



## Personalized Nutrition 2021: Mapping the Future 62nd Annual Summit September 28-30, 2021

Nutrition is core to human health. Differences in our biochemistry, metabolism, genetics, and microbiota all contribute to the dramatic differences among individuals in response to their nutrition. *Personalized* nutrition leverages human individuality to drive nutrition strategies that can prevent, manage, and treat disease and optimize health. The ANA catalyzes the movement of personalized nutrition into the core of health care.

The **Personalized Nutrition 2021 Summit** will convene scientists, educators, healthcare professionals, philanthropists, and business leaders to consider how far we've come and how our work contributes to the ongoing formation of the field of personalized nutrition in the coming decades. We will explore leading-edge areas of research, assessment and clinical care in personalized nutrition topics.

At the Summit again this year, in addition to our Science & Practice sessions, the ANA will host the Personalized Nutrition **Catalyst** aimed at accelerating personalized nutrition adoption. These innovative sessions are designed to cross-pollinate ideas by engaging speakers and audience through dynamic panel conversations with personalized nutrition ecosystem leaders.

Personalized Nutrition 2021 will equip participants to:

- Define personalized nutrition and describe its scope and role in human health
- Identify appropriate areas of clinical application for personalized nutrition strategies
- Recognize the potential of personalized nutrition to transform the healthcare landscape
- Discuss the current challenges facing the field of personalized nutrition
- State the importance of novel research methods, technologies, and therapeutic strategies in the evolution of the field of personalized nutrition

All time in Central Standard Time (CST) | Agenda subject to change  
 \*\*Indicates session is virtual and will be streamed onsite.

## Tuesday, September 28, 2021

10 a.m.-1 p.m.	<b>Registration Check-In for Catalyst Sessions &amp; View Exhibits</b> (Lunch not provided)
1p.m.	<b>Welcome</b> Michael Stroka, JD, MBA, MS, CNS, LDN & Jeffrey Blumberg, PhD, FACN, FASN, CNS-S  <b>State of the Personalized Nutrition Industry</b> Tom Aarts

### Catalyst Session Personalized Trends: Labs, Devices, Assessments & the Practitioner

This session will explore innovations and challenges in nutrition science, technology, and industry in the evolving landscape of personalized nutrition. We will discuss the benefits of technology and its horizons and limitations, including the role of expert practitioner knowledge in the digital era.

1:45p.m.	<b>Catalyst Session</b> <i>Moderator:</i> Victor Chapela <i>Panelists:</i> <ul style="list-style-type: none"> <li>• Mariëtte Abrahams, MBA, RD</li> <li>• Ahmed El-Sohehy, PhD</li> <li>• Dorian Greenow</li> <li>• Manoj Dadlani</li> <li>• Ari Tulla</li> </ul>
3-4:30 p.m.	<b>Networking in Exhibit Hall &amp; Connection Time for <i>Appointments</i> in the Virtual Attendee Hub</b>
4:30 p.m.	<b>Adjournment</b>

## Wednesday, September 29, 2021

### Catalyst Session: Scaling the Personalized Nutrition Movement

*This session developed in collaboration with World Economic Forum (WEF)*

Personalized nutrition has tremendous potential to benefit the health of our society. Yet many barriers such as cost, value, availability, and accessibility stand in the way of widespread adoption. Panelists will illuminate learnings from their work to set a baseline for discussion around how stakeholders can take concerted action to eliminate barriers to scaling personalized nutrition.

7-7:45 a.m.	<b>Registration, Breakfast &amp; Viewing of Exhibits</b>
7:45 a.m.	<p><b>Catalyst Session</b>  <i>Moderators:</i> Rob Frankfurt &amp; Andy Moose  <i>Panelists:</i></p> <ul style="list-style-type: none"> <li>• Christopher Lynch, PhD</li> <li>• Aparna (Amy) Divaraniya, PhD, MS, BS</li> <li>• Sherry Zhang, PhD</li> </ul>
9:15-9:45 a.m.	<b>Break &amp; View Exhibits</b>

## Catalyst Session: Optimizing Outcomes via the Feedback Loop

Making personalized nutrition a reality requires that we address a multiplicity of real-world challenges such as rapid, ethical, and standardized digital evidence collection and dissemination; meaningful and translational research approaches; consumer-driven product development; and efficient integration of clinical tools. Panelists will explore several angles on optimizing real-time feedback loops in personalized nutrition.

