

The NIH Office of Dietary Supplements Presents: **The Trans-NIH Resilience Working Group Winter Webinar**

*The Science of Bouncing Back From Health Stressors:
Development and Application of the Duke Pepper Model
of Physical Resilience*

Wednesday, February 9, 2022, 11 a.m.–12 p.m. ET

About This Presentation

Maintaining independence and quality of life as we age depends on our ability to recover after health stressors, such as infections, illnesses, and injuries. Heather E. Whitson, M.D., will describe how the Duke University School of Medicine Claude D. Pepper Older Americans Independence Center, which she directs, has operationalized the concept of physical resilience. Dr. Whitson will provide examples of how the physical resilience framework and measurement approaches are being applied to identify predictors and mechanisms of recovery after common health stressors.

WebEx Registration

About the Speaker



Heather E. Whitson, M.D., professor of medicine, Duke University School of Medicine, is an internist, geriatrician, and clinical investigator. Through her work as director of the Duke Center for the Study of Aging and Human Development and co-director of the Duke University and the University of North Carolina at Chapel Hill Alzheimer's Disease Research Center, Dr. Whitson strives to optimize independence and resilience in people with multiple chronic conditions. She is especially interested in understanding how the aging process and comorbidities affect the brain. Through the efforts of transdisciplinary teams, Dr. Whitson's work has improved outcomes for people with or at risk of vision and cognitive impairments. She is an active contributor and thought leader in the emerging field of physical resilience.

About the Trans-NIH Resilience Working Group

The National Institutes of Health (NIH) Office of Dietary Supplements (ODS), in its role as a coordinating office within the NIH Office of the Director, established the Trans-NIH Resilience Working Group in 2019 to bring together NIH Institutes, Centers, and Offices that have strategic priorities related to, or funds dedicated to, resilience programs. Chaired by ODS's LaVerne L. Brown, Ph.D., the group identified the need for a comprehensive resilience research model to complement NIH's mission to seek fundamental knowledge about the nature and behavior of living systems and to promote the application of that knowledge to enhance health, lengthen life, and reduce illness and disability. Visit the [Trans-NIH Resilience Working Group](#) webpage for more information.

Contact Us

If you have questions about the working group or would like to submit questions to the speaker in advance of the webinar, please contact Dr. Brown: Trans-NIHResilienceProgram@od.nih.gov



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The [Office of Dietary Supplements \(ODS\)](#) is part of the National Institutes of Health (NIH), the nation's medical research agency—supporting scientific studies that turn discovery into health.

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