

Optimizing Health through Nutrition: Opportunities and Challenges

All sessions in the Arizona Biltmore Ballroom.

<p>7:30 — 8:30 am Breakfast</p>	<p>8:30 — 8:40 am Welcome Andrea Wong, Ph.D. Senior Vice President, Scientific & Regulatory Affairs, <i>CRN</i></p> <p>Opening remarks Susan Mitmesser, Ph.D. Vice President, Science & Technology, <i>Pharmavite</i> Chair, <i>CRN Senior Scientific Advisory Council (SSAC)</i></p> <p>Yasmeen Nkrumah-Elie, Ph.D. Global Director of R&D for External Research, <i>ChromaDex, Inc.</i> Chair, <i>CRN Science in Session Planning Subcommittee</i></p>	<p>10:45 — 11:20 am Phenotyping studies to elucidate metabolic variability among healthy adults John W. Newman, Ph.D. Research Chemist, <i>USDA ARS WHNRC</i> Associate Adjunct Professor, <i>University of California, Davis</i></p>
<p>8:40 — 9:15 am Defining optimal health Emily Ho, Ph.D. Endowed Chair and Director, Linus Pauling Institute, Professor, <i>College of Public Health and Human Sciences at Oregon State University</i></p>	<p>11:20 — 11:30 am Break</p>	<p>11:30 am — 12 pm Morning panel discussion Moderator: Andrew Shao, Ph.D. Senior Vice President, Global Regulatory & Scientific Affairs, <i>ChromaDex, Inc.</i></p>
<p>9:15 — 9:50 am Harmonizing resilience research at NIH LaVerne L. Brown, Ph.D. (Remote) Program Director, Chair, Trans-NIH Resilience Working Group, <i>Office of Dietary Supplements, National Institutes of Health</i></p>	<p>12 — 1:10 pm Lunch Sponsored by Church & Dwight</p>	<p>1:10 — 1:45 pm Beneficial effects of polyphenols on neurochemical and behavioral changes in aging Barbara Shukitt-Hale, Ph.D. Research Psychologist, Neuroscience and Aging Team, <i>USDA ARS</i> Jean Mayer USDA Human Nutrition Research Center on Aging, <i>Tufts University</i></p>
<p>9:50 — 10:10 am Break Sponsored by Biofortis</p>	<p>1:45 — 2:20 pm Preclinical evaluation of botanicals for cognitive and neuropsychiatric resilience Amala Soumyanath, Ph.D. Professor of Neurology, Program Director, BENFRA Botanical Dietary Supplements Research Center, <i>Oregon Health & Science University</i></p>	<p>2:20 — 2:40 pm Break Sponsored by Brassica Protection Products</p>
<p>10:10 — 10:45 am Nutrition interventions for optimizing stress response and performance: Insights from the Department of Defense Jonathan M. Scott, Ph.D. Assistant Professor, Department of Military and Emergency Medicine, <i>Consortium for Health and Military Performance (CHAMP)</i></p>		

Schedule continued on back

- 2:40 — 3:15 pm** **Why precision nutrition? The impact of gene by diet interactions on inflammation, cardiometabolic disease, health disparities, and the effectiveness of omega-3 supplementation**
(Ski) Floyd H. Chilton, Ph.D.
Professor, School of Nutritional Sciences and Wellness Director, The Precision Wellness Initiative,
University of Arizona
- 3:15 — 3:50 pm** **Tuning gut microbiome structure and function using dietary fiber fine structures – at precision and population scales**
Stephen R. Lindemann, Ph.D.
Assistant Professor, Food Science and Nutrition Science, *Purdue University*
- 3:50 — 4:00 pm** **Break**
- 4:00 — 4:30 pm** **Afternoon panel discussion**
Moderator: Susan Mitmesser, Ph.D.
Vice President, Science & Technology, *Pharmavite* | Chair, *CRN Senior Scientific Advisory Council (SSAC)*
- 4:30 — 4:40 pm** **Closing remarks**
Yasmeen Nkrumah-Elie, Ph.D.
Global Director of R&D for External Research, *ChromaDex, Inc.* | Chair, *CRN Science in Session Planning Subcommittee*
- 7:00 — 9:00 pm** **Welcome Reception** *Paradise Garden*
Sponsored by Plexus Worldwide