



2026 Obesity: Etiology, Prevention, and Treatment

Session 1

CME Credits **Lecture**

- .75** **01.01. Epidemiology and Health Risks of Obesity**
Louis Aronne, MD, FACP, FTOS, DABOM
Sanford I. Weill Professor of Metabolic Research, Professor of Clinical Medicine | Weill Cornell Medical College
Medical Director of the Comprehensive Weight Control Center | Weill Cornell Medicine
Co-Founder and Chair Emeritus | American Board of Obesity Medicine
- .75** **01.02. How Bias and Stigma Influence the Outcomes of Obesity Prevention and Treatment**
Ted Kyle, RPh, MBA
Founder | ConscienHealth
- .75** **01.03. Obesity Complications and Co-Morbidities**
Beverly Tchang, MD, FTOS, DABOM
Associate Professor of Clinical Medicine | Weill Cornell Medical College
President | Tri-state Obesity Society
CEO | Weightless Consulting, LLC
- .75** **01.04. Physiology and Pathophysiology of Obesity**
Sabrina Diano, PhD
Robert R. Williams Professor of Nutrition, Director of the Institute of Human Nutrition, Professor of Physiology and Cellular Biophysics, Member of the Naomi Berrie Diabetes Center | Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center
- .75** **01.05. Genetics of Obesity and Weight Regulation**
Rudolph Leibel, MD
Christopher J. Murphy Memorial Professor of Diabetes Research, Professor of Pediatrics and Medicine, Head of Division of Molecular Genetics | Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center
- .75** **01.06. In the Post-GLP1 World, Have We Cured Obesity?**
Giles Yeo, PhD
Professor of Molecular Neuroendocrinology, Program Leader of MRC Metabolic Diseases Unit at the Medical Research Center | Cambridge; Honorary President | British Dietetic Association



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Session 2

CME Credits **Lecture**

- .75** **02.01 Nutrition Recommendations for Adults with Obesity**
Morgan Dickison, MS, RDN, CSOWM, CDN
Registered Dietitian | Comprehensive Weight Control Center, Weill Cornell Medicine
- .75** **02.02 Weighty Matters: Low-Carbohydrate and Low-Fat Diets**
Michael Rosenbaum, MD
Professor Emeritus, Special Lecturer in Pediatrics and Medicine | Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center
- .75** **02.03 Food Order/Nutrient Sequence: Physiological Effects and Therapeutic Implications**
Alpana Shukla, MD, MRCP (UK), FTOS
Associate Professor of Research in Medicine | Weill Cornell Medical College
Director of Clinical Research at the Comprehensive Weight Control Center | Weill Cornell Medicine
- .75** **02.04 The Landscape of Behavioral Interventions in Obesity Medicine**
Ariana Chao, PhD, CRNP, FNP-BC, RN
Associate Professor | School of Nursing, Johns Hopkins University
- .75** **02.05 The Role of Physical Activity in Obesity Management**
Keith Diaz, PhD
Florence Irving Associate Professor of Behavioral Medicine | Columbia University Irving Medical Center



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Session 3

CME Credits Lecture

- 1.00** **03.01 Guidelines and Standards of Care for the Treatment of Obesity**
Louis Aronne, MD, FACP, FTOS, DABOM
Sanford I. Weill Professor of Metabolic Research, Professor of Clinical Medicine |
Weill Cornell Medical College
Medical Director of the Comprehensive Weight Control Center | Weill Cornell Medicine
Co-Founder and Chair Emeritus | American Board of Obesity Medicine
- Alpana Shukla, MD, MRCP (UK), FTOS**
Associate Professor of Research in Medicine | Weill Cornell Medical College
Director of Clinical Research at the Comprehensive Weight Control Center | Weill Cornell
Medicine
- .75** **03.02 Overview of the Medical Assessment of Adult Obesity**
Sarah Barenbaum, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | New York Presbyterian Hospital
- .75** **03.03 On-Label Pharmacological Approaches to Obesity**
Katherine Saunders, MD, DABOM
Clinical Assistant Professor of Medicine | Weill Cornell Medicine
CoFounder | Flyte Health
- .75** **03.04 Off-Label Pharmacotherapy for Obesity**
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
- 1.00** **03.05 Side Effects of Pharmacological Treatment and Their Management**
Judith Korner, MD, PhD, DABOM
Professor of Medicine in the Division of Endocrinology, Director of the Metabolic and Weight
Control Center | New York-Presbyterian Hospital and Columbia University Irving Medical Center
Chair Emerita | American Board of Obesity Medicine



