

2025 Diet and Optimum Health Conference | September 9-10, 2025 | **Speaker Schedule**

| Day/Time | Speaker | Title/Affiliation | Presentation Title |
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| Tuesday, Sept. 9 | Check-in begins at 7 a.m. Breakfast 7:30-8:30 a.m. | | |
| 8:15 a.m. | Emily Ho, PhD, Director, Linus Pauling Institute; Distinguished Professor, College of Health, Oregon State University | | |
| 8:30-10:00 a.m. | Session 1- KEYNOTE PANEL I: Future of Dietary Supplements, Healthspan, and Optimal Health Moderator: Emily Ho, PhD, Linus Pauling Institute, Oregon State University | | |
| | Stefan Pasiakos, PhD, FASN, FACSM | Professor and Director, Center for Human Performance Optimization at Pennington Biomedical Research Center | Keynote Panel with Discussion |
| | Jose Ordovas, PhD | Senior Scientist and Scientific Advisor, Jean Mayer USDA Human Nutrition Research Center on Aging at Tuft University; Professor, Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University | |
| | Julie Andersen, PhD | Professor and Director, Buck Institute Geroscience PhD Program | |
| 10:00-10:30 a.m. | BREAK – Sponsored by Pharmavite | | |
| 10:30-noon | Session 2: Technology and Artificial Intelligence Session Chairs: Claudia Maier, PhD and Siva Kolluri, PhD | | |
| 10:30-11:00 a.m. | Michael Snyder, PhD | Stanford University: Stanford W. Ascherman Professor, Department of Genetics; Director, Center for Genomics and Personalized Medicine | Disrupting Healthcare Using Deep Data and Remote Monitoring |
| 11:00-11:30 a.m. | Abigail Johnson, PhD, RD | Assistant Professor, School of Public Health Division of Epidemiology & Community Health, University of Minnesota | Unlocking the Complexity of Diet: Innovative Tools for Precision Nutrition |

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| 11:30-noon | David Wishart, PhD | Distinguished Professor, Departments of Biological Sciences and Computing Science, University of Alberta | The Role of AI in Precision Nutrition |
| Noon-1:00 p.m. | LUNCH and Networking – Sponsored by Amway | | |
| 1:00-2:00 p.m. | Session 3: Nutrition & Microbiome Innovations Session Chairs: Adrian “Fritz” Gombart, PhD and Nathan Mortimer, PhD | | |
| 1:00-1:30 p.m. | Sean Gibbons, PhD | Associate Professor, Institute for Systems Biology | Microbiome-Informed Precision Nutrition and Healthy Aging |
| 1:30-2:00 p.m. | Daniel Wang, MD, ScD | Assistant Professor, Harvard Medical School, Brigham and Women's Hospital, and Harvard T.H. Chan School of Public Health | Precision Nutrition, Gut Microbiome, and Cardiometabolic disease |
| 2:00-3:00 p.m. | Session 4: Inflammation and Immunity | | |
| 2:00-2:30 p.m. | Yuxiang Sun, MD, PhD | Professor and Associate Department Head, Nutrition, Texas A&M University | A Gut Feeling of Aging: Nutrient-Sensing Ghrelin Signaling in Immune Reprogramming and Disease Resilience |
| 2:30-3:00 p.m. | Emily Goldberg, PhD | Assistant Professor, Department of Physiology, University of California, San Francisco | A Novel Mechanism of Protein Acylation |
| 3:00-3:30 p.m. | BREAK – Sponsored by Balchem | | |
| 3:30-5:00 p.m. | Session 5: Lightning Talks and Early Stage Researcher Award Finalists See conference app (WhoVa) and website for selected speakers Session Chairs: Alysia Vrailas-Mortimer, PhD and Eric Ciappio, PhD, Balchem | | |
| 5:00-7:00 p.m. | Reception and Poster Session | | |

