



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

Section I. Continuing Foundational Concepts	CME Credits
<p>1. From Brain to Bedside: How Neuroscience Informs Clinical Care for Patients with Obesity Ellen A. Schur, MD, MS, DABOM Director, Clinical Research Unit UW Medicine Diabetes Institute Professor of Medicine, Division of General Internal Medicine University of Washington</p>	.75
<p>2. Adipocyte Biology Paul Cohen, MD, PhD Albert Resnick, M.D., Associate Professor, Senior Attending Physician, and Head of the Weslie R. and William H. Janeway Laboratory of Molecular Metabolism The Rockefeller University</p>	.50
<p>3. Epigenetics and the Development of Obesity Lori Zeltser, PhD Professor of Pathology and Cell Biology, Director, Metabolism and Nutrient Biology Track of the VIBRE Biomedical Life Sciences PhD Program Columbia University Irving Medical Center</p>	.75
<p>4. Aging and Metabolism Luigi Fontana, PhD, FACSM, FTOS Professor of Medicine and Nutrition, Leonard P Ullman Chair, and Translational Metabolic Health Scientific Director Charles Perkins Centre Royal Prince Alfred Clinic Director 'Health for Life' Research, Educational and Clinical Program, University of Sydney</p>	.50
<p>5. The Effects of Physical Activity on Weight Loss and Maintenance of Weight Loss John M. Jakicic, MD, PhD, FACSM, FTOS Professor of Internal Medicine, Division of Physical Activity and Weight Management University of Kansas Medical Center</p>	.75
<p>6. Metabolic and Hormonal Mechanisms of Bariatric Surgery for Weight Loss Effectiveness and Longevity Neil Floch, MD MD, FACS, DABOM Associate Professor of Surgery Yale School of Medicine Director of Bariatric Surgery Greenwich Hospital</p>	1.00
<p>7. Understanding Lipedema: Tools for the Obesity Medicine Clinician Courtney Mascio, OT/L, CLT Professional Education Manager Lipedema Foundation Celia Egan, MD, MSCP, DABOM Director of Metabolic Health & Obesity Medicine @true.womenshealth</p>	1.00



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Section II. Maternal and Childhood Obesity	CME Credits
<p>1. Obesity and Maternal Health: Pregnancy & Postpartum Courtney Younglove, MD, FOMA, FACOG, DABOM Founder and Medical Director, Heartland Weight Loss</p>	1.0
<p>2. Impact of Maternal Obesity on Placental Development and Function Perrie O'Tierney-Ginn, PhD Interim Executive Director of the Mother Infant Research Institute Tufts Medical Center Research Associate Professor of Obstetrics & Gynecology Tufts University School of Medicine</p>	.75
<p>3. In Utero and Lactational Programming of Obesity: Repercussions for Offspring Health Sarbattama "Rimi" Sen, MD Neonatologist, and Vice Chair of Pediatric Clinical Research Women & Infants Hospital of Rhode Island Associate Professor of Pediatrics Warren Alpert Medical School of Brown University</p>	.75
<p>4. Early Life Origins of Obesity - The First 1,000 Days of Life Ilene Fennoy, MD, DABOM Doctor of Pediatric Endocrinology Columbia University Irving Medical Center/ NewYork-Presbyterian Morgan Stanley Children's Hospital</p>	.75
<p>5. Childhood Obesity: Special Considerations Vidhu Thaker, MD Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics Columbia University Irving Medical Center</p>	.75
<p>6. Pediatric MASLD Ali A. Mencin, MD Chief of the Division of Pediatric Gastroenterology, Hepatology and Nutrition NewYork-Presbyterian & Columbia University Irving Medical Center Associate Professor of Pediatrics Columbia University Irving Medical Center</p>	1.0
<p>7. Child Obesity: The Role of the Parents Susan Carnell, PhD Associate Professor of Child and Adolescent Psychiatry Johns Hopkins University School of Medicine</p>	.75



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Section III	Nutrition Assessment and Dietary Approaches	CME Credits
1.	Nutrition Assessment and Counseling Heather Seid, DCN, RDN, CLC Bionutrition Research Core Program Manager Irving Institute for Clinical and Translational Research at Columbia University Irving Medical Center	.75
2.	Mindful Eating Techniques Jamie Leskowitz, MS, RD, CDN, CDCES Registered Dietitian-Nutritionist Metabolic and Weight Control Center at Columbia University Irving Medical Center	.50
3.	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 and Director, Center of Excellence for Sleep and Circadian Research Columbia University Irving Medical Center	1.0
4.	Ultra-processed Food Environments and Body Weight Regulation Kevin Hall, PhD Scientist Kevin Hall PhD, LLC	.50
5.	Weight Loss Supplements David Berger, MD Doctor of Endocrinology, Diabetes, and Metabolism NewYork-Presbyterian/ Columbia University Irving Medical Center	.50
6.	Obesity and Eating Disorders Kelly C. Allison, PhD Professor of Psychology and Director of the Center for Weight and Eating Disorders Perelman School of Medicine at the University of Pennsylvania	1.0



