



## OUTLINE OF PROPOSED SPEAKERS AND TOPICS

**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 Geroscience Theme:** This year's annual conference will include high level discussions leading to novel integration of the social, behavioral and biological aspects of aging, and will result in a journal issue. We will also support promising early stage investigators in these areas with an NIH R13 conference grant. The integration of the related fields of geroscience and behavioral medicine holds tremendous promise for understanding disease pathways and effective prevention by slowing biological aging processes.

**Preconference:** Wednesday night, 6/24 (5:30pm): Early Stage Investigators, Dr. Norman Anderson, FSU, and ABMR board have mentoring dinner, orientation for ESIs.

Thursday morning, 6/25 (9am to 12pm): Dr. Norman Anderson leads Preconference Workshop for Early Stage Investigators. ABMR board meets

**ABMR conference timing:** **Thursday June 25, 2:00 pm, to Sunday, June 28<sup>th</sup>, 12pm** (try to stay for the amazing lunch, included in the cost).

**Format:** There will be a new members panel and award talks, 4 keynotes, and new formats: 7 interactive panel/discussion sessions on mechanisms and intervention, and optional dinner discussion tables to highlight new directions/innovations in the field. ***Psychosomatic Medicine*** will host a special issue on "geroscience meets behavioral medicine" and the papers can come from any of the formats including the dinners.

1. Keynote 1: **Behavioral Medicine as Strategic Research**, Kelly Brownell, PhD, Duke
2. Keynote 2: **Nutrition, mental health, and aging**, Bonnie Kaplan, PhD, U. Calgary
3. Keynote 3: **How early life shapes adult health, brain aging, and reversibility**, Terrie Moffitt, PhD, Duke University
4. Keynote 4: **Telling the future: Measurement of indices of biological aging for cancer, degenerative and psychiatric diseases, and mortality**. Daniel Belsky, PhD, Columbia

***Brief Introduction to Geroscience:*** Elissa Epel, President of ABMR (Thursday)

**Panel Presentation/Discussion Sessions:** These are interactive sessions. A potential format is for a chair to give a brief overview "state of the field," speakers briefly present latest conceptual work/exemplars/perspectives, and then ample time for group discussion.

## MECHANISMS OF AGING:

1. **STRESS: The Role of Stress in Studies of Aging:** 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.*”
2. **PERSONALITY: Plenary Debate: Psychological Health Assets & Longevity:** *How much can conscientiousness and optimism change? Will that change risk of cancer, heart disease, mortality?* **Laura Kubzansky, PhD (Harvard)**, **Susan Segerstrom, PhD (U Kentucky)**, **Howard Friedman, PhD (UCR)**, **AvShalom Caspi, PhD (Duke)**, **Daniel Mroczek, PhD (Northwestern)**.
3. **PARASYMPATHETICS: Plenary debate: Revisiting the Vagus: Is it REALLY a mediator of health?** *Does it shape social relationships, or aging trajectories? What does it take to change your baseline?* **Jerry Suls, PhD** as Moderator (U. Iowa), **Wendy Mendes, PhD (UCSF)**, **Richard Sloan, PhD (Columbia)** and **Julian Thayer, PhD (UCI)**.
4. **CELLULAR BIOMARKERS OF AGING: The future benefits and limitations. Plenary Debate:** **Jude Carroll, PhD (UCLA)**, **Steve Cole PhD (UCLA)**, **AvShalom Caspi, PhD (Duke)**

## INTERVENTION AND PREVENTION

1. **MINDFULNESS: Mechanisms of compassion and mindfulness training:** **Linda Carlson, PhD (Univ. of Calgary)**; **Cheryl Giscombe, PhD (UNC)**, **David Creswell, PhD (CMU)**, **Fadel Zeidan, PhD (UCSD)**
2. **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)**, **Julene Johnson (PhD, UCSF, pending)**, **Shari Waldstein, PhD (UM)**
3. **Novel approaches to improving behavioral risk factors and stress resilience across diseases and life stages :** **Susan Czajkowski PhD (NCI)**, **Eli Puterman, PhD (UBC, exercise and stress resilience)** , **Joaquim Fisher, (U Mannheim)**, **Karina Davidson, PhD, Northwell (future of digital based behavior change)**
4. **Biobehavioral, social, and Gero Science of Aging** (Lis Nielsen, PhD (NIA), Steve Kritchevsky, PhD (Wake Forest U))

See dinner table discussions below:

## DINE AND DELIGHT:

At group dinners, we will have 2 thematic large tables each night for in-depth expert led discussions on hot topics in aging research. A summary of key points will be shared briefly on Sunday morning. These topics may be included in the special issue.

1. ***How to best measure healthspan?*** (Eileen Crimmins PhD, USC, Terrie Moffitt, Duke, Lis Nielsen, PhD, Kristen Ness PhD (St Judes, frailty and CA, TBD), Felipe Sierra PhD (NIA Head of Geroscience), Ron Kohanski PhD (NIA Division of Aging Biology).
2. ***Understanding Cancer risks, mechanisms,*** (Paige Green, PhD, NCI, Julie Bower, PhD, Annette Stanton, PhD, other TBD)
3. ***Innovations in sleep quality and aging:*** (Martica Hall, PhD, P Pittsburgh, Michael Irwin, MD, UCLA, Lauren Whitehurst, PhD, UCSF (pending), Aric Prather, PhD, UCSF)
4. ***Aging starts in the womb: Next gen pregnancy research*** Sonja Entringer PhD, Pathik Wadhwa, Ph.D, UCI., Jeannette Ickovics, PhD, Yale-NUS
5. ***Looking forward to designing end of life: End of life decision making care, advanced care planning, quality of life ;*** Julia Rowland, PhD (Office of Cancer Survivorship) ; William Dale, MD, PhD (City of Hope, pending); Alison Holman, PhD, RN (UCI),
6. ***Understanding embedding of oppression:*** Better models and measures of systemic oppression and discrimination: exposure and responses Julian Thayer, UCI, David Chae, Auburn, Liz Brondolo, St. Johns, TBD,
7. ***Behavior change and Climate Crisis: How can behavioral medicine help individuals and institutions toward sustainability?*** Donald Edmondson, PhD (Columbia); Ranier Romero Canyas, PhD (Environ Defense Fund), Elissa Epel, PhD (UCSF)

*These are possible additional lunch discussion tables, send us interest in attending. Elena.Fromer@ucsf.edu.*

- *Stress Resilience (Chris Dunkel-Schetter)*
- *Chronic pain and aging (Roger B. Fillingim, PhD)*
- *Training the next generation of scientist-practitioners in behavioral medicine (Matt Berg)*