

2021 Obesity *Etiology, Prevention, and Treatment*

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, CESH, 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, FACPM

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 Rockets

Kim Hekimian, PhD

Changes in Food Habits and Stress during COVID-19

Yael M Cykowicz, PhD and Diana V Rodriguez-Moreno, PhD

Making Nutrition a Priority During the Coronavirus Pandemic

Jaelyn 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™.