Optimal Longevity: Mechanisms, Reducing Health disparities, and Increasing Healthspan

2021 Academy of Behavioral Medicine Research Meeting Program
1440 Multiversity, Scotts Valley

October 7-11, 2021

NOTE: Talks will discuss relevance to COVID when there is data available.

The regular 1440 daily schedule:
7-8 AM: Mind body activity class
7-9 AM: Breakfast
12-2 PM: Lunch
5-6:15 PM: Mind body activity class
5:30-7:30: Dinner

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<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>Thursday, October 7, 2021</td>
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<tr>
<td>2:15 pm to 4:00 pm</td>
<td>Arrive for some. 1440 Check In is 4pm, sometimes earlier</td>
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<tr>
<td>5:30 pm to 7:00 pm</td>
<td><strong>Mentor Matching Dinner:</strong> AMBR Council, Dr. Norm Anderson, &amp; ESI</td>
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Friday October 8, 2021

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<tr>
<td>9:00 am to 12:00 pm</td>
<td><strong>Pre-conference workshop on Leadership Excellence:</strong> Norman Anderson, PhD (for 10 ESI only)</td>
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<tr>
<td>9:00 am to 12:00 pm</td>
<td><strong>ABMR Council Meeting</strong></td>
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<td>12:00 pm to 2:00 pm</td>
<td>Lunch (for those who have spent the night, or 1440 charges $30+)</td>
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<td>1:00 pm to 3:00 pm</td>
<td><strong>ABMR Check In Desk</strong> (Elena Fromer and Kimberly Lockwood)</td>
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<tr>
<td>2:00 pm to 4:00 pm</td>
<td>1440 Check In (luggage storage available, in rooms by 4:00 PM)</td>
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| 2:00 pm to 3:30 pm | **SESSION ONE:** Hello and New Member Introductions  
Mustafa Al’Absi, PhD, ABMR Membership Chair and Viola Vaccarino, Council Members (5 min each, up to 5 slides, 65 min)  
**Mary Carlson,** PhD, *University of Calgary*  
**Bernard P. Chang,** MD, PhD, *Columbia University*  
**Christopher P. Fagundes,** PhD, *Rice University*  
**Carolyn Y. Fang,** PhD, *Fox Chase Cancer Center*  
**Cheryl Giscombe,** PhD, RN, *University of North Carolina at Chapel Hill*  
**Jeannette R. Ickovics,** PhD, *George Washington University* |
Chandra Ann Reynolds, PhD, University of California, Riverside
Kavita Vedhara, PhD, University of Nottingham, UK

3:30 pm to 3:45 pm  Break

3:45 pm to 5:00 pm  Award Presentations (TBA) (OR 2020 AWARDEE)
Neal Miller New Investigator Award Address: Ashley Mason, PhD, University of California, San Francisco (30 minutes)
ABMR Lifetime Achievement Award (40 min)

5:00 pm to 5:30 pm  ABMR Fellowship Awards Introduction Blitz:
Danielle Beatty Moody, PhD, University of Maryland, Baltimore County
Rachel Wu, PhD, University of California, Riverside
Lauren Whitehurst, PhD, University of California, San Francisco
Leandro Carvalho, PhD, University of Southern California
Sarah Stahl, PhD, University of Pittsburgh
Roger McIntosh, PhD, University of Miami
Annie Ginty, PhD, Baylor University
Tasneem Khambaty, PhD, University of Maryland, Baltimore County
Lisa Rosas, PhD, Stanford University
Melissa Crane, PhD, Rush University
Stefanie Mayer, PhD, University of California, San Francisco
Cathy Samayoa, PhD, San Francisco State University
Sheria Robinson-Lane, PhD, University of Michigan
Rebecca Reed, PhD, University of Pittsburgh
Safiya Richardson, PhD, Northwell Health

5:00 pm to 6:15 pm  Mind Body Activity (optional)

5:30 pm to 7:30 pm  Dinner

Dine and Delight Discussions:
Aging Starts in the Womb: Next Gen Pregnancy Research
Sonja Entringer, PhD, Pathik Wadhwa, PhD, (UCI), Jeannette Ickovics, PhD (Yale-NUS)

How to Best Measure Healthspan?
Terrie Moffitt, (Duke), Lis Nielsen, and Kristen Ness, (St. Jude), Felipe Sierra, PhD (NIA), Ron Kohanski, PhD (NIA)
7:30 pm to 7:45 pm  
**SESSION TWO: Welcome and Overview**  
“The future of longevity research: incorporating the behavioral and social sciences”  
Elissa Epel, UCSF, 2020-2021 President of ABMR

7:45 pm to 8:45 pm  
**Keynote Address #1:**  
*How early life shapes adult health, brain aging, and reversibility*  
Terrie Moffit, PhD, Duke University

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**Saturday, October 9, 2021**

7:00 am to 9:00 am  
Breakfast

9:00 am to 10:00 am  
**Keynote Address #2:**  
*Nutrition, mental health, and aging: A quiet revolution*  
Bonnie Kaplan, PhD, University of Calgary

10:00 am to 10:15 am  
BREAK

11:15 am to 11:15 am  
**Keynote Address #3:**  
*Telling the future: Measurement of Epigenetic Clocks & other aging indices*  
Daniel Belsky, PhD, Columbia University

11:15 am to 12:30 am  
BREAK

12:30 pm to 1:30 pm  
Lunch

1:30 pm to 5:00 pm  
BREAK

Hot Topic Optional Discussion Session 1:30-2:30: Climate Crisis and the Role of Behavioral Medicine: Group Discussion at the Amphitheatre led by Diefenbach, Epel, and others (*background reading will be provided*).

