



## **Columbia Cornell Obesity: Additional Topics for Advanced Study**

### **Obesity Theory**

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

Ellen A Schur, MD, MS, DABOM

Professor of Medicine, Division of General Internal Medicine

Clinical Research Director, Medicine Diabetes Institute

Director, Nutrition and Obesity Research Center

Director, NORC Clinical and Translational Research Services Core

Co-Director, Nutrition, Obesity, and Atherosclerosis Training Program

University of Washington

#### **Using Genetic Information to Predict and Treat Obesity: Are We Ready for Precision Medicine?**

Ruth Loos, PhD

Professor, Vice Executive Director

Novo Nordisk Foundation Center for Basic Metabolic Research

University of Copenhagen, Denmark

#### **Adipocyte Biology**

Paul Cohen, MD, PhD

Albert Resnick, M.D. Associate Professor

Senior Attending Physician

Head of the Weslie R. and William H. Janeway Laboratory of Molecular Metabolism

The Rockefeller University

#### **Lancet Commission Report on Clinical Obesity**

Francesco Rubino, MD

Chair of Metabolic and Bariatric Surgery

King's College of London

### **Maternal and Childhood Obesity: Determinants, Affects, and Ways Forward**

#### **Epigenetics and the Development of Obesity**

Lori Zeltser, PhD

Professor of Pathology and Cell Biology

Co-Director, Nutrition and Metabolic Biology PhD Program, Institute of Human Nutrition

Columbia University Vagelos College of Physicians and Surgeons

Columbia University Irving Medical Center



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### **Impact of Maternal Obesity on Placental Development and Function**

Perrie O'Tierney-Ginn, PhD

Executive Director, Mother Infant Research Institute;

Research Associate Professor of Obstetrics and Gynecology

Tufts University School of Medicine

### **In Utero and Lactational Programming of Obesity: Repercussions for Offspring Health**

Sarbattama Sen, MD

Associate Professor of Pediatrics; Vice Chair of Pediatric Clinical Research

The Warren Alpert Medical School of Brown University

Staff Neonatologist

Women & Infants Hospital

### **Childhood Obesity: Challenges and Opportunities**

Sandra Hassink, MD, MSc, FAAP

Medical Director, AAP Institute for Healthy Childhood Weight

Chairperson, Child and Adolescent Health Committee for the Institute for Medicaid Innovation

Member, Healthy Weight Network Advisory Committee

### **Evaluation and Treatment of Children and Adolescents with Obesity**

Sandra Hassink, MD, MSc, FAAP

Medical Director, AAP Institute for Healthy Childhood Weight

Chairperson, Child and Adolescent Health Committee for the Institute for Medicaid Innovation

Member, Healthy Weight Network Advisory Committee

### **Childhood Obesity: Special Considerations**

Vidhu Thaker, MD

Associate Professor of Pediatrics

Department of Pediatrics and Molecular Genetics

Columbia University Irving Medical Center

### **Childhood Obesity: The Role of the Parents**

Susan Carnell, PhD

Associate Professor of Child and Adolescent Psychiatry

Johns Hopkins University School of Medicine



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### **The Role of the First 1,000 Days of Life in Childhood Obesity Prevention**

Jennifer Woo Baidal, MD, MPH

Associate Professor, Pediatrics- Gastroenterology

Member, Maternal & Child Health Research Institute (MCHRI)

Stanford Health Care, Stanford Medicine Children's Health

### **Pediatric MASLD**

Ali A Mencin, MD

Associate Professor of Pediatrics

Columbia University Irving Medical Center

## **Aging and Obesity**

### **Aging and Metabolism**

Luigi Fontana, MD, PhD, FRACP

Professor of Medicine and Nutrition

Leonard P Ullman Chair, Translational Metabolic Health

Scientific Director, Charles Perkins Centre Royal Prince Alfred Clinic

Director, 'Health for Life' Research, Educational and Clinical Program

University of Sydney

### **Treating Older Adults with Obesity - What Clinicians Need to Know**

John Batsis, MD, FACP, FTOS, AGSF, FGS, DABOM

Associate Professor

School of Medicine (Geriatric Medicine)

Gillings School of Global Public Health (Nutrition)

