

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

**2020 Academy of Behavioral Medicine Research Meeting Program**

1440 Multiversity, Scotts Valley

June 25-June 28

**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*

**Wednesday, June 24, 2020**

2:15 pm to 4:00 pm

Arrival for some. 1440 Check In is 4pm, sometimes earlier

5:30 pm to 7:00 pm

***Mentor Matching Dinner:*** AMBR Council, Dr. Norm Anderson, & ESI

**Thursday June 25, 2020**

9:00 am to 12:00 pm

**Pre-conference workshop on Leadership Excellence:** Norman Anderson, PhD (*for 10 ESI only*)

9:00 am to 12:00 pm

**ABMR Council Meeting**

12:00 pm to 2:00 pm

Lunch (for those who have spent the night, or 1440 charges \$30+)

1:00 pm to 3:00 pm

ABMR Check In Desk (Elena Fromer and Kimberly Lockwood)

2:00 pm to 4:00 pm

1440 Check In (luggage storage available, in rooms by 4:00 PM)

**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)

**Jude Carroll**, PhD, *University of California, Los Angeles*

**Lisa Christian** PhD, *Ohio State University*

**Chris Engeland** PhD, *Penn State University*

**Jennifer Graham-Engeland**, PhD, *Penn State University*

**Mark Hatzenbuelher**, *Columbia University*

**Jennifer Knight**, MD, MS, FACLP, *University of California, San Francisco*

**David Marrero**, PhD, *University of Arizona*

**Martin Picard**, PhD, *Columbia University*

**Aric Prather**, PhD *University of California, San Francisco*

	<p><b>Eli Puterman</b>, PhD <i>University of British Columbia</i>  <b>Tracey Revenson</b>, PhD, <i>Hunter College</i>  <b>Jesse Stewart</b>, PhD, <i>Indiana University</i>  <b>Shakira Suglia</b>, PhD, <i>Columbia University</i></p>
3:30 pm to 3:45 pm	Break
3:45 pm to 5:00 pm	<p><b>Award Presentations (TBA)</b></p> <p>Neal Miller New Investigator Award Address (<i>30 minutes</i>)  ABMR Lifetime Achievement Award (<i>40 min</i>)</p>
5:00 pm to 5:30 pm	<p>ABMR Fellowship Awards Introduction Blitz  (Names TBA)</p>
5:00 pm to 6:15 pm	<b>Mind Body Activity</b> ( <i>optional</i> )
5:30 pm to 7:30 pm	<p>Dinner</p> <p><i>Dine and Delight Discussions:</i></p> <p><i>Aging Starts in the Womb: Next Gen Pregnancy Research</i>  <b>Sonja Entringer</b>, PhD, <b>Pathik Wadhwa</b>, PhD, (UCI), <b>Jeannette Ickovics</b>, PhD (Yale-NUS)</p> <p><i>How to Best Measure Healthspan?</i>  <b>Terrie Moffitt</b>, (Duke), <b>Lis Nielsen</b>, and <b>Kristen Ness</b>, (St. Jude),  <b>Felipe Sierra</b>, PhD (NIA), <b>Ron Kohanski</b>, Phd (NIA)</p>
7:30 pm to 7:45 pm	<p><b>SESSION TWO: Welcome and Overview</b></p> <p><i>“The future of longevity research: incorporating the behavioral and social sciences”</i></p> <p><b>Elissa Epel</b>, UCSF, 2020 President of ABMR</p>
7:45 pm to 8:45 pm	<p><b>Keynote Address #1:</b></p> <p><i>How early life shapes adult health, brain aging, and reversibility</i>  <b>Terrie Moffit</b>, PhD, Duke University</p>

## Friday, June 26, 2020

7:00 am to 9:00 am	Breakfast
9:00 am to 10:00 am	<p><b>Keynote Address #2:</b></p> <p><i>Nutrition, mental health, and aging: A quiet revolution</i>  <b>Bonnie Kaplan</b>, PhD, University of Calgary</p>

