**Webinar**

**Alcohol and Healthy Aging: Current Research and Future Directions**

*Date:* May 9, 2022

*Time:* 12:00 p.m. – 1:45 p.m. EDT

*Location:* Virtual

[Register here](https://zoom.us/webinar/register/WN_38lTLq6bS-uamQP2Sx9frw)

About

Current demographic trends point to a marked increase in the proportion of the U.S. population who are aged 65 or older. While conventional wisdom suggests that fewer people in this age range consume alcohol and the amount of consumption decreases, there is emerging evidence that the “Baby Boom” generation (between 51 and 70 years) is using more alcohol, more frequently than the previous generations of older adults.

This webinar will highlight a number of key issues related to alcohol use and healthy aging. First, we will provide updates on the latest epidemiological findings related to alcohol use within the older population, including risk factors and health-related consequences. Second, research on the neurobiological and behavioral effects of alcohol consumption by older adults—in particular, periodic social drinking episodes—on a number of health domains will be presented. Third, we will review evidence-based, best practices for identifying and screening for alcohol misuse and alcohol use disorder (AUD) in older adults and age-appropriate interventions (such as brief motivational interventions or more intensive treatments) for alcohol misuse/AUD. Finally, the use of alcohol to relieve pain can often lead to health issues for older adults. Accordingly, we will discuss the latest research on the important, and often under-studied, topic of chronic pain and alcohol use.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA), one of the 27 Institutes and Centers of the National Institutes of Health (NIH), supports research examining the unique issues associated with alcohol use in this emerging segment of the population. In addition, NIAAA has identified alcohol and healthy aging as a priority area in its [strategic plan](https://www.niaaa.nih.gov/strategic-plan).

This webinar is sponsored by the [Friends of NIAAA](http://friendsofniaaa.com/), in collaboration with the [American Psychological Association](https://www.apa.org/), Congressional Addiction, Treatment and Recovery Caucus, and the [Research Society on Alcoholism](http://rsoa.org/).

Webinar Topics and Speakers

*Welcome and Introductions*

**Robert Huebner**, Ph.D., Chair, Friends of NIAAA

*Alcohol and Aging: NIAAA Overview*

**George Koob**, Ph.D., Director, National Institute on Alcohol Abuse and Alcoholism.

*Increased Alcohol Consumption Among Older Adults: Trends, Causes, and Consequences*

**Katherine Keyes**, Ph.D., Department of Epidemiology, Columbia University New York, NY.

*Neurobiological and Behavioral Consequences of Moderate Alcohol Consumption in Older Adults*

**Sara Jo Nixon**, Ph.D., Department of Psychiatry and Center for Addiction Research & Education, University of Florida, Gainesville, FL.

# *Assisting Older Adults Who Misuse Alcohol: Brief Evidence-Based Treatment Approaches*

**Frederick C. Blow**, Ph.D., Department of Psychiatry and Addiction Center, University of Michigan Medical School, Ann Arbor, MI.

*Pain and Alcohol Use: Implications for Healthy Aging*

**Jeff Boissoneault**, Ph.D., Center for Pain Research and Behavioral Health, Center for Addiction Research and Education and the Department of Clinical and Health Psychology, University of Florida.