director of Gerontology, and  
Director of the Graduate Certificate in  
Obesity and Weight Management,  
University of Georgia*

11:10 – 11:50

**Panel discussion**

11:50 am – 13:20

**Lunch**

**What is the public health impact of nutrition  
on the ‘quality of life’?**

13:20 – 13:55

**Public health implications of  
immunosenescence: Role of nutrition**

Simin Nikbin Meydani, D.V.M, Ph.D.  
*Vice Provost of Research, Tufts University*

13:55 – 14:30

**Using data to assess and model  
population health and nutrition**

Sandrine Pigat  
*Head of Food & Nutrition, Crème Global*



*Agenda continued on back*

# SPEAKERS

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**Dan Belsky, Ph.D.**, is Assistant Professor of Population Health Sciences, Duke University School of Medicine. Dr. Belsky's research is concerned with addressing the challenge of health inequalities in aging in the U.S. and globally. His work spans biomedical, behavioral, and social sciences, and genomics. With support from the U.S. National Institute on Aging, Dr. Belsky is investigating methods to measure the biological processes of human aging, with a special focus on methods that can be applied in individuals who are still relatively young and free of age-related disease. Ultimately, these methods will advance efforts to monitor population and patient health and to evaluate health policies. In the shorter term, he is working to translate measures of biological aging to evaluate so-called geroprotective interventions that aim to extend healthy years of life by slowing biological processes of aging. With support from Jacobs Foundation, Dr. Belsky is working to understand how genetic differences between individuals shape trajectories of life-course development and how genes and environments combine to shape outcomes from childhood to late life. The goal of this research is to develop environmental interventions to promote healthy life-course development for everyone, regardless of their genetic background.



**Dario Gregori, Ph.D.**, is full professor of Biostatistics and head of the Unit of Biostatistics, epidemiology and public health at the University of Padova, Italy. Dr. Gregori is co-director of a Master program in "Research methods in nutrition." He is actively doing research, with about 400 peer-reviewed papers published so far, with a special focus on the fields of public health nutrition and food safety. Dr. Gregori is a fellow of the American College of Nutrition and the Obesity Society. He earned his Master's degree in Statistics at Penn State University and his Ph.D. in Applied Statistics at the University of Firenze, Italy.



**James C. Griffiths, Ph.D.**, is Vice President, Scientific & International Affairs for the Council for Responsible Nutrition (CRN). Dr. Griffiths is responsible for CRN's science-based international policy and regulatory work, and is the CRN staff liaison for CRN-International (CRN-I). He has more than 30 years of experience in the area of food safety and regulatory affairs. Prior to joining CRN, he spent five years with the United States Pharmacopoeia (USP) where he managed food and dietary supplement strategic initiatives, including those related to global food and dietary supplement alliances. He began his career as a regulatory review toxicologist at the U.S. Food and Drug Administration's Center for Food Safety and Applied Nutrition. His background also includes various scientific and regulatory positions at Burdock and Associates, the Flavor & Extract Manufacturers' Association,

International Specialty Products, Avon Products, and others. He has published extensively in peer-reviewed publications, and serves on the editorial board of the *Journal of Excipients and Food Chemicals*. He holds an adjunct faculty appointment at JSS University in Mysore, South India, teaching graduate students on nutrition and regulatory topics. Dr. Griffiths holds a B.A. in biology from Columbia Union College in Maryland and earned his Ph.D. in Toxicology from Rutgers University & Robert Wood Johnson Medical School in New Jersey. He is a Diplomate of the American Board of Toxicology, a Fellow of the Royal Society of Biology (UK) and a Certified Food Scientist.



**Mary Ann Johnson, Ph.D.**, is the Flatt Professor in Foods and Nutrition, Associate Director of Gerontology, and Director of the Graduate Certificate in Obesity and Weight Management at the University of Georgia. She began her research in older adults by conducting research on the dietary patterns and health of centenarians, aged 100 and older, in the Georgia Centenarian Study. Dr. Johnson's research and outreach programs also focus on improving access to food and nutrition assistance programs, such as the Supplemental Food and Nutrition Assistance Program, and enhancing dietary patterns, physical activity, and self-management of chronic diseases among older adults. Her involvement with Georgia's Clinical and Translational Science Alliance involves community engagement and integration of special populations (older adults). Dr. Johnson is on the board of directors of the Athens Community Council on Aging, a member of Georgia's Older Adults Cabinet, and the American Society for Nutrition's President in 2017–2018.



