Online Course

Session 1: Setting the Stage – Epidemiology, Health Risks, and Genetics of Obesity

2.75 credits

The Epidemiology and Health Risk of Obesity
Louis J Aronne, MD, FACP, FTOS, DABOM

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

Epigenetics and the Development of Obesity
Lori M Zeltser, PhD

Session 2: Metabolic and Etiologic Factors Underlying Obesity

4.50 credits

Obesity Pathophysiology
Ania M Jastreboff, MD, PhD, DABOM

Adipose Tissue: White, Brown, and Beige and How Shade Matters
Marc L Reitman, MD, PhD

Obesity and Type II Diabetes: New thoughts on Pathophysiology and Treatment
Caroline Apovian, MD, FACP, FACN, DABOM

Is Hyperinsulinemia the Cause of Obesity, Inflammation and Insulin Resistance?
Barbara E Corkey, PhD

Obesity: Why Is It So Hard to Keep Weight Off?
Michael Rosenbaum, MD

Session 3: Environmental and Behavioral Drivers – Bias, Bugs, and Beds

4.75 credits

Microbiome and Energy Balance
Emonn Quigley, MD, FRCP, FACP, MACG, FRCPI

Weight Bias and Discrimination
Rebecca Pearl, PhD

How and Why Weight Stigma Drives the Obesity ‘Epidemic’ and Harms Health
A Janet Tomiyama, PhD

Chronic Stress and Obesity
Rajita Sinha, PhD

Sleep and Obesity: Altering Energy Balance
Marie-Pierre St-Onge, PhD, CCSH, FAHA

Obstructive Sleep Apnea and Obesity: Evidence and Clinical Considerations
Ari Shechter, PhD
Session 4: Food – The Impact of Calories, Composition, and Processing on Intake
5.25 credits
Carbs, Calories, or Quality: What Matters Most for Body Weight?
Kevin Hall, PhD
Is Food Addiction a Contributor to Obesity?
Ruben D Baler, PhD, MSc
Rethinking Food Reward
Dana Small, PhD
Meal Frequency and Timing: Implications for Health
Marie-Pierre St-Onge, PhD, CCSH, FAHA
Food Order: Metabolic Effects and Clinical Applications of Nutrient Sequence During a Meal
Alpana Shukla, MD, MRCP(UK)
Food Ultra-processing and the Pandemic of Obesity: Evidence and Policy Implications
Carlos A Monteiro, MD, PhD

Session 5: Weight Loss Diets – Efficacy, Benefits/Risks
3.25 credits
Low Carb vs. Low Fat Diets: The Insecure Infrastructure of the Food Pyramid
Michael Rosenbaum, MD
The Buddy System for Weight Loss: Promise and Pitfalls
Angela C Incollingo Rodriguez, PhD
Losing and Regaining Weight: Do the Benefits of the Losses Outweigh the Consequences of Regain?
Steven Heymsfield, MD
Aging, Intermittent Fasting and Metabolic Health: From Caloric Restriction to Time-Restricted Feeding
Eric Ravussin, PhD

Session 6: Obesity During Pregnancy
2.75 credits
Obesity and Pregnancy
Patrick M Catalano, MD
Impact of Maternal Obesity on Placental Development and Function
Perrie O’Tierney-Ginn, PhD
In Utero and Lactational Programming of Obesity: Repercussions for Offspring Health
Sarbattama (Rimi) Sen, MD

Session 7: Childhood Obesity
5.75 credits
Past and Present Challenges in Childhood Obesity
Sandra G Hassink, MD, MSc, FAAP
Assessing and Addressing Food Insecurity in Children
Cristina R Fernandez, MD, MPH, FAAP
The Role of the First 1,000 Days of Life in Childhood Obesity Prevention
Jennifer Woo Baidal, MD, MPH
Child Obesity: The Role of Parents

Susan Carnell, PhD

Parent Power: How Parents Can Help Tackle Childhood Obesity

Susan Carnell, PhD with guests Jennifer Orlet Fisher, PhD and Kerri Boutelle PhD

An Ounce of Prevention: A Brief Family-Centered Approach to the Obesity Counseling in Pediatric Primary Care

Eugene Dinkevich, MD, FAAP, DABOM

Prevention and Management of Non-Alcoholic Fatty Liver Disease (NAFLD) in Children

Ali A Mencin, MD

Session 8: Health Disparities and Obesity

4.50 credits

How Does Race and Ethnicity Affect the Development of Obesity and Related Co-morbidities?

