Session 1

The Epidemiology and Health Risks of Obesity
Louis J Aronne, MD, ABOM Diplomate

Genetics of Obesity: Nature Meets Nurture
Rudy L Leibel, MD

Epigenetics and the Development of Obesity
Lori M Zeltser, PhD

Obesity Pathophysiology
Ania Jastrzeboff, MD, PhD, ABOM Diplomate

White, Brown, Beige Adipose Tissue
Marc L Reitman, MD, PhD

Carbs, Calories, or Quality: What Matters Most for Body Weight?
Kevin D Hall, PhD

Weight Bias and Discrimination
Rebecca L Pearl, PhD

Body Weight Regulation: Why is it so Hard to Keep Weight Off?
Michael Rosenbaum, MD

Adipose Tissue, Inflammation and Other Underlying Causes of Obesity-associated Complications
Caroline Apovian, MD, FACP, FACN, ABOM Diplomate
and
Is Hyperinsulinemia the Cause of Obesity, Inflammation and Insulin Resistance?
Barbara Corkey, PhD

Aging, Intermittent Fasting and Metabolic Health: From Caloric Restriction to Time-Restricted Feeding
Eric Ravussin, PhD
Session 2

Low Carb vs. Low Fat Diets: The Insecure Infrastructure of the Food Pyramid
*Michael Rosenbaum, MD*

Is Food Addiction a Contributor to Obesity?
*Ruben D Baler, PhD*

Rethinking Food Reward
*Dana Small, PhD*

From Brain to Bedside: How Neuroscience Informs Clinical Care for Patients with Obesity
*Ellen Schur, MD, MS*

Hot Topic I: The Buddy System for Weight Loss - Promise and Pitfalls
*Angela I Rodriguez, PhD*

Physical Activity and Weight Loss and Maintenance of Weight Loss
*John Jakicic, PhD*

Medical Assessment and Treatment of Adult Obesity
*Rekha B. Kumar, MD, MS, ABOM Diplomate*

Weight Loss Supplements
*Paul R Thomas, EdD, RDN*

Nutrition Management Strategies for Persons with Obesity
*Heather Seid, MS, RDN*

Losing and Regaining Weight: Do the Benefits of the Losses Outweigh the Consequences of Regain?
*Steve Heymsfield, MD*
Session 3

**Microbiome and Energy Balance**
*Eamonn Quigley, MD, FRCP, FACP, MACG, FRCPI*

**Weight Loss Surgery for the Treatment of Adult Obesity: Procedures and Outcomes**
*Abraham Krikhely, MD, FACS*

**Nutrient Metabolism and Obesity: Special Considerations After Bariatric Surgery**
*Jeffrey I Mechanick, MD, FACP, MACE, FACN, ECNU*

**Metabolic Effects of Bariatric Surgery and What They Teach Us About Appetite Regulation**
*Jamie Mullally, MD, ABOM Diplomate*

**Current Pharmacological Approaches to Obesity**
*Katherine Saunders, MD, ABOM Diplomate*

**Advanced Pharmacological Approaches**
*Louis J. Arrone, MD, FACP, ABOM Diplomate and Katherine Saunders, MD, ABOM Diplomate*

**Past and Present Challenges in Childhood Obesity**
*Victoria W. Rogers, MD*

**Obesity Management in the Pediatric Population**
*Eugene Dinkevich, MD, FAAP, ABOM Diplomate*

**Child Obesity: The Role of Parents**
*Susan Carnell, PhD*
Session 4

Psychological Management of Obesity
Madelyn Fernstrom, PhD, CNS

Chronic Stress and Obesity
Rajita Sinha, PhD

Sleep and Energy Balance
Marie-Pierre St-Onge, PhD

Bringing Mindfulness and Meditation Into Practice
Rajita Sinha, PhD

Impact of Maternal Obesity on Placental Development and Function
Perrie O’Tierney-Ginn, PhD

Obesity and Pregnancy
Patrick M. Catalano, MD

In Utero and Lactational Programming of Obesity: Repercussions for Offspring Health
Sarbattama (Rimi) Sen, MD
Health Disparities and COVID-19-related Lectures

We will continue to expand upon these lectures in the coming months.

Health Problems in Urban Communities
Dayle Hodge, MD, MS, PhD

Challenges in Women and People of Color with Obesity and Obesity-related Diseases
Fatima Cody Stanford, MD, MPH, MPA, FAAP, FACP, FAHA, FTOS, ABOM Diplomate

History and Dynamics of Modern Epidemics and Pandemics
Lawrence R. Stanberry, MD, PhD

Making Nutrition a Priority During the Coronavirus Pandemic
Jaclyn M. Abbot, PhD, RDN

How to Be Active in a Small Space
Chris Campagnola CSCS, LMT

Risk of Elevated BMI in COVID-19
Chris Petrilli, MD, SFHM

Obesity in the Critically Ill Patient with COVID-19
Stephen A. McClave, MD, FACP, FASGE, FASPEN, AGAF

Obesity Medicine in the Age of Telehealth
An Chen, MD, DABOM & Reshmi Srinath, MD, DABOM

Food Insecurity and COVID-19: A Longstanding Issue of Inequality Sky Rockets
Kim Hekimian, PhD

Changes in Food Habits and Stress During COVID-19
Yael M. Cycowicz, PhD & Diana V. Rodriguez Moreno, PhD
Workshops

Note: With our original, in-person course, the workshops were intended to be interactive. Due to the change in the structure of the course due to the COVID-19 pandemic, workshop leaders prepared didactic sessions on their topics.

