



Join Leading Experts at the Abbott Nutrition Research Conference

More Than Living Longer: Supporting Healthy Aging Through Nutrition, Muscle Health, and Physical Activity

LEARNING OBJECTIVES

- Describe the WHO Healthy Aging framework and the relationships among intrinsic capacity, functional ability, and healthy aging across the lifespan.
- Discuss how age-related changes in mobility, cognition, and vitality may influence future function and healthy aging, and the role of muscle health across these domains.
- Discuss the evidence supporting protein, HMB, creatine, and physical activity as modifiable approaches to preserving function and promoting healthy aging across the lifespan.

WEBINAR INFORMATION

Date: Tuesday, October 27, 2026

Time: 12:00 PM – 2:00 PM ET

CE Credits:

Nurse Contact 2.0 CE;
Dietitian 2.0 CPEU



Reserve Your Free Spot Today.

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Abbott Nutrition Health Institute is an approved provider of continuing nursing education by the California Board of Registered Nursing Provider #CEP 11213.

*The CPE Activity application for More Than Living Longer: Supporting Healthy Aging Through Nutrition, Muscle Health, and Physical Activity is pending CDR review and approval for 2.0 CPEUs.

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Meet Our Expert Faculty and Explore Their Featured Presentations

SPEAKERS

OPENING REMARKS



HAKIM BOUZAMONDO, MD, MSc, MBA

Divisional Vice President,
Head of Global Nutrition Research and Development
Innovation, and Scientific & Medical Affairs
Abbott Nutrition

MODERATOR



FRANCESCO LANDI, MD, PHD

Full Professor of Internal Medicine and Geriatrics
Faculty of Medicine and Surgery, Department of
Geriatrics and Orthopaedic Sciences
Director, School of Specialization in Geriatrics
Università Cattolica del Sacro Cuore
Director, Department of Ageing, Orthopaedic and
Rheumatologic Sciences
Director, Complex Operational Unit of Geriatric Internal Medicine
Fondazione Policlinico Universitario Agostino Gemelli IRCCS
Rome, Italy

PRESENTING FACULTY & PRESENTATION TITLE

Healthy Aging and Intrinsic Capacity: Emerging Perspectives on Function Across the Lifespan



PHILIPPE de SOUTO BARRETO, PhD

Professor of Gerontology, IHU HealthAge
Scientific Director, Institute of Ageing
Gerontopole of the CHU-Toulouse
Toulouse, France

Muscle Health as a Driver of Mobility, Cognition, and Vitality



ROGER FIELDING, PhD

Senior Scientist,
Metabolism and Basic Biology of Aging Directive
Professor of Nutrition and Medicine
Jean Mayer USDA Human Nutrition Research Center
on Aging at Tufts University
Boston, MA, USA

Midlife Transitions and Healthy Aging: Implications for Muscle, Metabolism, and Future Function



ABBIE SMITH-RYAN, PhD

Professor of Exercise Physiology & Nutrition
Co-Director, Applied Physiology Laboratory
Co-Director, Human Performance Center
University of North Carolina
Chapel Hill, NC, USA

Leveraging Nutrition and Physical Activity to Preserve Function



JEFFREY STOUT, PhD

Professor and Founding Director, School of Kinesiology
and Rehabilitation Sciences
University of Central Florida
Orlando, FL, USA



Visit anhi.org to learn more about our nutrition science education and resources

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