10:00 am to 10:15 am	Break
11:15 am to 11:15 am	<p><b>Keynote Address #3:</b></p> <p><i>Telling the future: Measurement of Epigenetic Clocks &amp; other aging indices</i></p> <p><b>Daniel Belsky</b>, PhD, Columbia University</p>
11:15 am to 11:30 am	Break
11:30 am to 12:30 am	<p><b>SESSION THREE: CELLULAR BIOMARKERS OF AGING: The future benefits and limitations.</b></p> <p><b>Jude Carroll</b>, PhD (UCLA), <b>Steve Cole</b> PhD (UCLA), <b>AvShalom Caspi</b>, PhD (Duke)</p>
12:30 pm to 1:30 pm	Lunch
1:30 pm to 5:00 pm	<b>FREE TIME</b>
4:00 pm to 5:00 pm	<i>ESIs Only: NIH Roundtable Session (funding, training, Next Generation Initiative) (Czajkowski, Green, Nielsen)</i>
5:00 pm to 6:15 pm	<i>Mind Body Activity (optional)</i>
5:00 pm to 6:00 pm	<p><b>ABMR Strategic Planning &amp; Business Meeting</b></p> <p>(ALL ABMR fellows strongly encouraged to attend)</p>
5:30 pm to 7:00 pm	<p>Dinner</p> <p><i>Dine and Delight Discussions:</i></p> <p><i>Innovations in Sleep Quality and Aging</i></p> <p><b>Martica Hall</b>, PhD, (Pittsburgh), <b>Michael Irwin</b>, MD, (UCLA), <b>Lauren Whitehurst</b>, PhD, (UCSF), <b>Aric Prather</b>, PhD (UCSF)</p> <p><i>Looking Forward to Designing End of Life: End of life decision making care, compassionate care, quality of life</i></p> <p><b>Julia Rowland</b>, PhD (Office of Cancer Survivorship), <b>Alison Holman</b> PhD, RN (UCI)</p>
7:00 pm to 7:45 pm	<p><b>Keynote #4:</b> Kelly Brownell, PhD, Dean of Public Policy, Duke University. <i>Making Behavioral Medicine Strategic Research</i></p>
7:45 pm to 9:00 pm	<p><b>SESSION FOUR: PERSONALITY: Plenary Debate: <i>Personality &amp; Longevity</i></b></p>

*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)

## Saturday, June 27, 2020

7:00 am to 9:00 am	Breakfast (Discussion table 8am: " <i>Disrupt Aging!</i> " AARP initiatives, <b>Erwin Tan</b> , M.D.)  FREE TIME
11:30 am to 12:30 pm	<b>SESSION FIVE: Novel approaches to improving behavioral risk factors and stress resilience across diseases</b> 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	<b>SESSION SIX: PARASYMPATHETICS: <i>Plenary debate: Revisiting the Vagus</i> (Cathedral Amphitheater, if sunny)</b>  <i>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?</i>  <b>Jerry Suls</b> , PhD (U of Iowa) as moderator, <b>Wendy Mendes</b> , PhD (UCSF), <b>Richard Sloan</b> , PhD (Columbia) and <b>Julian Thayer</b> , PhD (UCI).  BREAK
2:40 pm to 3:50 pm	<b>SESSION SEVEN: MASTER LECTURE: <i>BioBehavioral, Social, and Gero Science of Aging</i></b>  <b>Lis Nielsen</b> , PhD (NIA), <b>Steve Kritchevsky</b> , PhD (Wake Forest U), <b>Felipe Sierra</b> , PhD (NIA Head of Geroscience)  BREAK

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)

7:30 pm to 8:30 pm

**SESSION NINE: *Measuring early signs and Preventing Dementia***

Marty Sliwenski (PhD, Penn State, chair), Carlos Mendes de Leon, PhD (Univ. Michigan) Scott Hofer (MD, Univ. of Victoria,) Roland Thorpe Jr, PhD (Johns Hopkins), Shari Waldstein, PhD (UM)

**Sunday, June 28, 2020**

7:00 am to 9:00 am

Breakfast (check out)

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