Stress and Health Disparities
Bridging Laboratory, Clinical, and Population Scientific Approaches

October 17-18, 2013
Dana Farber Cancer Institute, 450 Brookline Ave, Boston, MA 02215
Yawkey Center for Cancer Care Conference Center (Rooms 306-308)

This two-day transdisciplinary symposium will highlight the complex ways in which stressful exposures contribute to disparities in disease and premature mortality. Lectures, discussions, and breakout sessions will address cutting-edge research on the role of psychosocial stress in human physiology and behavior, with a focus on how stress influences cancer and cardiovascular disease risk. The goal is to engage the Harvard community in innovative research approaches to better understand the role of stress in the etiology of disease, and to facilitate new collaborations among researchers from diverse fields committed to fostering a deeper understanding of the roles of stress response in human health and health disparities.

October 17, 2013

8:30 – 9:00am  Continental Breakfast

9:00 – 9:15am  Introduction and Welcome
Michelle Williams, ScD, Stephen B. Kay Family Professor of Public Health & Chair, Department of Epidemiology, Harvard School of Public Health; Director, Harvard Catalyst Health Disparities Research Program

Julio Frenk, MD, PhD, MPH, Dean of the Faculty, Harvard School of Public Health; T & G Angelopoulos Professor of Public Health and International Development, Harvard School of Public Health and Harvard Kennedy School

9:15 – 10:00am  End to End: Telomere Maintenance Mechanisms in Humans
Introduction: Michelle Williams, ScD

Elizabeth Blackburn, PhD, Morris Herzstein Endowed Chair in Biology and Physiology; Professor, Departments of Biochemistry/Biophysics and Microbiology/Immunology, University of California, San Francisco

10:00 – 11:15am  Panel I: Stress and Health Disparities
Moderator: Lisa Signorello, ScD, ScM, Associate Professor of Epidemiology, Harvard School of Public Health

Work-Related Stress, Social Networks, and Health Outcomes
Lisa Berkman, PhD, MS, Thomas D. Cabot Professor of Public Policy and of Epidemiology, Harvard School of Public Health

Racial Inequalities in Health: The Potential Role of Discrimination and Other Stressors
David Williams, PhD, MPH, Florence Sprague Norman and Laura Smart Norman Professor of Public Health, Harvard School of Public Health

Socioeconomic Status, Relative Deprivation, and Stress
Ichiro Kawachi, MD, Professor of Social Epidemiology; Chair, Department of Social and Behavioral Sciences, PhD, Harvard School of Public Health
11:15am – 12:00pm  The Speedometer of Life: The Health Effects of Exposure & Reactivity to Daily Stressors
Introduction: Elizabeth Goodman, MD, Associate Chair for Community-Based Research, MassGeneral Hospital for Children; Director, MGH Center for Child & Adolescent Health Research and Policy; Professor of Pediatrics, Harvard Medical School
David Almeida, PhD, MA, Professor of Human Development, Department of Human Development and Family Studies, The Pennsylvania State University

12:00 – 1:30pm  LUNCH, Followed by Coffee Break with Community Speaker
Introduction: Michelle Williams, ScD
Lisa Moris, MSW, LICSW, 504 Reasonable Accommodation/Domestic Violence Program Coordinator/MSW Intern Supervisor, Trinity Management, LLC; Resident Service Coordinator, Bradley Properties & Ruggles Shawmut Housing

1:30 – 2:45pm  Panel II: Stress Biology and Disease Pathways
Moderator: Lisa Signorello, ScD, ScM
Environmental Epigenomics: Epigenetics as a Tool to Capture Biological Marks of Stressors Contributing to Health Outcomes
Andrea Baccarelli, MD, PhD, MPH, Mark and Catherine Winkler Associate Professor of Environmental Epigenetics, Harvard School of Public Health

Psychoneuroimmunology of Stress
Michael Irwin, MD, Norman Cousins Chair of Psychoneuroimmunology, UCLA David Geffen School of Medicine; Professor, Psychiatry and Biobehavioral Sciences