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| Wednesday, Sept. 10 | | | |
| 8:30-10:00 a.m. | Session 6/KEYNOTE PANEL II: Advancing Precision Nutrition and Health Moderator: Emily Ho, PhD | | |
| | Regan Bailey, PhD, MPH, RD | Director, Institute for Connecting Nutrition and Health, and Professor, Behavioral Science and Social Medicine-Florida State University | Keynote Panel and Discussion |
| | Holly Nicastro, PhD, MPH | Senior Nutrition Scientist, Office of Nutrition Research, National Institutes of Health | |
| | Naomi Fukagawa, PhD, MD | Director, USDA ARS Beltsville Human Nutrition Research Center (retired); Professor Emerita, University of Vermont College of Medicine | |
| 10:00-10:30 a.m. | BREAK – Sponsored by Haleon | | |
| 10:30-noon | Session 7: Nutrition & Metabolomics Session Chairs: Fred Stevens, PhD and Laura Beaver, PhD | | |
| 10:30-11:00 a.m. | Tiffany Weir, PhD | Professor & Director of Graduate Studies, Food Science and Human Nutrition, Colorado State University; Co-Director, Colorado State Microbiome Consortium; Editor-in-Chief, npj Biofilms and Microbiomes | Exploring the Role of the Gut Microbiome in the Bioavailability and Bioactivity of Plant Polyphenols |
| 11:00-11:30 a.m. | Oliver Fiehn, PhD | UC Davis: Professor, Molecular and Cellular Biology; Director, West Coast Metabolomics Center | Standardized Nontargeted Metabolomics for Dietary Analyses |
| 11:30-noon | Tom Metz, PhD | Chief Science Officer and Laboratory Fellow, Biological Sciences Division, Pacific Northwest National Laboratories | Integrating Multiple Spectrometries and Computational Predictions of Molecular Properties for Reference-Free Compound Identification |

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| Noon-1:00 p.m. | LUNCH – Sponsored by Abbott | | |
| 1:00-2:30 p.m. | Session 8: Diet and Dietary Patterns for Healthspan Session Chairs: Gerd Bobe, PhD and Inah Gu, PhD | | |
| 1:00-1:30 p.m. | Frank B. Hu, MD, PhD, MPH | Chair, Department of Nutrition, Harvard T.H. Chan School of Public Health | Optimal Dietary Patterns for Healthy Aging in the GLP-1 Agonist Era |
| 1:30-2:00 p.m. | Amal Kaddoumi, PhD | Professor, Department of Pharmacology and Toxicology, Medical College of Georgia at Augusta University | Extra Virgin Olive Oil and its Phenolic Derivatives for ADRD |
| 2:00-2:30 p.m. | Christopher Gardner, PhD | Professor of Medicine, Stanford University | Alignment and Misalignment of Popular Diets with Optimal Health: As Intended vs. As Followed |
| 2:30-3:00 p.m. | BREAK | | |
| 3:00-4:30 p.m. | Session 9: Novel Interventions Session Chairs: Maria Purice, PhD and Kathy Magnusson, PhD | | |
| 3:00-3:30 p.m. | Leon Schurgers, PhD | Professor and Chair, Department of Biochemistry, Maastricht University | The Role of Vitamin K in Aging: From Development to Senescence |
| 3:30-4:00 p.m. | Isis Trujillo-Gonzalez, PhD | Assistant Professor, Nutrition Research Institute, University of North Carolina at Chapel Hill | From Molecular Insights to Biomarkers: The Role of Choline in Health |
| 4:00- 4:30 p.m. | Brianna Stubbs, PhD | Director of Translational Science, Buck Institute for Research on Aging | Ketone Drinks and Healthy Aging: From Bench to Bedside |
| 6:00-8:00 p.m. | Reception, Dinner, and Awards Ceremony Patricia Valian Reser Center for the Creative Arts (PRAx) 470 SW 15th Street Oregon State University <i>THANK YOU to Balchem and Gnosis by Lesaffre for sponsoring the Early Stage Researcher Awards.</i> | | |