

Nutritional Armor for the Warfighter: Can Omega-3 Fatty Acids Enhance Stress Resilience, Wellness, and Military Performance?

Workshop sponsored by
The Samueli Institute*

Defense Advanced Research Projects Agency (DARPA)
National Institute on Alcohol Abuse and Alcoholism, National Institutes of Health (NIAAA/NIH)

October 13-14, 2009
NIAAA Terrace Conference Room
5635 Fishers Lane
Rockville, MD 20852



AGENDA

Tuesday, October 13, 2009

Directions to the Conference Center- NIAAA Terrace Conference Room	
8:00 – 8:10am	Welcome <i>Wayne B. Jonas, M.D.</i> <i>President/ CEO, Samueli Institute</i>
8:10–8:30	Welcome <i>Col Karl E. Friedl, Ph.D.</i> <i>Director, TATRC, US Army Medical Research & Materiel</i>
8:30- 9:15	Keynote and Q&A <i>Richard H. Carmona, M.D., M.P.H., FACS</i> <i>17th Surgeon General of the United States (2002-2006)</i> <i>Vice Chairman, Canyon Ranch</i> <i>President, Canyon Ranch Institute</i> <i>Distinguished Professor, Zuckerman College of Public Health, University of Arizona</i>
9:15 – 9:30am	Workshop Goals and Process <i>CAPT Joseph R. Hibbeln, M.D. and Bernadette P. Marriott, Ph.D.</i> <i>National Institute on Alcohol Abuse and Alcoholism and Samueli Institute</i>
9:30 – 10:00am	Scope of the Problem: Cycles of Stress and the Warfighter Situation in the Field and at Home <i>CAPT Kurt A. Henry, MC, USN</i> <i>Research Medical Officer, Naval Medical Research Center, Biological Defense Research Directorate</i>
10:00–10:30am	Fundamentals of Omega-3 Fatty Acids: Biochemistry and Health <i>Sheila Innis, Ph.D.</i> <i>Director, Nutrition Research Program, B.C. Research Institute, Professor, Dept. of Pediatrics, University of British Columbia, Canada</i>
10:30 – 10:45am	Break
10:45 – 11:15am	Omega-3 Fatty Acids and Aggression, Suicide and Psychiatric Distress <i>CAPT Joseph R. Hibbeln, M.D.</i> <i>National Institute on Alcohol Abuse and Alcoholism</i>

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11:15 – 11:45am	Omega-3 Fatty Acids and Stress-Immune Interactions/Wound Healing <i>Janice Kiecolt-Glaser, Ph.D.</i> <i>Distinguished University Professor, S. Robert Davis Chair of Medicine, Professor of Psychiatry and Psychology, Division of Health Psychology, Ohio State University College of Medicine</i>
11:45 – 12:15pm	Omega-3 Fatty Acids, Negative Affect and Optimization of Cognitive Functioning in Non-Patient Populations <i>Mathew F. Muldoon, M.D., M.P.H.</i> <i>Associate Professor of Medicine, Director of Clinical Studies, Behavioral Physiology Laboratory, Center for Clinical Pharmacology, University of Pittsburgh School of Medicine</i>
12:15 – 1:00pm	Lunch Perspectives of Omega-3 Fatty Acids in the Evolution of the Human Brain. <i>Michael A. Crawford, Ph.D., CBiol, FIBiol, FRCPath</i> <i>Institute of Brain Chemistry and Human Nutrition, London</i>
1:00 – 1:30pm	Neurotrophic Effects of Docosahexaenoic Acid <i>Hee Yong Kim, Ph.D.</i> <i>Chief, Laboratory of Molecular Signaling, National Institute on Alcohol Abuse and Alcoholism</i>
1:30 – 2:00pm	Omega-3 Fatty Acids in Physical Performance Optimization <i>Timothy D. Mickleborough, Ph.D., FACSM</i> <i>Associate Professor, Human Performance and Exercise Biochemistry Laboratory, Department of Kinesiology, Indiana University</i>
2:00 – 2:30pm	Omega-3 Fatty Acids and Cardiometabolic Health <i>Peter R. Howe, Ph.D.</i> <i>Professor and Director, Nutritional Physiology Research Centre, School of Health Sciences, University of South Australia</i>
2:30 – 3:00pm	Omega-3 Fatty Acids in Surgical, Respiratory and Intensive Care Issues <i>Robert G. Martindale, M.D., Ph.D.</i> <i>Professor and Chief, Division of General Surgery, Medical Director for Hospital Nutrition Services, Division of General Surgery, Oregon Health Science University</i>
3:00 – 3:30pm	Break
3:30 – 4:00pm	Omega-3 Fatty Acids, Bleeding and Suicide <i>Tomohito Hamazaki, M.D., Ph.D.</i> <i>Professor, Institute of Natural Medicine, University of Toyama, Japan</i>
4:45 – 5:15pm	Conclusions from Day 1 <i>Brigadier General Rhonda L. Cornum, M.D., Ph.D.</i> <i>Director of Comprehensive Soldier Fitness, U.S. Army</i>