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Session 4

CME Credits	Lecture Title
.75	04.01 Addressing Weight Bias in Clinical Settings Scott Kahan, MD, MPH, DABOM Director National Center for Weight and Wellness
1.00	04.02 Beyond BMI - Strategies to Optimize Clinician-Supported Weight Loss Plans Eugene Lucas, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician New York Presbyterian Hospital
.50	04.03 Mental Health and Obesity Sasidhar Gunturu, MD, FAPA Clinical Assistant Professor of Psychiatry Icahn School of Medicine at Mount Sinai Vice Chair, Residency Training Director, Medical Director of Psychiatric Integrated Services & Community Psychiatry Department of Psychiatry, Bronx Care Health System
.50	04.04 Case Session: Pharmacology & Behavioral Obesity Medicine Strategies in Practice Jamie Kane, MD, DABOM Chief of Obesity Medicine & Director, Center for Weight Management Northwell Health System Associate Professor of Medicine Zucker School of Medicine at Hofstra/ Northwell
.75	04.05 Obesity and Type 2 Diabetes Joshua Cook, MD, PhD Assistant Professor of Medicine in Endocrinology Columbia University Irving Medical Center
.75	04.06 Losing Weight and Keeping It Off: Different Problems, Different Solutions Michael Rosenbaum, MD Professor Emeritus, Special Lecturer in Pediatrics and Medicine, Associate Director of CTSA Columbia University Irving Medical Center
1.00	04.07 KEYNOTE: Obesity Across the Kidney Disease Continuum: from CKD Risk to Post-Transplant Outcomes Babak Orandi, MD, PhD, DABOM Associate Professor Departments of Surgery & Medicine, NYU Grossman School of Medicine Transplant Surgeon and Obesity Medicine Specialist NYU Langone Health



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Session 5

CME Credits Lecture Title

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| .75 | 05.01 An Ounce of Prevention: A Brief Family-Centered Approach to Obesity Counseling in Pediatric Care
Eugene Dinkevich, MD, FAAP, DABOM
Associate Professor of Clinical Pediatrics, Director of the Division of General Pediatrics and Pediatric Primary Care Services Department of Pediatrics, SUNY Downstate Health Sciences University |
| .75 | 05.02 Pharmacotherapy for Obesity in Youth
Claudia Fox, MD, MPH, FAAP, DABOM
Professor of Pediatrics and Co-Director of the Center for Pediatric Obesity Medicine University of Minnesota |
| 1.00 | 05.03 Pediatric Metabolic and Bariatric Surgery: Meds +/- Surgery +/- Meds
Jeffrey Zitsman, MD
Professor of Surgery Columbia University Irving Medical Center |
| .75 | 05.04 Case Session: Managing Pediatric Obesity in Practice
Cynthia Akagbosu, MD, DABOM
Associate Professor of Pediatrics Columbia University Irving Medical Center

Alyson Weiner, MD, DABOM
Assistant Professor of Pediatrics Weill Cornell Medical College
Assistant Attending Pediatrician NewYork-Presbyterian Hospital |



2026 Obesity: Etiology, Prevention, and Treatment

Session 6

CME Credits **Lecture Title**

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| .75 | 06.01 Women's Health and Obesity: How Midlife and Menopause Influence Weight
Maria Daniela Hurtado Andrade, MD, PhD, DABOM
Associate Professor of Medicine Mayo Clinic |
| .75 | 06.02 Management of Weight-related Conditions: Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)
Sonal Kumar, MD, MPH, DABOM
Assistant Professor of Medicine, Director of General Gastroenterology and Hepatology, Director of ICHANGE Weill Cornell Medicine & NewYork-Presbyterian |
| .50 | 06.03 Management of Weight-Related Conditions: The Role of Sleep in Obesity
Ana C. Krieger, MD, MPH
Professor of Clinical Medicine in the Departments of Medicine, Neurology and Genetic Medicine,
Chief of the Sleep Neurology Division Department of Neurology, Weill Cornell Medical College |
| .50 | 06.04 Management of Weight-Related Conditions: The Obesity-Cancer Connection
Rachel Perry, PhD
Associate Professor, Medicine/ Endocrinology and Cellular & Molecular Physiology
Yale University School of Medicine |
| .50 | 06.05 Management of Weight-Related Conditions: Obesity-Related Cardiovascular and Renal Disease: Risks and Care Strategies
Michael Weintraub, MD, DABOM
Clinical Assistant Professor Department of Medicine, NYU Grossman School of Medicine |
| No Credits | 06.06 Obesity Medicine Certification Overview
Josie Burke
Director of Physician Relations American Board of Obesity Medicine |