The Influence of Stress on Telomere Length
Immaculata De Vivo, PhD, MPH, Associate Epidemiologist, Brigham and Women’s Hospital; Associate Professor of Medicine, Harvard Medical School

2:45 – 3:45pm  Panel III: Measuring Stress
Moderator: Alexandra Shields, PhD, Director, Harvard/MGH Center on Genomics, Vulnerable Populations, and Health Disparities; Associate Professor of Medicine, Harvard Medical School; Associate in Health Policy, Massachusetts General Hospital; Associate Faculty in Molecular and Population Genetics, Broad Institute

Measuring Stress Biomarkers in Large Populations
Clemens Kirschbaum, PhD, Professor, Technische Universität, Dresden, Germany

Prenatal Stress Models of the Brain: Integration of Brain Imaging Markers of Stress Response Deficits in Adult Psychiatric Disorders
Jill Goldstein, PhD, Professor of Psychiatry and Medicine, Harvard Medical School; Director of Research, Connors Center for Women’s Health and Gender Biology, Brigham and Women’s Hospital

3:45 – 4:45pm  Panel IV: Stress, Perinatal, and Life Course Risks
Moderator: Janet Rich-Edwards, ScD, Associate Professor of Epidemiology, Harvard School of Public Health; Associate Professor of Medicine, Brigham and Women’s Hospital

The Intergenerational Burden of Traumatic Stress
Karestan Koenen, PhD, MA, Associate Professor of Epidemiology, Columbia University
A Developmental Pathological Stress Response Model of Depression
Stephen E. Gilman, ScD, Associate Professor, Department of Social and Behavioral Sciences, and Department of Epidemiology, Harvard School of Public Health

4:45 – 5:45pm  Cocktail Reception

October 18, 2013

8:00 – 8:30am  Continental Breakfast

8:30 – 9:00am  Neurodevelopmental Consequences of Early Adversity in Childhood
Introduction: Michelle Williams, ScD
Charles Nelson, PhD, Professor of Pediatrics, Harvard Medical School; Director of Research, Division of Developmental Medicine; Richard David Scott Chair in Pediatric Developmental Medicine Research, Boston Children's Hospital

9:00 – 10:15am  Panel V: Stress and Cancer
Moderator: Unnur Valdimarsdóttir, PhD, Adjunct Professor of Epidemiology, Harvard School of Public Health; Associate Professor of Epidemiology, University of Iceland
Most Recent Evidence on Stress and Stress Pathways on Tumor Progression: A Transdisciplinary Research Model
Susan Lutgendorf, PhD, Professor, Departments of Psychology, Urology, and Obstetrics and Gynecology; Starch Faculty Fellow, The University of Iowa
Stress, Support, and Cancer: Evidence Regarding Intervention Effects on Survival
David Spiegel, MD, Jack, Lulu & Sam Willson Professor, Associate Chair, Psychiatry and Behavioral Sciences, Professor of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

10:15 – 11:30am  Panel VI: Stress and Cardiovascular Disease
Moderator: Matthew W. Gillman, MD, SM, Director, Obesity Prevention Program; Professor, Department of Population Medicine, Harvard Medical School/Harvard Pilgrim Health Care Institute; Professor, Department of Nutrition, Harvard School of Public Health
Stress and Cardiovascular Disease: Evidence for Disease Pathways
Ilan Wittstein, MD, Assistant Professor of Medicine, Johns Hopkins Hospital
Early Childhood Environments, Resilience, and Cardiovascular Health
Laura Kubzansky, PhD, MPH, Professor of Social and Behavioral Sciences, Harvard School of Public Health

11:30am – 1:30pm  LUNCH AND WORKING GROUP SESSIONS

1:30 – 2:00pm  Call to Action & Future Directions: Integrating Laboratory, Clinical, and Population Scientific Approaches
Michelle Williams, ScD