



## POPULATION HEALTH GRAND ROUNDS PRESENTS

### TOPIC:

# Healthy Aging Is Everybody's Business

Monday, September 28, 2020 • 12:00 – 1:00 pm

Location: BigBlueButton or dial in 1-863-208-0022 (pin: 337 216 271)



**Teresa Carithers,**  
PhD, RD, LD, FAND

Interim Chair, Department of  
Applied Gerontology  
Professor, Nutrition and  
Hospitality Management  
Director, Gerontechnology Lab  
on Oxford UM campus

### Objectives:

1. Discuss the CDC population projections to reveal embedded populations.
2. Apply strategies for modifying existing models of care rather than reinventing the wheel.
3. Integrate use of gerontechnology to produce more optimal and sustainable aging outcomes.
4. Discuss ways to address challenges and opportunities that the multigenerational workforce provides within their discipline.

Teresa Carithers is currently serving as interim chair of the Department of Applied Gerontology, Professor of Nutrition and Hospitality Management and Director of the Gerontechnology Laboratory on the Oxford UM campus. She is a nutritional epidemiologist with a Ph.D. in Preventive Medicine from UMMC with additional studies in epidemiology at Johns Hopkins University. She is also a registered dietitian and a certified change facilitator with a very diverse career track in public health, preventive medicine, research, private practice and clinical nutrition. With over 20 years working with children with special needs and newborn screening metabolic diseases, and research with the JHS, and has held many administrative appointments. Her past experience overlaps with future population projections that highlight the need for similar models of care for growing vulnerable adult groups. She is now focusing her current academic, administrative and research activities on determinants of healthy and successful aging across the lifespan through a variety of transdisciplinary academic and research venues.


**DISCLOSURE:** Speakers, moderators and activity planners for CME activities are required to disclose any relevant financial relationships or personal benefits that may be associated with their presentations. The planners of this activity, as well as the speakers and moderators today, have no relevant conflict of interest related to this activity.

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For more information, please contact [prevmed@umc.edu](mailto:prevmed@umc.edu)