

## Commissioner's Medical Grand Rounds

# Healthy Aging Starts with Prevention: An Overview of the New York State Master Plan for Aging

**Friday, February 23rd, 2024**  
**12:00pm-2:00pm ET**

This Grand Rounds session presents an introductory overview of the Master Plan for Aging in New York State, with an emphasis on prevention and preventive health. Participants will gain initial insights into the plan's aims, its foundational role in shaping policies for an aging population, and the implications for healthcare practices, particularly in the context of preventive strategies. The session will convene subject-matter experts to discuss resources available for healthcare providers, outline the significance of the plan, and give a foundational understanding of how to address and prevent health concerns of New York State's aging population.

The Grand Rounds Program is free of charge for all providers in NYS. Advance registration is requested.

Please click [HERE](#) to register to attend the live webinar.

*Registration ID is not required.*

If you cannot join the live webinar on 2/23 at 12:00 pm ET, sign up [HERE](#) to be notified when the webinar is posted.

**Continuing Education:** Please visit [HERE](#)

### Moderator:



**James V. McDonald, M.D., MPH**

*Commissioner, New York State Department of Health*

### Special Appearance:



**Adam S. Herbst, Esq.**

*Deputy Commissioner Aging & Long Term Care, New York State Department of Health*

### Speakers:



**Dr. Linda Fried, M.D., MPH**

*Dean, Columbia University's Mailman School of Public Health; Director, Robert N Butler Columbia Aging Center*



**Dr. Jo Ivey Boufford, M.D.**

*Clinical Professor of Global Health, New York University School of Public Health*

### Dr. Linda Fried, M.D., MPH

*Dean, Columbia University's Mailman School of Public Health; Director, Robert N Butler Columbia Aging Center*

A geriatrician and epidemiologist, Dean Fried has dedicated her career to the science of healthy aging, particularly the science of prevention of frailty, disability, and cardiovascular disease. She has led the scientific discoveries as to the definition, biology and causes of the syndrome of frailty, and the design, implementation and evaluation of Experience Corps, an innovative senior volunteering program to improve academic success of children in public elementary schools while improving the health of the volunteers. Dr. Fried has proposed that the creation of healthy longevity coupled with new societal institutions and policies to enable engagement in communities by older adults could transform the potential of our longer lives into a Third Demographic Dividend where all ages and societies flourish. Under her leadership as dean, Columbia Mailman has developed significant new dimensions of public health science and education, from healthy longevity to the health impacts of climate change, with the School being a leader in innovation in public health education in the United States. Prior to becoming Dean in 2008, she was the Director of Geriatric Medicine and Gerontology and of the Center on Aging and Health at the Johns Hopkins Medical Institutions. She is an elected member of the US National Academy of Medicine, served two terms on NAM Council, and is past President of the Association of American Physicians. Her numerous honors and awards include the French INSERM International Prize in Medical Research in 2017 and the 2022 Kober Medal of the Association of American Physicians. In 2023 she was named a Chevalier of the Legion of Honor of France and received the NAM Rall Medal for leadership in the report: Global Roadmap for Health Longevity. In 2022, Dr. Fried was named one of Crains New York Business's Notable Health Care Leaders and a PoliticsNY Power Player in Health Care.

### Dr. Jo Ivey Boufford, M.D.

*Clinical Professor of Global Health, New York University School of Public Health*

A Clinical Professor of Global Health at the New York University School of Global Public Health and Clinical Professor of Pediatrics at New York University School of Medicine. She is President Emeritus of The New York Academy of Medicine and Chairman Emeritus and current Member of the Board of the International Society for Urban Health (ISUH). She served as Dean of the Robert F. Wagner Graduate School of Public Service at New York University from June 1997 to November 2002. She currently serves on the United Hospital Fund (UHF) Board and is Vice Chair of the NYS Public Health and Health Planning Council (PHHPC) and Chair of its Public Health Committee. Nationally, she is on the Boards of the National Hispanic Health Foundation and the Health Effects Institute. She was elected to membership in the US National Academy of Medicine (formerly IOM) in 1992, served on its Board on Global Health, and served two four-year terms as its Foreign Secretary from 2003 to 2011, She was elected to membership of the National Academy of Public Administration in 2015. She is a Fellow of the New York Academy of Medicine.