**Clinical Workshops:**

**Addressing Weight Bias in Clinical Settings**  
Scott Kahan, MD, ABOM Diplomate

**Case Studies in Adults: Bring Your Most Challenging Examples**  
Scott Butsch, MD, MSc, FTOS, ABOM Diplomate; Beverly Tchang, MD, ABOM Diplomate

**Coding and Reimbursement for Obesity Management**  
Joel V Brill, MD

**Management of Obesity in Adults with Limited Means**  
Tirissa Reid, MD, ABOM Diplomate; Jamie Mullally, MD, ABOM Diplomate

**Motivational Interviewing in Obesity Counseling**  
Prantik Saha, MD

**Obstructive Sleep Apnea and Obesity: Evidence and Clinical Considerations**  
Ari Shechter, PhD

**Patient Centered Care and Empathy in Obesity Management**  
Bonnie Bernstein, PhD

**Using genetic information to predict and treat obesity - Are we ready for precision medicine?**  
Ruth Loos, MD

**Pre and Post-Operative Process for Bariatric Surgery**  
Abraham Krikhely, MD, FACS

**Weight Loss Surgery for the Treatment of Adolescent Obesity: Procedures and Outcomes**  
Jeffrey Zitsman, MD

**Lifestyle Modification Workshops:**

**Body Composition Changes with Weight Loss, Including Physical Activity Regimens**  
Dymphna Gallagher, EdD

**Clinical Research Dietary Intervention in Patients with Obesity**
Katie C Hootman, PhD, RD, CDN

**Improving Sleep in Your Patients: Strategies and Outcomes**
*Ari Shechter, PhD*

**Interventions in Community-Based Settings with Diverse Populations to Improve Eating Habits, Increase Physical Activity and Prevent/Control Obesity**
*Victoria W Rogers, MD; John C Rausch, MD, MPH, ABOM Diplomate*

**Meals & Snacks: Timing and Frequency for Optimal Health**
*Marie-Pierre St-Onge, PhD*

**Metabolic Effects and Clinical Applications of Nutrient Sequence During a Meal**
*Alpana Shukla, MD, MRCP(UK)*

**Physical Activity - How to Help People Get Moving**
*Richard Weil, MEd, CDE*

**Self-monitoring: What Can It Add and When to Consider It?**
*Carolyn Bramante, MD, MPH*

**Strategies for Reducing Obesity in People Who Are Food Insecure**
*Olivia Weinstein, MS, RD, LDN*

**Use of Technology in Prevention and Treatment of Obesity**
*Bonnie Spring, PhD*

**Pediatric Workshops:**

**Assessing and Addressing Food Insecurity in Children**
*Cristina R Fernandez MD, MPH, FAAP*

**Parent Power: How Parents Can Help Tackle Childhood Obesity**
*Susan Carnell, PhD*

**Pharmacologic Options for Children and Adolescents with Obesity**
*Claudia Fox, MD, MPH, FAAP, ABOM Diplomate; Aaron Kelly, PhD*

**Practical Approaches to Pediatric Obesity Management in the Primary Care Setting**
*Eugene Dinkevich, MD, FAAP, ABOM Diplomate*

**Prevention and Management of Non-Alcoholic Fatty Liver Disease (NAFLD) in Children**
*Ali Mencin, MD*

**The Role of the First 1,000 Days of Life in Childhood Obesity Prevention**
*Jennifer Woo Baidal, MD, MPH*
Session 5 – ABOM Review Session

Overview of the Role of Physical Activity in Prevention and Treatment of Obesity
Richard Weil, Med, CDE

Overview of Diagnosis, Evaluation and Management of Obesity in Adults
Deborah Horn, DO, MPH, Diplomate ABOM

Overview of Diagnosis, Evaluation and Management of Obesity in Children
Eugene Dinkevich, MD, FAAP, Diplomate ABOM

Pediatric Cases
Eugene Dinkevich, MD, FAAP, Diplomate ABOM

Nutrition Recommendations for the Patient with Obesity
Leslie Rosenbruch, MS, RD, LDN, CDE

Obesity Overview of Genetics and Physiology of Obesity
Beverly Tchang, MD, ABOM Diplomate

Case Studies
Leon Igel, MD, FACP, FTOS, ABOM Diplomate

Overview of ABOM Certification Process
Josie Burke