

# Interdisciplinary Aspects of Healthy Aging

IARU Summer School 2018

2-20 July 2018

## WEEK 1, 2-6 July

| Time           | Monday<br>2 July                                                                                                           | Tuesday<br>3 July                                                                         | Wednesday<br>4 July                                                                                  | Thursday<br>5 July                                                                                             | Friday<br>6 July                                                                                                                      |
|----------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|                | <i>Umbrella day</i>                                                                                                        | <i>Theme 1 (T1)<br/>Health-promotion innovation in local communities</i>                  | <i>Theme 2 (T2)<br/>Life course aging processes</i>                                                  | <i>Theme 3 (T3)<br/>Energy levels in humans</i>                                                                | <i>Practical projects</i>                                                                                                             |
| 9:15-10:00     | Welcome + Students introduce themselves/aging experience<br>Postdoc Jolene LM Pedersen & Ass. Prof. Maarten Rozing         | "Everyday practices and ideas of old age"<br>Post doc Aske Juul Lassen<br>CEHA T1         | "Life course exposures and healthy aging"<br>Prof. Erik Lykke Mortensen<br>CEHA T2                   | "Cellular energy metabolism at the hub of pathways that control aging"<br>Ass. Prof. Mansour Akbari<br>CEHA T3 | "How to write a grant proposal"<br>+<br>Students present research questions<br>Postdoc Jolene LM Pedersen & Ass. Prof. Maarten Rozing |
| 10:15-11:00    | "Why we age"<br>Prof. Rudi Westendorp<br>CEHA T2                                                                           | Research example<br>Post doc Aske Juul Lassen / Assoc. Prof. Maria Kristiansen<br>CEHA T1 | "Occupational stressors, psychological stress [...]"<br>Assoc. Prof. Kirsten Nabe-Nielsen<br>CEHA T2 | "Interventions in Aging"<br>Ass. Prof. Morten Scheibye-Knudsen<br>CEHA T3                                      |                                                                                                                                       |
| 11:15-12:00    | "How we age"<br>Prof. Rudi Westendorp<br>CEHA T2                                                                           | "Community-based health promotion"<br>Assoc. Prof. Maria Kristiansen<br>CEHA T1           | "Health impacts of social factors in old age"<br>Assoc. Prof. Charlotte Juul Nilsson<br>CEHA T2      | "Molecular causes of aging"<br>Ass. Prof. Javier Pena Diaz<br>CEHA T3                                          |                                                                                                                                       |
| 12:00-13:00    | Lunch                                                                                                                      |                                                                                           |                                                                                                      |                                                                                                                |                                                                                                                                       |
| 13:00-15:00    | Introduction to examination and research questions (13:00-14:00)<br>Postdoc Jolene LM Pedersen & Ass. Prof. Maarten Rozing | Student presentations<br>Ass. Prof. Maarten Rozing                                        | Student presentations<br>Postdoc Jolene LM Pedersen                                                  | Student presentations<br>Ass. Prof. Maarten Rozing                                                             | Practical student exercises<br>Dr. Amy Clotworthy, CEHA T1<br>PhD student Tianwei Xu, CEHA T2<br>Postdoc Jon Durhuus, CEHA T3         |
| 15:15-16:00    | Time to prepare student presentations (14:00-17:00)                                                                        |                                                                                           |                                                                                                      |                                                                                                                |                                                                                                                                       |
| Other (18:00-) | Welcome dinner                                                                                                             |                                                                                           |                                                                                                      |                                                                                                                |                                                                                                                                       |

## WEEK 2, 9-13 July

| Time              | Monday<br>9 July                                                                                                                     | Tuesday<br>10 July                                                                            | Wednesday<br>11 July                                                                                                                                            | Thursday<br>12 July                                                                                     | Friday<br>13 July                                                                                                       |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
|                   | <i>Practical projects</i>                                                                                                            | <i>Interdisciplinary lectures</i>                                                             | <i>Consultations/<br/>Interdisciplinary work</i>                                                                                                                | <i>Interdisciplinary work/<br/>Field trip</i>                                                           | <i>Interdisciplinary work/<br/>Consultations</i>                                                                        |
| 9:15-10:00        | <b>Practical student exercises</b><br>Dr. Amy Clotworthy, CEHA T1<br>PhD student Tianwei Xu, CEHA T2<br>Postdoc Jon Durhuus, CEHA T3 |                                                                                               |                                                                                                                                                                 |                                                                                                         | <b>"Age-friendly environments"</b><br>Manfred Huber<br>WHO                                                              |
| 10:15-11:00       |                                                                                                                                      | <b>"The dynamics of population development"</b><br>Prof. George Leeson<br>Oxford University   | <b>Consultations</b><br>Postdoc Jolene LM Pedersen &<br>Ass. Prof. Maarten Rozing                                                                               | <b>Interdisciplinary work<br/>Methods</b><br>Post doc Jolene LM Pedersen &<br>Ass. Prof. Maarten Rozing | <b>Interdisciplinary work<br/>Strengths and weaknesses</b><br>Postdoc Jolene LM Pedersen &<br>Ass. Prof. Maarten Rozing |
| 11:15-12:00       |                                                                                                                                      |                                                                                               |                                                                                                                                                                 |                                                                                                         |                                                                                                                         |
| 12:00-13:00       | <b>Lunch</b>                                                                                                                         |                                                                                               |                                                                                                                                                                 |                                                                                                         |                                                                                                                         |
| 13:00-15:00       | <b>Practical student exercises</b><br>Dr. Amy Clotworthy, CEHA T1<br>PhD student Tianwei Xu, CEHA T2<br>Postdoc Jon Durhuus, CEHA T3 | <b>"Is Mortality Written on the Face? - or Elsewhere?"</b><br>Prof. Kaare Christiansen<br>SDU | <b>Interdisciplinary work<br/>Literature search<br/>(13:00-16:00)</b><br>PhD student Sasmita<br>Kusumastuti & Ass. Prof.<br>Maarten Rozing<br><br>Room 21.2.22a | <b>Visit to Medical Museion<br/>(13:00-16:00)</b>                                                       | <b>Consultations</b><br>Postdoc Jolene LM Pedersen &<br>Ass. Prof. Maarten Rozing                                       |
| Other<br>(16:00-) |                                                                                                                                      |                                                                                               |                                                                                                                                                                 |                                                                                                         |                                                                                                                         |

## WEEK 3, 16-20 July

| Time        | Monday<br>16 July | Tuesday<br>17 July  | Wednesday<br>18 July                                                        | Thursday<br>19 July | Friday<br>20 July |
|-------------|-------------------|---------------------|-----------------------------------------------------------------------------|---------------------|-------------------|
|             | <i>Group work</i> | <i>Grant day</i>    | <i>Report writing</i>                                                       |                     |                   |
| 9:15-10:00  | Group work        | Grant day           | Report writing - <b>Submission no later than Friday 20 July at 10:00 am</b> |                     |                   |
| 10:15-11:00 |                   |                     |                                                                             |                     |                   |
| 11:15-12:00 |                   |                     |                                                                             |                     |                   |
| 12:00-13:00 | Lunch             |                     |                                                                             |                     |                   |
| 13:00-14:00 | Group work        | Grant day           | Report writing - <b>Submission no later than Friday 20 July at 10:00 am</b> |                     |                   |
| 14:00-15:00 |                   |                     |                                                                             |                     |                   |
| 15:00-16:00 |                   |                     |                                                                             |                     |                   |
| Other       |                   | Tivoli incl. Dinner |                                                                             |                     |                   |
|             |                   |                     |                                                                             |                     |                   |