



***Lifestyle Medicine Research Summit: From Molecule to Model***  
***December 4-5, 2019***

***University Club***  
***Ballroom B***

There is a growing body of basic science, clinical practice, and population health evidence for applying healthy behaviors and lifestyles to prevent, treat and reverse common chronic diseases. To showcase these advances, The Lifestyle Medicine Research Summit will take place at the University of Pittsburgh University Club, Dec 4-5, 2019.

The Summit's goal is to define research priorities in the core areas of lifestyle medicine, namely *nutrition, physical activity, mindfulness/stress/resilience, social relationships, addictions and sleep*. Specifically, the attendees will review existing knowledge and gaps relating lifestyle behaviors to common chronic diseases such as cardiovascular disease, diabetes, many cancers, inflammatory- and immune-related disorders and other conditions. By convening Subject-Matter Experts from an array of disciplines, the 2-day process will outline major research questions related to:

- Lifestyle-induced or -associated inflammation
- Immune dysfunction
- Cellular dysbiosis
- Microbiome alterations
- Genomics, epigenetics, proteomics, metabolomics, and other systems approaches for assessing health and disease
- Neuroplasticity and other physiologic pathways to health and disease
- Emerging innovative approaches to clinical trials design
- *In silico* modeling
- Opportunities for population-based and/or banked serological/specimen investigations using existing cohorts

## **Tuesday December 3, 2019 1:30-3:30 – Synergy with DOD Human Performance Enhancement Meeting**

Lifestyle Medicine as Driver of Performance	Paul Verschure, Ph.D.
Trauma Vaccine: Precision Immunology for the Warfighter	Michael Parkinson, M.D., MPH
From Biobanks to Datasets to Computational Models of Inflammation	Yoram Vodovotz, Ph.D.
From AI to Neuroplasticity: Applications for the Warfighter and Beyond	Timothy R. Billiar, M.D.

## **Wednesday December 4, 2019 – Day 1 Lifestyle Medicine Research Summit**

8:AM-9:AM	Breakfast	
9:AM-9:30	Welcome and Overview	Michael Parkinson, M.D, MPH Yoram Vodovotz, Ph.D. Ron Stout, M.D., MPH
9:30-10:20AM	Nutrition Overview and Prioritized Research (Panelists: Frank Hu, Wayne Dysinger, Kim Williams)	Neal Barnard, M.D.
10:20-11:10AM	Physical Activity Overview and Prioritized Research (Panelists: Toren Finkel, Fabiana Ambrosio, Eddie Phillips, Gwen Sowa, Andrea Kriska)	John Jakicic, Ph.D.
11:10-Noon	Sleep Overview and Prioritized Research (Panelists: Patrick Strollo, Wayne Dysinger, Abbe de Vallejo)	Daniel Buysse, M.D.
Noon-1:30PM	Lunch	
1:30-2:20PM	Addiction Overview and Prioritized Research (Panelists: Jane Liebschutz, Ajay Wasan)	David Loveland, PhD
2:20-3:10PM	Mindfulness/Stress/Resilience Overview and Prioritized Research (Panelists: Barry Kerzin, Loren Roth, Larry Wechsler)	Eva Szigethy, M.D., PhD
3:10-4:PM	Positive Psychology and Social Connectivity Overview and Prioritized Research (Panelists: David Katz, Eva Szigethy, Marcel Salive)	Liana Lianov, M.D., MPH
4:10-5:PM	Built Environment/Choice Architecture and Environmental Exposures (Sarah States, Esther Sternberg, Leonardo Trasande, Richard Jackson)	
5:PM	Van transportation to Phipps Conservatory for Reception and Dinner	
5:30PM	Phipps Conservatory welcome and tour	Sarah States, PhD
Dinner Panel	Lifestyle Medicine – Across, Between and Beyond Silos (David Katz presentation; Steven Woolf, Frank Hu reactors)	“Hierarchy of Evidence?” Dr. David Katz

## **Thursday December 5, 2019 – Day 2 Lifestyle Medicine Research Summit**

8:AM-9:AM	Breakfast	
9:AM-10:AM	Common Pathways: Inflammation, Epigenomics, Microbiome, Dysbiosis (Yoram Vodovotz, Fabiana Ambrosio, Abbe de Vallejo, Gwen Sowa, Toren Finkel, Allison Morris)	
10:AM-11:AM	Applied Clinical Research and Integrative Medicine (Kim Williams, Jim Rippe, Victoria Maizes)	
11:AM-Noon	Underserved & Understudied Populations & Perspectives (Panelists: Stacey Drant; Victoria Maizes, Robert Edwards)	

Noon-1:PM	Lunch
1:PM-2:PM	Current and Future Models: Big Data, AI, Existing/Emerging Cohorts, In Silico, etc. (Frank Hu, Gary Fraser, Michael Silva, Steven Chang, Ron Poropotich, Paul Verschure, Oscar Marroquin)
2:PM-2:45	Federal and Foundation Perspective (Arthur Levine, Eduardo Sanchez, Steven Woolf, McKinley/Poropatich/Naik, Marcel Salive, Eddie Phillips)
2:45-3:30	Summary and White Paper Next Steps (Michael Parkinson, Yoram Vodovotz and White Paper Team Lead Members)
3:30PM	Meeting Adjourns