The workshop includes a dinner hosted by Norman Salem Jr., Ph.D. (CSO & Vice President Martek Biosciences Corp.). 6PM, Hilton Rockville Pike. **Keynote Speaker: Julian E. Bailes, M.D.** (sponsored by Martek Biosciences Corporation, Columbia, MD).

Conference Organizers:

Bernadette Marriott, Ph.D., Samuelli Institute
CAPT Joseph R. Hibbeln, M.D., NIAAA, NIH

Wednesday, October 14, 2009

8:30 – 8:45am	Overview of Day 1 and Objectives for Day 2 <i>Bernadette P. Marriott, Ph.D. and Joan A.G. Walter, J.D., P.A.</i> <i>Vice Presidents for Science & Education and Military Medical Research, Samuelli Institute</i>
8:45 – 9:15am	Dietary Omega-3 and Omega-6 Fatty Acids Compete in Producing Tissue Compositions and Tissue Responses <i>William E.M. Lands, Ph.D.</i> <i>Volunteer, National Institute on Alcohol Abuse and Alcoholism, NIH</i>
9:15– 9:45am	What, When, and Where do Deployed Soldiers Eat? <i>Lt Col Carlos D. Sanabria</i> <i>US Army Infantry Returned, OEF & OIF veteran, Government Civilian, Soldier System Integration Domain</i>
9:45-10:15 am	What, When and Where do Soldiers Eat When Not Deployed and How Could Select Changes Impact Omega-3 Fatty Acid Intake? <i>Bernadette P. Marriott, Ph.D., Shree Varadarajan, M.S.</i> <i>Samuelli Institute</i> <i>and</i> <i>CAPT Joseph R. Hibbeln, M.D., Sharon Majchrzak, M.S., CAPT Jeremiah Johnson, R.D., M.P.H.</i> <i>National Institute on Alcohol Abuse and Alcoholism</i>
10:15 – 10:30am	Break
10:30 – 11:00am	Incorporation of Compounds into Rations and Garrison Foods <i>Betty A. Davis</i> <i>Team Leader for Performance Optimization Research</i> <i>US Army Natick Soldier Research, Development and Engineering Center, DoD Combat Feeding Directorate</i>
11:00 – 11:30am	Incorporation of Omega-3 Fatty Acids Into Food <i>Adam Ismail</i> <i>Executive Director, Global Organization for EPA and DHA Omega-3s</i>
11:30 – 12:15pm	Discussion of Military of Scientific Presentations About Omega-3 Fatty Acids; of Applications of Omega-3 Fatty Acids <i>Moderator: Patricia Deuster, Ph.D., MPH</i> <i>Panelists:</i> <i>Col George A. Dilly Ph.D., R.D.</i> <i>CAPT Linda S. Hite</i> <i>Lt. Col Patricia J. Petnicki, M.S., R.D., FADA</i> <i>Lt. Col Carlos D. Sanabria</i> <i>Col (Retired) Jeff Sventek, M.S.</i> <i>Col Jeffrey Short</i> <i>Dr. Kurt Henry, CAPT, MC, USN</i> <i>Michael D. Lewis, MD, MPH, MBA, FACPM</i>
12:15 – 12:30pm	Wrap-up and Thank You <i>Wayne B. Jonas, M.D.</i> <i>President/ CEO, Samuelli Institute</i>
	List of Speakers and Panelists
	List of Participants