9:45 a.m.	<p><b>Catalyst Session**</b>  <i>Moderator:</i> Sonja Horner  <i>Panelists:</i></p> <ul style="list-style-type: none"> <li>• Mette Dyherberg</li> <li>• David Korsunsky BSc, MBA</li> <li>• Helen Messier PhD, MD</li> <li>• Ali Mostashari, PhD</li> </ul>
11:15 a.m.-12:15 p.m.	<b>Lunch, View Exhibits &amp; Registration Check-In for the Science &amp; Practice Sessions</b>

## Session: Innovative Directions in Science & Practice

Personalized nutrition is a field with great potential to address chronic disease and optimize human health and performance. This session examines the potential of personalized approaches to transform human health and the healthcare landscape through continued advancements in nutrition research, technology, and evidence-based nutrition care.

This session will equip learners to:

- Define personalized nutrition and describe its scope and role in human health
- Recognize the potential of personalized nutrition to transform human health and healthcare
- Discuss innovations and current challenges facing the field of personalized nutrition

12:15 p.m.	<p><b>Nutrition Hall of Fame Induction &amp; Presentation: Discovery of Zinc as an Essential Element for Humans: Impact of this Discovery on Human Health and Biomarkers of Human Zinc Deficiency</b></p> <p>Ananda Prasad, MD, PhD, MACN George Brewer, MD, MACN</p>
1:15 p.m.	<p><b>Session Overview</b></p>
1:30 p.m.	<p><b>NIH 2020-2030 Vision: Increasing the Scope, Quality, Dissemination &amp; Impact of Nutrition Research**</b></p> <p>Christopher Lynch, PhD</p>
2:15 p.m.	<p><b>Precision Nutrition Innovation: Science, Technology &amp; Consumer Needs</b></p> <p>Silvia Berciano Benitez, BSc, MSc</p>
3-3:45 p.m.	<p><b>Break &amp; View Exhibits</b></p>
3-3:20p.m.	<p><b>Non-CME Presentation Sponsored By Protocol for Life Balance Ache Action to Address Stress</b></p> <p>Neil Edward Levin, CCN, DANLA</p>
3:45 p.m.	<p><b>Interplay of Nutrition &amp; Exercise with Human Genomics &amp; Gut Microbial Communities</b></p> <p>Catherine Saenz, PhD, RD, CSCS</p>

4:30 p.m.	<b>Machine Learning &amp; the Philosophy of Science in Evidence Based Personalized Nutrition**</b> James Neil, BSc PhD
5:15 p.m.	<b>Adjournment</b>

## Thursday, September 30, 2021

7-8 a.m.	<b>Breakfast &amp; View Exhibits</b>
7:30-8 a.m.	<b>CNS Connect: Coffee &amp; Conversations - Connection Time for CNSs, CNS Candidates, Mentors &amp; Supervisors</b>

### Session: Omics in Practice

Personalized nutrition is rooted in the concept that one size does not fit all; differences in our biochemistry, metabolism, genetics, and microbiota all contribute to the dramatic differences between individuals in response to various inputs and exposures. This session examines the role omics approaches in personalized nutrition practice.

This session will equip learners to:

- Identify mechanisms by which personalized nutrition approaches may enhance or alter phenotypic expression
- Discuss the influence of omics research on the field of personalized nutrition
- Translate clinically relevant omics research into evidence-based personalized nutrition intervention strategies.

8 a.m.	<b>Session Overview</b>
8:15 a.m.	<b>Translating Omics into Practice</b> José Ordovás, PhD
9 a.m.	<b>Searching for An Anti-Aging Diet with New Methylation Technology**</b> Josh Mitteldorf, PhD
9:45-10:15 a.m.	<b>Break &amp; Viewing of Scientific Posters &amp; Exhibits</b>
9:45-10:05 a.m.	<b>Non-CME Presentation Sponsored By Ortho Molecular Products</b> <b>Vitamin K2: A Powerful Nutrient Absent From the American Diet</b> Steven Imgurd, MS, CNS

