

Our 9th Annual Event!



March 26 & April 2, 2026

Noon – 2:30 p.m. ET



LOOKING AHEAD: RESEARCH & INNOVATION IN HEALTHY AGING

AGENDA



Healthy Aging
a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics



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Day 1 – March 26, 2026

12:00 – 2:30 pm ET

Session 1: Older Adults and Bariatric Info

Speaker: Melissa Majumdar, MS, RDN, CSOWM, LDN

- Identify potential stigma around obesity and metabolic and bariatric surgery (MBS).
- Describe (MBS) procedures, eligibility, and mechanism of action.
- Examine surgical outcomes for older adults.
- List key areas of opportunity within a nutrition assessment.

Competency codes: 8.1.6, 11.1.2, 11.1.3

Session 2: UTIs and Delirium: Preventing Neuroinflammation in Aging Populations

Speaker: Chelsea Danna, Med, RD, LDN

- Identify the clinical and nutritional risk factors that contribute to UTIs and delirium in aging populations.
- Explain the role of neuroinflammation in the development of delirium associated with UTIs in older adults.
- Plan evidence-based nutritional and lifestyle interventions to reduce UTI incidence and support cognitive health in geriatric care.

Competency codes: 1.4.2, 8.1.6, 11.3.4, 11.3.5

Session 3: Nourishing the Brain: Cognitive Health and Sleep

Speaker: Karman Meyer, RDN, LDN, RYT

- Identify the 6 Pillars of Brain Health and essential nutrients for brain health and sleep.
- Explore the relationship between diet and sleep quality, recognizing foods that promote sleep and those that may disrupt sleep patterns.
- Learn practical strategies for incorporating brain-boosting and sleep-supporting foods into daily meals and other lifestyle tips for improved sleep

Competency codes: 8.4.6, 9.1.5, 9.5.1

Day 2 – April 2, 2026

12:00 – 2:30 pm ET

Session 1: Nutrition for Healthy Mouths and Safe Swallowing

Speaker: Madiha Ajaz, PhD, MS

- Identify key nutritional factors that influence oral health and swallowing safety in older adults.
- Explain the role of dysphagia diets and texture modification in managing age-related swallowing difficulties.
- Apply evidence-based dietary strategies to support oral function, reduce choking risk, and improve quality of life in ageing populations.

Competency codes: 11.1.2, 11.2.2, 11.2.11

Session 2: Safe, Natural Medicine for Pain Relief and Vitality

Speaker: Whitney Erwin, MS

- Identify Ayurvedic strategies that promote longevity and resilience in older adults.
- Explain the role of digestive and hormonal health in supporting aging populations.
- Implement patient-centered approaches that integrate herbal medicine and lifestyle practices into clinical care.

Competency codes: 9.1.4, 9.4.1, 11.2.3

Session 3: Artificial Intelligence and Healthy Aging: Applications and Ethics for Nutrition Professionals

Speaker: Drew Hemler, MSc, RD, CDN, FAND

- Evaluate emerging AI applications that impact healthy aging and nutrition care for older adults.
- Apply ethical principles to assess bias, privacy, and accountability in AI-driven solutions.
- Develop strategies to integrate AI responsibly into aging-focused nutrition practice while maintaining trust and equity.

Competency codes: 1.2.5, 6.1.2, 6.3.5, 8.4.4

Virtual Symposium Registration Fees

HA DPG Member - \$20.00 per Session

HA DPG Student or Retired Member - \$10 per Session

Other - \$40 per Session

Registration Closes on March 19, 2026