**Tieraona Low Dog, M.D.**'s exploration of natural medicine and its role in modern health care began more than 35 years ago as she studied midwifery, herbal medicine, massage therapy, and martial arts before earning her medical degree from the University of New Mexico School of Medicine. Dr. Low Dog is an internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women's health. She has been an invited speaker to more than 550 scientific/medical conferences, published 40 peer-reviewed articles, written 20 chapters for medical textbooks, and has authored five books, including three National Geographic books, *Fortify Your Life*, *Healthy at Home*, and *Life is Your Best Medicine*. Dr. Low Dog lives with her husband, horses, chickens, dogs, and cats on a small ranch in the mountains outside of Santa Fe, New Mexico.



**Daniel S. Marsman, D.V.M., Ph.D.,** leads and manages Product Safety for global P&G Health Care, and provides veterinary leadership for P&G's Animal Alternatives and Animal Welfare programs. His interdisciplinary career has embraced 'One Health, One Medicine,'

from his veterinary training (Michigan State University) and medical parasitology research (WHO, Sudan), his Ph.D. in toxicologic pathology (College of Human Medicine, University of North Carolina, Chapel Hill), to his postdoctoral fellowship studying the pathobiology of neoplasia (CIIT/Hamner Institute). He has previously served as pathologist and study scientist for NIH (National Institute of Environmental Health Sciences), and as Head of Study Design for the NIH/NTP chronic toxicity/carcinogenicity testing program. Dr. Marsman's previous positions at P&G have included toxicological pathologist, research scientist in the carcinogenesis group, and global safety/regulatory affairs manager for business ranging from Household, Baby, Feminine, Family, and Pet Care. He is dual-boarded in Toxicology (DABT) and Animal Welfare (DACAW) and has published and consulted extensively in the fields of toxicology, pathology, animal welfare and animal alternatives. His collaborative contributions on technical and policy committees have spanned numerous professional societies, governmental, NGO and trade associations. External positions include past Chair of the Animal Welfare Committee of the AVMA, charter diplomate and Board member of the American College of Animal Welfare, council member for the National Academy of Science/ILAR, and Chair of the Board of Directors for the Council for Responsible Nutrition-International.



**Simin Nikbin Meydani, D.V.M., Ph.D.,** was appointed Vice Provost of Research at Tufts University in August 2016 after having served as the Director of the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University since 2009. She is professor of nutrition and

immunology at the Friedman School of Nutrition Science and Policy and the Tufts Sackler Graduate Program in Immunology. Dr. Meydani's scientific interests include the impact of nutrition on the aging process and age-associated diseases, the role of nutrition on immune and inflammatory responses and predisposition to infectious diseases in developed and less developed countries. She is an internationally recognized scholar with more than 300 publications and continuous USDA, NIH, industry and foundation funding. Her research is multidisciplinary and expands from cell and molecular to animal and clinical investigations. Her honors include the American Aging Association Denham Harman Lifetime Research Achievement Award; American Society of Nutrition (ASN) Herman Award in clinical nutrition; ASN Lederle Award in Human Nutrition Research; Fellow of Hedwig van Amerigen Executive Leadership in Academic Medicine; American College of Nutrition Grace Goldsmith Award; International HERMES Vitamin Research Award;

She was the President of the American Society for Nutrition (June 2014-June 2015) and President of the American Aging Association (2005-2006). She has served the academic, government and corporate communities as: member of NIH Geriatric Rehabilitation Study Section, Aging Systems and Geriatrics Study Section, and Cellular Mechanism of Aging and Development Study Section; member of USDA Human Nutrient Requirements for Optimal Health Program Grant Review Panel; member of United Nations FAO/WHO Expert Panel on Nutritional Requirements of the Elderly; member of NIH-funded Consortium Lipid Maps Scientific Advisory Committee, NIA Primate Calorie Restriction Project Advisory Board; member of the ILSI North America Board of Trustees, of the editorial boards of several journals; chair of several national and international meetings. Dr. Meydani holds a D.V.M. (Tehran University), an M.S. in Nutrition (Colorado State University) and a Ph.D. in Nutrition (Iowa State University).