The University of North Carolina at Chapel Hill

### **Metabolism, Nutrition, Obesity, and Cancer**

Juan M Schwartzman, MD, PhD

Assistant Professor

Department of Medicine

Columbia University Irving Medical Center

### **Caloric Restriction & Endurance Exercise in Cancer Management for Patients With Obesity**

Luigi Fontana, MD, PhD, FRACP

Professor of Medicine and Nutrition

Leonard P Ullman Chair, Translational Metabolic Health

Scientific Director, Charles Perkins Centre Royal Prince Alfred Clinic

Director, 'Health for Life' Research, Educational and Clinical Program

University of Sydney



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### **Nutrition and Obesity**

#### **Clinical Research Dietary Intervention in Patients with Obesity**

Katie C Hootman, PhD, RDN, CDN, MS  
Director, Nutrition and Metabolic Research Core  
Clinical and Translational Science Center  
Weill Cornell Medical College

#### **Nutrition Assessment and Counseling**

Heather Seid, DCN, RDN, CLC  
Bionutrition Research Core Program Manager  
Irving Institute for Clinical and Translational Research  
Columbia University Irving Medical Center

#### **Diet: More Than Just What's On the Plate - Implications for Meal Timing and Frequency**

Marie-Pierre St-Onge, PhD, FAHA, CCSH  
Associate Professor of Nutritional Medicine  
Director, Center of Excellence for Sleep and Circadian Research  
Columbia University Irving Medical Center

#### **Low Carb vs. Low Fat Diets: What We Don't Know and Why We Should Know It**

Michael Rosenbaum, MD  
Professor Emeritus of, and Special Lecturer in, Pediatrics and Medicine  
Associate Directors of CTSA/Clinical Research Resource  
Columbia University Medical Center

#### **Food Ultra-processing and the Pandemic of Obesity: Evidence and Policy Implications**

Carlos A Monteiro, MD, PhD  
Emeritus Professor  
School of Public Health  
University of Sao Paulo

#### **Mindful Eating Techniques**

Jamie Leskowitz, MS, RD, CDN, CDCES  
Registered Dietitian-Nutritionist  
Metabolic and Weight Control Center  
Columbia University Irving Medical Center



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### **Aging, Intermittent Fasting and Metabolic Health: From Caloric Restriction to Time-Restricted Feeding and Towards Precision Nutrition**

Eric Ravussin, PhD

Boyd Professor

Louisiana State University

### **Over the Counter Weight Loss Supplements**

David Berger, MD

Endocrinology Fellow

Columbia University Irving Medical Center

### **Obesity and Eating Disorders**

Kelly Allison, PhD

Professor of Psychology

Director of the Center for Weight and Eating Disorders

Perelman School of Medicine

University of Pennsylvania

## **Sleep and Obesity**

### **Sleep and Obesity: Altering Energy Balance**

Marie-Pierre St-Onge, PhD, FAHA, CCSH

Associate Professor of Nutritional Medicine, Department of Medicine

Director, CUIMC Center of Excellence for Sleep and Circadian Research

Columbia University Irving Medical Center

### **Improving Sleep in Your Patients: Strategies and Outcomes**

Ari Shechter, PhD

Associate Professor of Medical Sciences (in Medicine)

Center for Behavioral Cardiovascular Health

Columbia University Irving Medical Center



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### **Weight Loss and Regain: Long-Term Effects and Approaches To Weight Regulation**

#### **The Effects of Physical Activity on Weight Loss and Maintenance of Weight Loss**

John M Jakicic, PhD, FACSM, FTOS

Professor of Internal Medicine

Division of Physical Activity and Weight Management

University of Kansas Medical Center

#### **Losing and Regaining Weight: Do the Benefits of the Losses Outweigh the Consequences of Regain?**

Steven Heymsfield, MD

Professor, Metabolism & Body Composition Department

Pennington Biomedical Research Center

#### **Body Composition Changes With Weight Loss: Including Physical Activity Regimens**

Dympna Gallagher, EdD

Professor of Nutritional Medicine

Columbia University Vagelos College of Physicians and Surgeons

Columbia University Irving Medical Center

#### **Movement Recommendations for People With Reduced Mobility**

Ali Geronimo, MEd, RD, LDN, ATC/LAT

Registered Dietitian/Nutritionist

Certified Athletic Trainer

Private Practice

### **Counseling, Patient Self-Monitoring, and Coding Fundamentals**

#### **Behavior Modification Counseling for Obesity Management**

Brooke Aggarwal, EdD, MS, FAHA

Assistant Professor of Medical Sciences (in Medicine)

Division of Cardiology

Columbia University Irving Medical Center

#### **Motivational Interviewing in Obesity Counseling**

Prantik Saha, MD, MPH

Assistant Clinical Professor of Pediatrics

Columbia University Irving Medical Center



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### **Self-Monitoring for Weight Management: What Can It Add and When to Consider It**