2026 Obesity: Etiology, Prevention, and Treatment

Session 7

CME Credits Lecture Title

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| .75 | 07.01 Endobariatrics: Advanced Endoscopic Techniques
Chino Aneke-Nash, MD, PhD
General Gastroenterology, Obesity and Endobariatrics NYC Health + Hospitals/Kings County |
| .75 | 07.02 Weight Loss Surgery: Pre/Post-Operative Processes, Procedures and Outcomes
Abraham Krikhely, MD, FACS, FASMBS
Chief of the Division of Minimally Invasive and Weight Loss Surgery
Columbia University Irving Medical Center |
| .75 | 07.03 Complications of Bariatric Surgery
Gregory Dakin, MD
Associate Professor of Surgery Weill Cornell Medical College
Chief of the Section of GI, Metabolic, and Bariatric Surgery Weill Cornell Medicine |
| 1.00 | 07.04 Nutrient Metabolism and Obesity: Special Considerations After Bariatric Surgery
Jeffrey Mechanick, MD, FACP, MACE, FACN, ECNU
Professor of Medicine, Medical Director of the Marie-Josée and Henry R. Kravis Center for
Cardiovascular Health at Mount Sinai Heart, Director of Metabolic Support in the Division of
Endocrinology, Diabetes and Bone Disease Ichan School of Medicine at Mount Sinai |
| .75 | 07.05 Obesity in the Older Adult Population
John Batsis, MD, FACP, AGSF, FGSA, FTOS, DABOM
Associate Professor University of North Carolina School of Medicine |



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Session 8

CME Credits Lecture Title

- .75** **08.01 Individualized and Long-Term Obesity Treatment Management**
Devika Umashanker, MD, DABOM
Medical Director of Obesity Medicine | Hartford HealthCare Medical
- 1.25** **08.02 Advanced Cases I: Obesity and Cancer—Complex Cases and Expert Panel**
Discussion
Sarah Schmitz, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | NewYork-Presbyterian Hospital
Michael Bonafede, DO
Internalist | Lenox Hill Hospital at Northwell Health
Obesity Medicine Fellow and Instructor in Medicine | Weill Cornell Medical College
- 1.25** **08.03 Advanced Cases II: Navigating Obesity Care with Psychiatric Comorbidity – A Panel Case Discussion**
Chanel Ligon, MD, DABOM
Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | NewYork-Presbyterian Hospital
Aditi Rao, MD
Obesity Medicine Fellow and Instructor in Medicine | Weill Cornell Medical College



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

Section I. Continuing Foundational Concepts

CME Credits

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| 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 | .75 |
| 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 | .50 |
| 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 | .75 |
| 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 | .50 |
| 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 | .75 |
| 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 | 1.00 |
| 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 | 1.00 |



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

Section II. Maternal and Childhood Obesity

CME Credits

1. **Obesity and Maternal Health: Pregnancy & Postpartum** 1.0
Courtney Younglove, MD, FOMA, FACOG, DABOM
 Founder and Medical Director, Heartland Weight Loss
2. **Impact of Maternal Obesity on Placental Development and Function** .75
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
3. **In Utero and Lactational Programming of Obesity: Repercussions for Offspring Health** .75
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
4. **Early Life Origins of Obesity - The First 1,000 Days of Life** .75
Ilene Fennoy, MD, DABOM
 Doctor of Pediatric Endocrinology | Columbia University Irving Medical Center/ NewYork-Presbyterian Morgan Stanley Children's Hospital
5. **Childhood Obesity: Special Considerations** .75
Vidhu Thaker, MD
 Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics | Columbia University Irving Medical Center
6. **Pediatric MASLD** 1.0
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
7. **Child Obesity: The Role of the Parents** .75
Susan Carnell, PhD
 Associate Professor of Child and Adolescent Psychiatry | Johns Hopkins University School of Medicine



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

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



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

Section IV Behavior Modification Counseling

CME Credits

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



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

Section V Cultural Factors and Weight Stigma in Obesity	CME Credits
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	.75
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	.50
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	.50
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 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	1.5
5. Obesity Advocacy Landscape Tracy Zvenyach, PhD, MS, RN Vice President of Advocacy and Research Obesity Action Coalition	1.0