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Section IV Behavior Modification Counseling	CME Credits
<p>1. Behavior Modification Counseling for Obesity Management Brooke Aggarwal, EdD, MS, FAHA Assistant Professor of Medical Sciences, Division of Cardiology Columbia University Irving Medical Center</p>	.75
<p>2. Motivational Interviewing in Obesity Counseling Prantik Saha, MD, MPH Assistant Clinical Professor of Pediatrics Columbia University Irving Medical Center</p>	.50
<p>3. 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</p>	.50
<p>4. Improving Sleep in Your Patients: Strategies and Outcomes Ari Schecter, PhD Medical Science Liaison, US Medical Affairs, Sleep/Neuroscience Jazz Pharmaceuticals</p>	1.0
<p>5. Movement Recommendations for People with Reduced Mobility Ali Geronimo, MEd, RD, LDN, ATC/LAT Registered Dietitian/Nutritionist and Certified Athletic Trainer, Private Practice</p>	1.25
<p>6. Mental Health and Obesity: Shared Complexity, Mechanisms, Decision Making and Responsibilities Robyn Pashby, PhD Founder Health Psychology Partners Research Assistant Professor of Psychology Uniformed Services University</p>	.75
<p>7. Stress-Induced Eating Rebecca Klatzkin, PhD Professor of Psychology and Chair of Neuroscience Rhodes College</p>	.75



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Section V Cultural Factors and Weight Stigma in Obesity	CME Credits
<p>1. How Do 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</p>	.75
<p>2. Food Insecurity and Obesity: Addressing a Long-standing Determinant of Health Kim Hekimian, PhD Associate Professor of Nutrition in Pediatrics and Director, Master of Science in Human Nutrition Program Institute of Human Nutrition at Columbia University Irving Medical Center Associate Director of Education, Program in Education in Global and Population Health Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center</p>	.50
<p>3. 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</p>	.50
<p>4. Management of Obesity in Adults with Limited Means Tirissa J. Reid, MD, DABOM Associate Professor of Medicine at CUIMC Vagelos College of Physicians and Surgeons Metabolic and Weight Control Center New York-Presbyterian/Columbia University Irving Medical Center Clinical Medical Educator Columbia University Institute of Human Nutrition</p> <p>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</p>	1.5
<p>5. Obesity Advocacy Landscape Tracy Zvenyach, PhD, MS, RN Vice President of Advocacy and Research Obesity Action Coalition</p>	1.0



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Section VI Case-Based Learning	CME Credits
<p>1. Creating Individualized Treatment Plans Tirissa J. Reid, MD, DABOM Associate Professor of Medicine at CUIMC Vagelos College of Physicians and Surgeons Metabolic and Weight Control Center New York-Presbyterian/Columbia University Irving Medical Center Clinical Medical Educator Columbia University Institute of Human Nutrition</p>	.75
<p>2. A New Era of Anti-Obesity Pharmacotherapy Jamie A. Mullally, MD, DABOM Associate Professor of Medicine New York Medical College Medical Director of Obesity Medicine and Associate Program Director, Fellowship Program in Endocrinology, Diabetes and Metabolism Westchester Medical Center</p>	.75
<p>3. Managing Weight Regain Ilana Redmond, MD, DABOM Obesity Medicine Physician Intellihealth</p>	.75
<p>4. Sarcopenic Obesity, Malnutrition and Nutrition Support After Weight Loss Surgery Michael Owen-Michaane, MD, DABOM Assistant Professor of Medicine New York-Presbyterian Hospital/ Columbia Irving Medical Center</p>	.75
<p>5. Incorporating Culinary Medicine into Obesity Medicine Practice and Training Ileana Vargas, MD, DABOM Assistant Professor of Pediatrics Columbia Irving Medical Center Pediatric Endocrinologist New York-Presbyterian Hospital</p>	.75
<p>6. Women's Health and Obesity: Management Through Clinical Cases Aditi Rao, MD Clinical Fellow in Obesity Medicine Weill Cornell Medicine</p> <p>Beverly Tchang, MD, FTOS, DABOM Associate Professor of Clinical Medicine Weill Cornell Medical College Doctor of Obesity Medicine, Comprehensive Weight Control Center Weill Cornell Medicine</p>	1.0
<p>7. Mental Health and Obesity: Case-Based Presentation Zerimar Ramirez Lopez, MD Resident Physician BronxCare Health System</p>	.50



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Section VII Managing the Obesity Medicine Practice

CME Credits

- 1. Coding and Reimbursement in Obesity Medicine** **.50**
Adam Gilden, MD, MSCE, FACP, FTOS, DABOM
Associate Professor | University of Colorado School of Medicine
- 2. Setting Up an Obesity Management Practice** **.75**
Jamie A. Mullally, MD, DABOM
Associate Professor of Medicine | New York Medical College
Medical Director of Obesity Medicine and Associate Program Director,
Fellowship Program in Endocrinology, Diabetes and Metabolism |
Westchester Medical Center
- 3. Practicing with Professionalism: Obesity Medicine Clinical Practice Steps** **1.0**
Deborah Bade Horn, DO, MPH, FOMA, DABOM
Clinical Professor, Departments of Surgery and Internal Medicine |
McGovern Medical School
Medical Director | University of Texas Center for Obesity Medicine and
Metabolic Performance