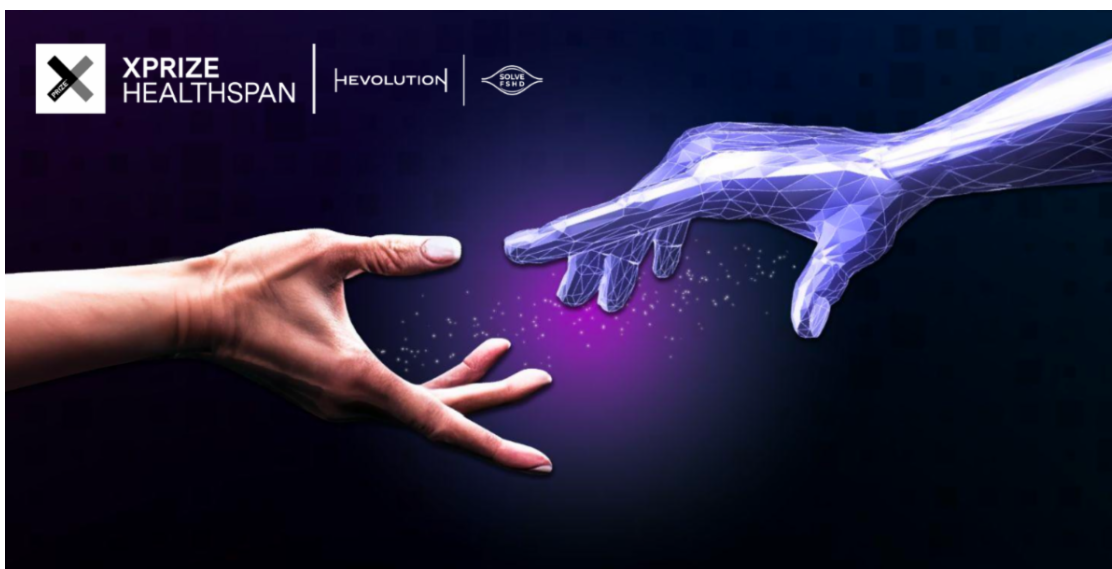


Welcome to the UC San Diego Center for Healthy Aging and the Sam and Rose Stein Institute for Research on Aging e-newsletter!

Stein Institute Named Central Lab for \$101M XPRIZE Healthspan Competition



The Stein Institute for Research on Aging at UC San Diego has been named the Central Laboratory and Biorepository for the XPRIZE Healthspan Competition, a \$101M global effort to develop interventions extending human healthspan by at least a decade. The lab will be co-led by Anthony Molina, PhD, scientific director of the Stein Institute, and Michael Corley, PhD, associate professor of medicine at UC San Diego School of Medicine.

"Being selected as the central hub for the world's most ambitious effort to extend human healthspan is an extraordinary honor," said Molina. "Our 43-year legacy in the science of aging... uniquely positions us to ensure that the ten finalist teams receive the highest-quality, standardized data needed to demonstrate a decade-long extension of healthspan."

The Stein Institute will provide standardized protocols, biorepository management, and multi-omics sample analysis as 10 finalist teams launch clinical trials worldwide in 2026. Winners will be announced in 2030.



UC San Diego's Chancellor and Vice Chancellor of Health Sciences joined the Stein Institute team at the XPRIZE Healthspan awards, celebrating our new role as Central Lab for the \$101M aging research race.

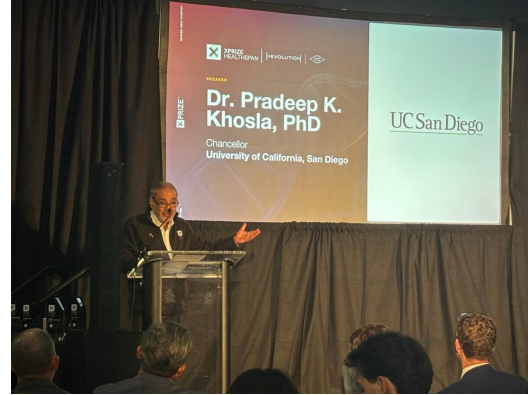
The significance of the Stein Institute's role in the competition was highlighted at the XPRIZE Healthspan Competition awards ceremony in Salt Lake City, Utah, where the 10 finalist teams were announced. Members of the Stein Institute team joined XPRIZE and University of Utah partners for the event, which brought together researchers and leaders from across the competition. The gathering marked an important milestone as the finalists move forward with their clinical trials and provided an opportunity to strengthen the collaborations that will support the next phase of the competition.

The Stein Institute also participated in collaborative meetings with the University of Utah Data Coordinating Center and members of the XPRIZE Healthspan team to discuss the scientific, operational, and data infrastructure needed to support the finalist teams and ensure rigorous evaluation of their results.