10:15 a.m.	<b>Nutrition, Genetics &amp; Male Infertility</b> Ahmed El-Soheemy, PhD
10:45 a.m.	<b>Nutrition, Genetics &amp; Premenstrual Symptoms</b> Ahmed El-Soheemy, PhD
11:15 a.m.-1:15 p.m.	<b>Lunch, Viewing of Scientific Posters &amp; Exhibits</b>
1:15 p.m.	<b>Personalized Nutrition &amp; Lifestyle as Disease Cure: Systems Biology &amp; Phenotypic Flexibility**</b> Suzan Wopereis, PhD
2 p.m.	<b>Circadian Rhythm &amp; Timing of Nutrition in Health &amp; Disease</b> Satchidananda Panda, PhD
2:45-3:30 p.m.	<b>Break &amp; Viewing of Scientific Posters &amp; Exhibits</b>
2:45-3:30 p.m.	<b>Student Breakout Session: CNS Application Process</b>
3:30 p.m.	<b>Fireside Chat with In-Person Session Panelists</b>
4:45 p.m.	<b>Final Adjournment</b>

## Sessions Available On Demand

All sessions below will be available in the virtual platform until October 30<sup>th</sup>

**Sugar Cravings & Neuropods: Gut-Brain Neurocircuitry Drives Eating Behavior**  
Diego Borhorquez, PhD

**Microbiome in Neurocognition & Immune Remodeling**  
Derrick MacFabe, MD, FACN

**Microbiomics & the Future of Personalized Nutrition Practice**  
Tim Spector, PhD

**Genetic Variation in Polyunsaturated Fatty Acid Metabolism, Inflammation, Resolution and Covid-19 Risk**

Artemis Simopoulos, MD

**Mind, Mood & the GI System**

Kathie Swift, MS, RDN, LDN, FAND, EBQ

**Innovative Assessments & the Future of Personalized Practice**

Mona Ezzat Velinov , MD, ABFM, ABIHM, IFMCP

**Catalyst Session: Adoption: Behavior Change, User Experience & User Psychology**

*Moderator: Tom Blue*

*Interviews with:*

- *Ashley Koff*
- *Austin Perlmutter, MD*
- *Pilar Gerasimo*

## **Wireless Internet Instructions for Meeting & Exhibit Space**

*This WIFI network only works in the meeting space and exhibit hall. If you are trying to access WIFI in your Marriott sleeping room, follow the instructions provided in the room.*

Network: **MarriottBonvoy\_Conference**

Access Code: **ANA2021**

To Connect:

1. Select “MarriottBonvoy\_Conference” from available Network Choices
2. Open a Web Browser, it will redirect you to the Marriott splash page
3. On the Splash Page, there will be a box to type in your access code “**ANA2021**”


*This access code is case sensitive.*

## Personalized Nutrition 2021 Virtual Attendee Hub (VAH)

All Summit information including agenda, faculty listing + disclosures, attendee list and networking, virtual exhibit booths + presentation handouts can be found in the Virtual Attendee Hub. The VAH is free of charge and will be continuously updated during and after the course.

For **laptop access** visit <https://cvent.me/Om1OWg>

For **mobile app access**:

1. **Download the app.** Search your applicable app store for **Cvent Events**.
  - a. [Cvent Events on the App Store \(apple.com\)](https://apps.apple.com/us/app/cvent-events/id1488111111)
  - b. [Cvent Events - Apps on Google Play](https://play.google.com/store/apps/details?id=com.cvent.events)
2. **Search for the event.** After you have downloaded the app, search for the event: **Personalized Nutrition 2021**
3. **Download the event.** Tap the  icon to download the event (Event ID: **PN ANA2021**) *NOTE: There is a space between PN and ANA2021 when entering the Event ID.*
4. **Enter your info.** Login by entering your first name, last name, and email (must be the email used when you registered!). Then tap the arrow.
5. **Verify your account.** You'll either receive an email and text message containing a verification code or just an email. Read it, then return to the app, enter the code, and tap the arrow. After entering the verification code, you'll be logged in and taken to Summit's Virtual Attendee Hub home page.

**NOTE:** Verification codes can only be used once and expire after 24 hours. If you're logging in on multiple devices, you'll receive a new verification code for each.