**Sandrine Pigat** is Head of Food & Nutrition for Crème Global. Since 2010 Ms. Pigat has been working in Crème Global in the area of dietary intake modeling and technology where she heads up the Food and Nutrition Department. Sandrine manages scientific projects

for leaders from industry, government and academia using predictive intake models, food data science and software solutions to inform nutrition strategies, product marketing, food safety, regulatory compliance, product development and innovation. She also delivers training, scientific support and expert advice on data in the same area. Ms. Pigat, originally from Luxembourg, completed her Bachelor's degree in Ecotrophology and Master's degree in Nutritional Sciences at the Justus-Liebig-University Giessen in Germany. She has previously worked in the area of nutrition training and counseling in private as well as in clinical settings.

*Speakers continued on back*



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## AGENDA, CONTINUED

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14:30 – 15:05

**A public health perspective on nutrition and its impact on quality of life**

Dario Gregori, Ph.D.  
*Full Professor of Medical Statistics,  
University of Padova*

16:00 – 16:40

**Panel discussion**

16:40 – 17:00

**Symposium Wrap-up**

Andrew Shao, Ph.D.  
*Independent Consultant*

Daniel S. Marsman, D.V.M., Ph.D.  
*Head of Product Safety and Regulatory  
Affairs, Worldwide Personal Health Care,  
P&G (Procter and Gamble)*

James C. Griffiths, Ph.D.  
*Vice President, Scientific & International  
Affairs, CRN*

15:05 – 15:25

**Break**

15:25 – 16:00

**Life in the margins:  
The health impact of  
nutrient insufficiency**

Tieraona Low Dog, M.D.  
*CEO, Integrative Medicine Concepts, LLC*

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## SPEAKERS, CONTINUED

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**Ritu Sadana, DSc.**, is Senior Health Advisor within the Department of Ageing and Life Course with the World Health Organization (WHO) in Geneva. Dr. Sadana coordinated process leading to the first Global Strategy and Action Plan on Ageing and Health endorsed by the World Health Assembly (2016). She was a core writer for the World Report on Ageing and Health (2015), including lead author of an associated paper on healthy ageing and health equity. She currently coordinates WHO's work on metrics, monitoring and research on Healthy Ageing, including a new International Consortium on Healthy Ageing Metrics and Evidence, and revitalizing a network of WHO Collaborating Centers on Ageing and Health. Previously at WHO, she was Editor-in-Chief of The European Health Report 2012, co-editor of the WHO African Region Report on Health Inequities (2010), and contributed to several other WHO landmark reports, on health systems performance (2000), knowledge for better health (2004), human resources for health (2006), and health systems financing (2010). Dr. Sadana also played a key role in the WHO World Health Survey, contributed to the Global Burden of Disease methods and estimates, and coordinated WHO's analytical and evidence synthesis contributions to the Commission on Social Determinants of Health involving 150 institutions. She also set up and managed WHO's Health Systems Research Initiative, a WHO Task Force on Global Research Priorities on Health Equity, and a WHO Consultative Group on Equity and Universal Health Coverage. She holds a Master's degree from the University of California Los Angeles and a doctorate from Harvard University, focusing on epidemiology and economics. She currently serves as an editorial advisor for *The Bulletin of the World Health Organization* and has over 100 peer-reviewed publications.



**Andrew Shao, Ph.D.**, has spent nearly two decades in the global nutrition industry, assuming leadership roles in various nutrition, scientific, regulatory and government affairs functions. Most recently Dr. Shao served as Vice President, Global Nutrition Policy, for Herbalife Nutrition, where he was responsible for working closely with government agencies and other external partners to lead health initiatives, shape policy and identify and leverage opportunities for Herbalife products and product positioning. Prior to that he served as Herbalife Nutrition's Vice President, Worldwide Scientific Affairs. Dr. Shao's range of experience also includes leading the scientific and regulatory affairs function for the Council for Responsible Nutrition (CRN), a Washington, DC-based trade association representing dietary supplement manufacturers and ingredient suppliers, where he served as Senior Vice President, Scientific and Regulatory Affairs. Before serving at CRN, Dr. Shao was a senior scientist at General Nutrition Corporation (GNC), and previously, in research and development at Kemin. He is the author or co-author of over 60 peer-reviewed articles, abstracts, trade articles and book chapters, serves on the Editorial Board of several peer-reviewed journals, and is a member of the American Society for Nutrition and the Institute of Food Technologists. Dr. Shao is the immediate past President of the Tufts Friedman School of Nutrition Science and Policy Alumni Association, and serves as the Chair of the International Alliance of Dietary Supplement Associations (IADSA) Scientific Council. He holds a Ph.D. in nutritional biochemistry and M.S. in human nutrition science, both from Tufts University, and a B.A. in biology from Brandeis University.

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