**2016 Conference Program**

**Thursday, May 19, 2016**

7:30-8:15  **Registration**
8:15  **Conference Opening**
Mike Pagliassotti, PhD, Professor and Lillian Fountain Smith Endowed Chair in Nutrition, Department of Food Science and Human Nutrition, Colorado State University
8:30  ‘Dietary Assessment: Understanding and Addressing the Concerns’
Susan Krebs-Smith, PhD, MPH, Chief of the Risk Factor Assessment Branch, Division of Cancer Control and Population Sciences, U.S. National Cancer Institute
9:30  ‘Dietary Assessment: Practical, Evidence-Based Approaches’
Brenda M. Davy, PhD, RD, Professor, Department of Human Nutrition, Foods and Exercise, Virginia Tech
10:20  **BREAK**
10:40  ‘Food Photography: A Novel Method to Quantify Food Intake’
Corby Martin, PhD, Associate Professor, Pennington Biomedical and Director of the Phenotyping Core of the Nutrition Obesity Research Center (NORC)
11:40  **Panel Discussion**
12:20  **LUNCH**
1:20  ‘Role of Exercise, Diet and Healthy Lifestyle-Mimicking Nutraceuticals on Physiological Aging’
Douglas R. Seals, PhD, Professor, Department of Integrative Physiology, University of Colorado, Boulder
2:20  ‘Healthy Brain in a Healthy Body’
Agnieszka (Aga) Burzynska, PhD, Assistant Professor, Department of Human Development and Family Studies, Colorado State University
3:10  **Panel Discussion**
3:40  **Adjourn**
4:30-6:30  CSU Department of Food Science and Human Nutrition Reception: The Agave Room, Rio Mexican Restaurant, 143 W. Mountain Avenue, Fort Collins

**Friday, May 20, 2016**

7:45-8:45  **Registration**
7:45  **Poster Session** - presented by CSU, Dept. of Food Science & Human Nutrition Students and Faculty
9:00  ‘Preventing Cognitive Impairment and Dementia—Translating Epidemiological Findings into Public Health Action’
Kathleen A. Welsh-Bohmer, PhD, Professor of Psychiatry and Behavioral Sciences, Director, Bryan Alzheimer’s Disease Research Center, Duke University
10:00  ‘MIND’ Diet to Prevent Alzheimer’s Disease and Cognitive Decline
Martha Clare Morris, ScD, Professor of Epidemiology and Director, Section of Nutrition and Nutritional Epidemiology, Department of Internal Medicine, Rush
11:00  **Brunch**
12:00  ‘The Effects of Berry Fruits on Cognition and Motor Function in Aging’
Barbara Shukitt-Hale, PhD, Research Psychologist, Neuroscience and Aging Laboratory, USDA-ARS, Human Nutrition Center on Aging, Tufts University
12:00  **Panel Discussion**
1:40  **Closing Remarks**

**History of the Lillian Fountain Smith Conference**

This conference— including the affordable registration costs— are supported annually by the Lillian Fountain Smith Trust, established by Mr. and Mrs. J. Smith and their children to honor Mrs. Smith, a 1918 graduate in home economics at Colorado State University (then Colorado A&M). Recognizing the importance of nutrition in her own life and the lives of her family members, Mrs. Smith chose to assist the Department of Food Science and Human Nutrition at Colorado State University in improving and extending its nutrition outreach activities. This year we celebrate the 36th year of the conference. People have attended this conference from across the U.S. during the past three decades. It is an honor to continue this legacy. Net conference proceeds are used toward the Lillian Fountain Smith Scholarship.