

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

Healthy Aging



THE NATURAL CONSEQUENCES OF GOOD NUTRITION



Introduction to CRN-I's Multi-year Theme:
- Exploring "Optimal Nutrition" -

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CRN-International - - Manno, Switzerland  / Washington, DC 

P&G Healthcare - - Egham, UK  / Cincinnati, USA 

Welcome!

- Overview
- CRN-I Mission
- CRN-I Symposium Theme
- Order of Events

Overview of the Day

What is 'healthy aging' and how would one measure it?

- **WHAT:** Defining 'healthy aging' [Keynote: Dr. Andrew Shao]
- **WHY:** Exploring Quality of Life and the human health span (Dr. Dan Belsky]
- **WHO:** Nutrition status across life course [Dr. Ritu Sadana]
- **HOW:** Biomarkers for healthy aging [Dr. Mary Ann Johnson]

What is the public health impact of good (vs. not so good) nutrition?

- Impact of nutrition on immunosenescence [Dr. Simin Nikbin Meydani]
- Population modeling of health and nutrition [Dr. Sandrine Pigat]
- Public health impact: nutrition and 'quality of life' [Dr. Dario Gregori]
- The health impact of nutrient insufficiency [Dr. Tieraona Low Dog]

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CRN-International Mission

To provide science-based information to regulators, health care professionals, and the media,

- supporting the safety and benefit of dietary ingredients and dietary/food supplements and
- promoting sound nutrition and food safety policies.

Multi-year Theme: “Optimal Nutrition”

“Optimal Nutrition” is at the heart of CRN-I’s Mission:

- *“supporting the safety and benefit of dietary ingredients and dietary/food supplements”.*
- Growing realization that “Optimal Nutrition” varies with:
 - Life stage
 - Activity level, Health status and Access to quality foods
 - Reproductive Health, Pregnancy and Lactation

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The natural consequences of good nutrition:

- Life goals: Extend human life span *and* Extend quality of human health
- Public health goals: Population wellness and Economic benefits

The natural consequences of poor nutrition and nutrient gaps:

- Impact on Quality of Life
- Impact on disease state – susceptibility, morbidity/mortality, recovery
- Food Safety: Quality vs. contamination, adulteration, toxicity



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Order of Events

What is 'healthy aging' and how would one measure it?

- **Keynote:** *From biology to quality of life: Defining 'healthy aging'.* Andrew Shao, Ph.D.
- *Quantification of biological aging: A frontier for evaluating interventions to extend human health span.* Dan Belsky, Ph.D.
- *WHO's new mandate to measure intrinsic capacities and functional ability across the life course.* Dr. Ritu Sadana

- Break -

- *Cross-cultural approaches to biomarkers for healthy aging* Mary Ann Johnson, Ph.D.
- **Panel Discussion**

- Lunch -

What is the public health impact of nutrition on the 'quality of life'?

- *Public health implications of immunosenescence: Role of nutrition.* Simin Nikbin Meydani, D.V.M, Ph.D.
- *Using data to assess and model population health and nutrition.* Sandrine Pigat
- *A public health perspective on nutrition and its impact on 'quality of life'.* Dario Gregori, Ph.D.

- Break -

- *Life in the margins: The health impact of nutrient insufficiency.* Tieraona Low Dog, M.D.
- **Panel Discussion**

Wrap-up

- Andrew Shao, Ph.D.
- Daniel Marsman, D.V.M., Ph.D.
- James C. Griffiths, Ph.D.