Ramfis Nieto-Martinez, MD, MSc

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, FAMWA, FTOS, DABOM

Management of Obesity in Adults with Limited Means

Tirissa J Reid, MD, DABOM and Jamie A Mullally, MD, DABOM

Strategies for Reducing Obesity in People Who Are Food Insecure

Olivia Weinstein, MS, RD, LDN

Session 9: Medical Assessment and an Introduction to Treatment Strategies

7.00 credits

Medical Assessment and Treatment of Adult Obesity

Rekha B Kumar, MD, MS, DABOM

Using Genetic Information to Predict and Treat Obesity: Are we ready for precision medicine?

Ruth Loos, PhD

From Brain to Bedside: How Neuroscience Informs Clinical Care for Patients with Obesity

Ellen Schur, MD, MS

Addressing Weight Bias in Clinical Settings

Scott Kahan, MD, MPH, DABOM

Obesity Medicine in the Age of Telehealth

An Chen, MD, DABOM and Reshmi Srinath, MD, DABOM

Coding and Reimbursement for Obesity Management

Joel V Brill, MD, FACPMD

Case Studies in Adults: Bring Your Most Challenging Examples

W Scott Butsch, MD, MSc, FTOS, DABOM and Beverly G Tchang, MD, DABOM

Community Childhood Obesity Programs at Work Let’s Go! and CHALK

Victoria W Rogers, MD and John Rausch, MD, MPH, DABOM
Session 10: Treatment Strategies – Nutrition Management

3.00 credits

**Nutritional Recommendations for Persons with Obesity**
Heather Seid, MS, RDN

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

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

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

Session 11: Treatment Strategies – Pharmacological and Technological Approaches

3.25 credits

**Current Pharmacological Approaches to Obesity**
Katherine H Saunders, MD, DABOM

**Advanced Pharmacological Approaches to Obesity**
Louis J Aronne, MD, FACP, FTOS, DABOM and Katherine Saunders, MD, DABOM

**Pharmacologic Options for Children and Adolescents with Obesity**
Claudia Fox, MD, MPH, FAAP, DABOM and Aaron S Kelly, PhD

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

Session 12: Treatment Strategies – Weight Loss Surgery

5.00 credits

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

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

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

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

**Gut Hormone Effects of Bariatric Surgery and What They Teach Us about Appetite Regulation**
Judith Korner, MD, PhD, DABOM

**Bariatric Surgery: Post-operative Complications and Treatment**
Abraham Krikhely, MD, FACS, FASMBS

Session 13: Psychological Management of Obesity

3.50 credits

**Psychological Management of Obesity**
Madelyn Fernstrom, PhD, CNS

**Motivational Interviewing in Obesity Counseling**
Prantik Saha, MD, MPH
Patient-centered Care and Empathy in Obesity Management
Bonnie Bernstein, PhD

Bringing Mindfulness and Meditation Into Practice
Rajita Sinha, PhD

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

**Session 14: Physical Activity**

3.25 credits

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

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

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

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

**Session 15: Covid-19 and Obesity**

3.25 credits

Food Insecurity and COVID-19: A Long-standing Issue of Inequality Sky Rocks
Kim Hekimian, PhD

Changes in Food Habits and Stress during COVID-19
Yael M Cycowicz, PhD and Diana V Rodriguez-Moreno, PhD

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

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

The Role of Obesity in COVID-19 Disease and Its Impact on the Delivery of Critical Care Nutrition
Stephen A McClave, MD, FACN, FASGE, FASPEN, AGAF

**Session 16: Review for the Obesity Medicine Certification Exam**

5.75 credits

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 Bade Horn, DO, MPH, MFOMA, DABOM

Review course for ABOM Exam: Pediatrics
Eugene Dinkevich, MD, FAAP, DABOM

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

Obesity Pathophysiology and Genetics: A Review
Beverly G Tchang, MD, DABOM
Pharmacotherapy for Obesity Management Cases
Leon I Igel, MD, FACP, FTOS, DABOM

Obesity Medicine Certification Overview
Josie Burke

The Columbia University Vagelos College of Physicians and Surgeons designates this enduring material for a maximum of 67.5 AMA PRA Category 1 Credits™.