4:00 pm to 5:00 pm  
**ESIs Only: NIH Roundtable Session (funding, training, Next Generation Initiative) (Czajkowsk, Green, Nielsen)**

5:00 pm to 6:15 pm  
**Mind Body Activity (optional)**

5:00 pm to 6:00 pm  
**ABMR Strategic Planning & Business Meeting**
5:30 pm to 7:00 pm  | Dinner  

Dine and Delight Discussions:  

**Innovations in Sleep Quality and Aging**  
Martica Hall, PhD, (Pittsburgh), Michael Irwin, MD, (UCLA), Lauren Whitehurst, PhD, (UCSF), Aric Prather, PhD (UCSF)  

Looking Forward to Designing End of Life: End of life decision making care, compassionate care, quality of life  
Julia Rowland, PhD (Office of Cancer Survivorship), Alison Holman PhD, RN (UCI)  

7:00 pm to 7:45 pm  | Keynote #4:  
Kelly Brownell, PhD, Dean of Public Policy, Duke University. *Making Behavioral Medicine Strategic Research*  

7:45 pm to 9:00 pm  | SESSION FOUR: PERSONALITY: Plenary Debate: *Personality & Longevity*  

*How much can conscientiousness and optimism change? Will that change risk of cancer, heart disease, and mortality?*  
Laura Kubzansky, PhD (Harvard), Susan Segerstrom, PhD (UKentucky), Howard Friedman, PhD (UCR), AvShalom Caspi, PhD (Duke), Daniel Mroczek, PhD (Northwestern).  
(75 min total; Laura’s overview session 15 min, Four 5-min talks - 20 min, discussion 40 min)  

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**Sunday, October 10, 2021**

7:00 am to 9:00 am  | Breakfast  

Dine and Delight Discussions:  

8 am: *“Disrupt Aging!” AARP initiatives*  
Erwin Tan, M.D.  

FREE TIME  

11:30 am to 12:30 pm  | SESSION FIVE: Novel approaches to improving behavioral risk factors and stress resilience across diseases  
Susan Czajkowski PhD (NCI), Eli Puterman, PhD (UBC, exercise and stress resilience), Karina Davidson, PhD, Northwell (future of digital based behavior change), Joachim Fisher, MD, U. Mannheim (changing social context to improve employee health)  
(10 min each, 20 min discussion)  

12:30 pm to 1:30 pm  | Lunch
1:30 am to 2:30 pm  | **SESSION SIX: PARASYMPATHETICS:** *Plenary debate: Revisiting the Vagus* (Cathedral Amphitheater, if sunny)

*Is the vagus really a mediator of health and aging? Does it shape social relationships, or health trajectories? What does it take to change your baseline?*

Jerry Suls, PhD (U of Iowa) as moderator, Wendy Mendes, PhD (UCSF), Richard Sloan, PhD (Columbia) and Julian Thayer, PhD (UCI).

2:40 pm to 3:50 pm  | **SESSION SEVEN: MASTER LECTURE:** *BioBehavioral, Social, and Gero Science of Aging*

Lis Nielsen, PhD (NIA), Steve Kritchevsky, PhD (Wake Forest U), Ronald Kohanski, PhD, (NIA)

4:00 pm to 5:00 pm  | **SESSION EIGHT: MINDFULNESS:** *Mechanisms of compassion and mindfulness training*

Linda Carlson, PhD (Univ. of Calgary); Cheryl Giscombe, PhD (UNC), David Creswell, PhD (CMU)

5:00 pm to 6:00 pm  | Mind Body Activity *(optional)*

6:00 pm to 7:00 pm  | Dinner

*Dine and Delight Discussions:*

*Understanding embedding of oppression: Better models and measures of systematic oppression and discrimination: exposure and responses*

Julian Thayer (UCI), David Chae, (Auburn), Liz Brondolo, (St. Johns), Roland Thorpe (John Hopkins)

*Understanding Cancer risks and mechanisms*

Paige Green, PhD, (NCI), Julie Bower, PhD, (OSU), Annette Stanton, PhD, (UCLA)

*Behavior Change and Climate Crisis: How can behavioral medicine help individuals and institutions towards sustainability?*

Donald Edmondson, PhD, (Columbia), Ranier Romero Canyas, PhD, (Enviro Defense Fund), Elissa Epel, PhD (UCSF), Kristi White, PhD, ABPP (Hennepin Healthcare), Adam Pearson, PhD (Pomona College)

7:30 pm to 8:30 pm  | **SESSION NINE: Measuring early signs and Preventing Dementia**
### Monday, October 11, 2021

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<td>7:00 am to 9:00 am</td>
<td>Breakfast (check out)</td>
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| 9:00 am to 10:00 am | **SESSION TEN: STRESS:** The Role of Stress and Emotional Wellbeing in Studies of Aging across countries NIA Stress Measurement Network Presentation & Discussion with ABMR members.  
Network members, affiliates, SAB, including Alexandra Crosswell, PhD (UCSF) and Jinkook Lee, PhD (USC), “The Context of Stress, nationally and globally. Universal and specific mechanisms, and policy relevance.”  
15 min BREAK |
| 10:15 am to 11:30 am| Highlights from Hot Topics Dinner Discussions  
(5 minutes each X 7 = 40 plus 35 min discussion)                       |
| 11:30 am to 12:00 pm| **Closing Session:** Feedback, New Initiatives, Psychosomatic Medicine Special Issue, Transition of ABMR Leadership: Elissa Epel (2019-2020) to Anna Marsland (2020-2021) |
| 12:15 pm to 2:00 pm | Lunch and Farewells, **Safe Travels!**  
(behavioral medicine research council meetings 2:00 pm to 4:00 pm)  |