At the ceremony, UC San Diego Chancellor Pradeep Khosla offered remarks highlighting the significance of the competition and the collaborative efforts underway to advance the science of healthy aging.

Scientific Director Anthony Molina, PhD, and Stein faculty member Michael Corley, PhD, participated in a panel discussion alongside University of Utah faculty focused on the scientific validation that will underpin the competition.

The discussion explored the importance of rigorous and standardized approaches to data collection and analysis as the finalist teams work to demonstrate meaningful improvements in healthspan.



The gathering also provided an opportunity for members of the participating organizations to connect informally and celebrate the work underway. Stein Institute staff joined colleagues for a reception at the University of Utah football field.

[Read more here](#)

Our 2026 Annual Symposium

AI and Healthy Aging: Advancing Healthy and Longevity

September 24, 2026
9:30 am - 4:00 pm

AI AND HEALTHY AGING: ADVANCING HEALTH AND LONGEVITY

2026 ANNUAL SYMPOSIUM OF THE STEIN INSTITUTE FOR RESEARCH ON AGING & CENTER FOR HEALTHY AGING



with Keynote Speakers:

Amy Sitapati, MD

Chief Medical Information Officer, Population Health; Clinical Professor of Medicine, Division of Biomedical Informatics & General Internal Medicine, UC San Diego

Jeffrey Egler, MD

Chief Medical Officer, Noom

Along with 3 expert panels on how AI can support your health, independence, and well-being.



SEPTEMBER 24TH 2026



9.30 AM - 4.00 PM



PARK AND MARKET, UC SAN DIEGO
1100 MARKET STREET
SAN DIEGO CA 92101



Scan QR code
to register



healthyaging.ucsd.edu

UC San Diego
SAM AND ROSE STEIN INSTITUTE
FOR RESEARCH ON AGING

Join us on Thursday, September 24, 2026 from 9:30 AM – 4:00 PM at Park & Market, UC San Diego (1100 Market Street, San Diego, CA 92101) for our Annual Healthy Aging Symposium exploring how artificial intelligence is transforming health and longevity. We'll explore how AI is opening new possibilities for living healthier, more independent lives as we age.

The day will feature keynote talks from Jeffrey Egler, MD, Chief Medical Officer at Noom, and Amy Sitapati, MD, Chief Medical Information Officer for Population Health and Clinical Professor of Medicine at UC San Diego — Along with three expert panel discussions, we'll examine how AI can support your health, independence, and everyday well-being, with conversations focused on independent living, personalized healthcare, and using new technologies safely and confidently.

More about our Keynote Speakers:

Amy Sitapati, MD



Dr. Amy M. Sitapati serves as a Clinical Professor of Medicine at UC San Diego as well as the inaugural Executive Director, Institute for Applied Health Intelligence; Chief of Biomedical Informatics; Chief Medical Information Officer for Population Health; and the Lawrence S. Friedman Professor of Population Health Endowed Chair. Dr. Sitapati seeks opportunities to align people, process, and technology to

deliver “Data Powered Health” scaling measurable impact through innovation. She is Board Certified in Clinical Informatics and Internal Medicine, certified as a Lean Expert, with undergraduate training as a Biomedical Engineer and master’s level training in Clinical Research and Business Administration. Dr. Sitapati serves as a national academic thought leader who innovates in applied health intelligence and informatics with expertise in registries, precision medicine, artificial intelligence, and quality informatics advancing health outcomes and equity. She has expertise in designing innovation that incorporates artificial intelligence (LLM and ML) into traditional domains of population health, quality, and public health. Other areas of expertise include inpatient-centered care delivery, building machine learning models, research on populations with health disparities, and engaging patients in digital health.

Jeffrey Egler, MD



Dr. Jeffrey Egler, MD, is a double board-certified physician in Family Medicine and Lifestyle Medicine. After completing an academic medicine fellowship in Faculty Development at UCLA, Dr. Egler went on to practice the full spectrum of family medicine (including adult medicine, pediatrics, surgery, emergency and hospital medicine, and obstetrics and gynecology) and subsequently became an Assistant Clinical Professor of Family Medicine at USC. He obtained a master's degree in Spiritual Psychology and completed training with the Institute of Functional Medicine and the

American College of Lifestyle Medicine. He was the founding Medical Director of Parsley Health in Los Angeles and later of the Inspire Health Center, a wellness center at the Adventist Health corporate headquarters. He most recently had been practicing Longevity Medicine, the ultimate culmination of these arts and sciences, as the Medical Director of Next Health in Los Angeles. Now as Noom's Chief Medical Officer, Dr. Egler is leading Noom's longevity strategy integrating innovations into products and programs that inspire users and employees by sharing actionable, science-backed strategies to enhance health span and lifespan.

