

PROVIDING HEALTHY AND SAFE FOODS AS WE AGE

The National Academy of Sciences Building
2100 C St. N.W.
Washington, D.C.

October 29-30, 2009

Objectives: The meeting will engage experts in the field to discuss:

- **The size and demographics of aging populations**
- **Changes in physiology with aging**
- **Major food safety and nutritional concerns for aging populations**
- **How foods can be designed to decrease food safety and nutritional concerns**
- **Methods of communicating with aging populations**

DAY 1 – NAS AUDITORIUM OCTOBER 29, 2009

8:00 am *Registration*

INTRODUCTION

8:30 **Welcome from Food Forum**
Mike Doyle, Food Forum Chair, University of Georgia

8:40 **Opening Remarks – Overview of the Challenges to Ensuring Safe
and Nutritious Foods for Aging Populations**
Stephen Sundlof, Food and Drug Administration

SESSION 1: SIZE AND DEMOGRAPHICS OF AGING POPULATIONS

Moderator: *Pam Starke-Reed, National Institutes of Health*

9:00 am **Our Aging Population**
Kevin Kinsella, National Institute on Aging

9:30 **Food Preparation and Consumption Habits of Community Dwelling
Populations**
Nancy Wellman, Tufts University

10:00 **Questions and Discussion**

10:15 *Break*

SESSION 2: CHANGES IN PHYSIOLOGY WITH AGE

Moderator: *Gordon Jensen, Pennsylvania State University*

- 10:45 am** **Immune Status of Aging Populations and Methods of Modulating Susceptibility**
Simin Meydani, Jean Mayer USDA-HNRCA at Tufts University
- 11:05** **Gastrointestinal System Changes with Age**
Gordon Jensen, Pennsylvania State University
- 11:25** **Sensory Perception Changes with Age**
Marcia Pelchat, Monell Chemical Senses Center
- 11:45 pm** **Questions and Discussion**
- 12:00** **Lunch**

SESSION 3: FOOD SAFETY CONCERNS FOR AGING POPULATIONS

Moderator: *Kerry Dearfield, U.S. Department of Agriculture*

- 1:00 pm** **Pathogens of Concern**
Steven Gendel, Food and Drug Administration
- 1:20** **Contaminants of Concern**
Bernadene Magnuson, Cantox Health Sciences International
- 1:40** **Processing and Formulation Advances to Decrease Food Safety Risks**
Mike Doyle, University of Georgia
- 2:00** **Packaging and Storage Challenges and Solutions to Decreasing Safety Risks**
Aaron Brody, Packaging/Brody, Inc
- 2:20** **Panel Discussion on Implications for Regulators, Educators, and the Food Industry**
All Speakers and David J. Greenblatt, Tufts University
- 3:00** **Break**

SESSION 4: NUTRITION CONCERNS FOR AGING POPULATIONS

Moderator: *Johanna Dwyer, National Institutes of Health & Jean Mayer USDA HNRC at Tufts University*

- 3:30 pm** **Diet Quality Issues for Aging Populations**
Katherine Tucker, Jean Mayer USDA HNRC at Tufts University
- 3:50** **Functional Foods and Aging Populations**
Stephen Barnes, University of Alabama at Birmingham
- 4:10** **Nutritional Modulation of Aging and Age-Associated Diseases by Caloric Restriction**
Luigi Fontana, Washington University & Italian National Institute of Health
- 4:30** **Reformulating Foods to Meet the Needs of Aging Populations**
Jim Kirkwood, General Mills
- 4:50** **Panel Discussion on Implications for Regulators, Educators, and the Food Industry**
All Speakers
- 5:30** *Adjourn*

DAY 2 – NAS AUDITORIUM OCTOBER 30, 2009

SESSION 5: COMMUNICATING WITH AGING POPULATIONS

Moderator: *Ned Groth, Groth Consulting Services*

- 8:30 am** **Consumer Desires, Needs, and Motivations**
Steve Bodhaine, The Futures Company
- 8:50** **Food Safety Messages – What do Consumers Hear?**
Caroline Smith DeWaal, Center for Science in the Public Interest
- 9:10** **Communicating with Older Consumers During Recalls**
William Hallman, Rutgers University
- 9:30** **Communicating Nutrition Messages to Older Persons**
Ronni Chernoff, University of Arkansas for Medical Sciences
- 9:50** **Questions and Discussion**
- 10:30** *Break*

**SESSION 6: FUTURE CHALLENGES AND SOLUTIONS TO PROVIDING HEALTHY
AND SAFE FOODS TO AGING POPULATIONS**

11:00 am

Panel Discussion

Moderators:

Suzie Crockett, General Mills

Steve Gendel, Food and Drug Administration

Panelists:

Pam Starke-Reed, National Institutes of Health

Johanna Dwyer, Tufts University

Jean Lloyd, Administration on Aging

Dennis Sullivan, University of Arkansas for Medical Sciences

11:45 pm

Open Discussion

12:30

Adjourn