Carolyn Bramante, MD, MPH, DABOM

Assistant Professor, Internal Medicine and Pediatrics

Core Faculty, Center for Pediatric Obesity Medicine

Core Faculty, Program for Health Disparities Research

University of Minnesota

### **Obesity Coding and Reimbursement**

Joel V Brill, MD, FACP

Chief Medical Officer

Predictive Health

## **The Impact of Cultural Context and Weight Stigma on Obesity and Its Treatment**

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

Ramfis Nieto-Martinez, MD, MSc

CEO, Precision Care Corp

Lown Scholar, Department of Global Health and Population

Harvard T.H. Chan School of Public Health, Harvard University

Founder, Current President, Venezuelan Foundation for Clinical, Epidemiological, and Public Health Research

### **Challenges in Women and People of Color with Obesity and Obesity-related Diseases**

Chika V Anekwe, MD, MPH

Obesity Medicine Clinical Director

Preventive Medicine and Obesity Medicine Physician

Massachusetts General Hospital Weight Center

Instructor, Harvard Medical School

### **How and Why Weight Stigma Drives the Obesity 'Epidemic' and Harms Health**

A Janet Tomiyama, PhD

Professor, Department of Psychology

University of California Los Angeles

### **Weight Bias and Discrimination**

Rebecca L Pearl, PhD

Associate Professor

Clinical and Health Psychology, Social and Behavioral Sciences

University of Florida



## **Columbia Cornell Obesity: Additional Topics for Advanced Study**

### **Food Insecurity and Treating Patients With Limited Means**

#### **Food Insecurity, Covid-19 and Zip Codes: Addressing a Long-standing Issue of Inequity**

Kim Hekimian, PhD

Associate Professor of Nutrition, Pediatrics and Institute of Human Nutrition (IHN)

Director, IHN Master of Science in Human Nutrition Program

Associate Director of Education, Program for Global and Population Health

Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center

#### **Strategies for Reducing Obesity in People Who are Food Insecure (with cooking demo)**

Olivia Weinstein, MS, RDN, LDN

Director of Nutrition Innovation and Implementation

Boston Medical Center

#### **Responding to Food Insecurity, Clinical-Community Partnership**

Carey Jernigan, MPH

Program Director, Community Health

NewYork-Presbyterian Hospital

Kyle Murray, MS, RD, CDN, CDE

Youth Market Program Lead

Division of Community and Population Health, NewYork-Presbyterian Hospital

#### **Clinical Management of Obesity in Adults with Limited Means**

Tirissa Reid, MD, DABOM

Associate Professor of Medicine at CUIMC

Vagelos College of Physicians and Surgeons

Columbia University Metabolic and Weight Control Center

Clinical Medical Educator, Columbia University Institute of Human Nutrition

Jamie A. Mullally, MD, DABOM

Associate Professor, New York Medical College

Medical Director of Obesity Medicine, Westchester Medical Center

Associate Program Director, Fellowship Program in Endocrinology, Diabetes and Metabolism, Westchester Medical Center



## **Columbia Cornell Obesity: Additional Topics for Advanced Study**

### **Case-Based Learning**

#### **Creating Individualized Treatment Plans**

Tirissa Reid, MD, DABOM

Associate Professor of Medicine at CUIMC

Vagelos College of Physicians and Surgeons

Columbia University Metabolic and Weight Control Center

Clinical Medical Educator, Columbia University Institute of Human Nutrition

#### **A New Era Of Anti-Obesity Pharmacotherapy**

Jamie A. Mullally, MD, DABOM

Associate Professor, New York Medical College

Medical Director of Obesity Medicine, Westchester Medical Center

Associate Program Director, Fellowship Program in Endocrinology, Diabetes and Metabolism, Westchester Medical Center

#### **Weight Regain Cases**

Ilana Redmond, MD, DABOM

Obesity Medicine Physician

Intellihealth

#### **Sarcopenic Obesity, Malnutrition, and Nutrition Support After Weight Loss Surgery**

Michael Owen-Michaane, MD

Assistant Professor of Medicine

NewYork-Presbyterian Hospital and Columbia Irving Medical Center

#### **Incorporating Culinary Medicine Into Obesity Medicine Practice and Training**

Ileana Vargas-Rodriguez, MD

Assistant Professor of Pediatrics, Columbia Irving Medical Center

Pediatric Endocrinologist, NewYork-Presbyterian Hospital