[Register Here](#)

Become a Symposium Sponsor

Join us as a valued sponsor of our premier annual event, bringing together experts, researchers, and community leaders committed to advancing healthy aging and resilience across the lifespan.

Sponsorship opportunities offer meaningful visibility, engagement with attendees, and recognition across our digital platforms.

- Showcase your commitment to innovation and longevity
- Connect with thought leaders and changemakers
- Highlight your organization to a diverse and engaged audience

Interested in partnering with us?

Contact Danielle Glorioso at dglorioso@health.ucsd.edu

**Don't forget to register for the 4th Annual
LEE tuh-fuh & Ruby LEE Wang Zu-Ming**

lecture

October 20th

1pm - 3pm

Osher Lifelong Learning Institute

JOIN US FOR THE LEE TUH-FUH & RUBY LEE WANG ZU-MING
ENDOWED EDUCATION LECTURE

**“The Changing Landscape of Cancer: Prevention, Emerging Therapies,
Survivorship, and Healthy Aging”**

As cancer rates continue to rise and advances in treatment reshape outcomes, this timely discussion will explore prevention, emerging therapies, survivorship, and strategies for healthy aging.

SAMIR GUPTA, M.D.



Samir Gupta, MD, is a board-certified gastroenterologist specializing in colorectal cancer screening, prevention, and the care of patients at increased risk for colorectal cancer. His expertise includes hereditary cancer syndromes such as Lynch syndrome and familial adenomatous polyposis, as well as the management of complex colorectal polyps. Dr. Gupta's research focuses on improving colorectal cancer screening and prevention through clinical trials and population-based studies.

His work aims to increase screening rates and identify new approaches to risk assessment and early detection. He earned his medical degree from the University of Michigan and completed training in internal medicine and gastroenterology at UCSF and the University of Pennsylvania.

RANA R. MCKAY, M.D.



Rana R. McKay, MD, is a board-certified medical oncologist specializing in genitourinary cancers, including bladder, kidney, prostate, and testicular cancer. She leads UC San Diego Health's multidisciplinary prostate cancer clinic, providing coordinated, specialized care for patients with advanced disease. A professor in the Departments of Medicine and Urology at UC San Diego School of Medicine, Dr. McKay conducts clinical research focused on developing innovative therapies and biomarkers for genitourinary cancers. She serves as principal investigator on several kidney and prostate cancer clinical trials and has published extensively in leading medical journals, including Nature, The Lancet, and the Journal of Clinical Oncology. Before joining UC San Diego Health, Dr. McKay was on the faculty at Harvard Medical School and a medical oncologist at Dana-Farber Cancer Institute.

DANIELLE K. GLORIOSO, LCSW



Danielle K. Glorioso is a Licensed Clinical Social Worker with extensive experience in aging, community health, and clinical research. Since joining UC San Diego in 2001, she has taken on a leadership role as the Executive Director of the Center for Healthy Aging and the Stein Institute for Research on Aging. In this capacity, Ms. Glorioso oversees a wide range of operations including strategic planning, organizational development, community outreach, training, philanthropy, communications, and marketing. She is also a certified therapist in prolonged grief disorder, specializing in manualized interventions. One of her major accomplishments includes leading the research and development of a licensed, evidence-based six-week program designed to enhance resilience, compassion, and self-compassion among older adults. This intervention, which has undergone nearly a decade of research, has been tested and validated in various community settings, including among older adults in group and individual settings. Through her work, Danielle has made significant contributions to improving the mental health and well-being of older adults.

OCTOBER 20TH

1PM - 3PM

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8980 LA JOLLA VILLAGE DRIVE
3RD FLOOR
LA JOLLA, CA 92037



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Resilience, Compassion and Self-Compassion Program available for license

After nearly a decade of research led by our Executive Director, Danielle K. Glorioso, LCSW we are thrilled to announce that our Resilience Intervention is now officially licensed through UC San Diego and available for implementation in community settings. This evidence-based, six-session program is specifically designed to enhance resilience, compassion, and self-compassion in older adults. It has been studied in various community settings across the United States, as well as in England and Israel, with results showing improvements in resilience and self-compassion, along with reductions in perceived stress, depression, and loneliness.

For more information about our intervention, please contact Danielle K. Glorioso, LCSW at dglorios@health.ucsd.edu

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We Need Your Support!

When you give to the UC San Diego Center for Healthy Aging and the Stein Institute for Research on Aging, you're making the decision to support **the pursuit of a healthier, longer life for you and your loved ones**. Please **make a gift** to help sustain and expand our successful aging programs.

[GIVE NOW](#)



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