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

Section VI Case-Based Learning

CME Credits

- 1. Creating Individualized Treatment Plans** .75
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
- 2. A New Era of Anti-Obesity Pharmacotherapy** .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. Managing Weight Regain** .75
Ivana Redmond, MD, DABOM
 Obesity Medicine Physician | Intellihealth
- 4. Sarcopenic Obesity, Malnutrition and Nutrition Support After Weight Loss Surgery** .75
Michael Owen-Michaane, MD, DABOM
 Assistant Professor of Medicine | New York-Presbyterian Hospital/ Columbia Irving Medical Center
- 5. Incorporating Culinary Medicine into Obesity Medicine Practice and Training** .75
Ileana Vargas, MD, DABOM
 Assistant Professor of Pediatrics | Columbia Irving Medical Center
 Pediatric Endocrinologist | New York-Presbyterian Hospital
- 6. Women's Health and Obesity: Management Through Clinical Cases** 1.0
Aditi Rao, MD
 Clinical Fellow in Obesity Medicine | Weill Cornell Medicine

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
- 7. Mental Health and Obesity: Case-Based Presentation** .50
Zerimar Ramirez Lopez, MD
 Resident Physician | BronxCare Health System



Columbia Cornell Obesity Medicine CME 2026 Additional Topics for Advanced Study

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



Columbia Cornell Obesity Medicine CME 2026 On-Demand Review for the Obesity Medicine Certification Exam

Welcome and Opening Remarks

Co-Course Directors

[Sarah Barenbaum, MD, DABOM](#)

Assistant Professor of Clinical Medicine | Weill Cornell Medical College
Assistant Attending Physician | New York Presbyterian Hospital

[Sabrina Diano, PhD](#)

Robert R. Williams Professor of Nutrition, Director of the Institute of Human Nutrition,
Professor of Physiology and Cellular Biophysics, Member of the Naomi Berrie Diabetes
Center | Vagelos College of Physicians and Surgeons, Columbia University Irving
Medical Center

Session 1 Obesity Science Fundamentals: Epidemiology to Physiology		CME Credits
1.01	Epidemiology and Determinants of Obesity Louis Aronne, MD, FACP, FTOS, DABOM Sanford I. Weill Professor of Metabolic Research, Professor of Clinical Medicine Weill Cornell Medical College Medical Director of the Comprehensive Weight Control Center Weill Cornell Medicine Co-Founder and Chair Emeritus American Board of Obesity Medicine	.50
1.02	Physiology and Pathophysiology of Obesity Sabrina Diano, PhD Robert R. Williams Professor of Nutrition, Director of the Institute of Human Nutrition, Professor of Physiology and Cellular Biophysics, Member of the Naomi Berrie Diabetes Center Vagelos College of Physicians and Surgeons, Columbia University Irving Medical Center	.75
1.03	Integrative Q&A: Determinants, Physiology, and Pathophysiology of Obesity Cynthia Akagbosu, MD, DABOM Associate Professor of Pediatrics Columbia University Irving Medical Center Sabrina Diano, PhD	.25



Columbia Cornell Obesity Medicine CME 2026 On-Demand Review for the Obesity Medicine Certification Exam

		<u>CME Credits</u>
<u>Session 2</u>	Clinical Evaluation and Diagnosis of Obesity	
2.01	Evaluating & Examining Patients with Obesity Chanel Ligon, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital	.75
2.02	Diagnosing Patients with Obesity: Characterizing Severity Vidhu Thaker, MD Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics Columbia University Irving Medical Center	.50
2.03	Diagnosing Patients with Obesity: Genetic or Syndromic Causes Vidhu Thaker, MD Associate Professor of Pediatrics, Department of Pediatrics and Molecular Genetics Columbia University Irving Medical Center	.50
2.04	Diagnosing Patients with Obesity: Weight-Related Metabolic & Biomechanical Complications & Secondary Causes Joshua Cook, MD, PhD Assistant Professor of Medicine in Endocrinology Columbia University Irving Medical Center	.75
2.05	Panel Discussion and Q&A: How to Evaluate and Diagnose Obesity in Clinical Practice Sarah Barenbaum, MD, DABOM ; Chanel Ligon, MD, DABOM; Vidhu Thaker, MD	.25



Columbia Cornell Obesity Medicine CME 2026 On-Demand Review for the Obesity Medicine Certification Exam

Session 3	Comprehensive Treatment of Obesity	CME Credits
3.01	Treating Patients with Obesity: Behavior, Nutrition, and Physical Activity Morgan Dickison, MS, RDN, CSOWM, CDN Registered Dietitian Comprehensive Weight Control Center, Weill Cornell Medicine Keith Diaz, PhD Florence Irving Associate Professor of Behavioral Medicine (in Medicine) Columbia University Irving Medical Center	.75
3.02	Obesity Pharmacotherapy: Obesity Medications for the Long-Term Treatment of Obesity Mohini Aras, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital	.75
3.03	Weight Loss Surgery and Endoscopic Procedures Abraham Krikhely, MD, FACS, FASMBS Chief of the Division of Minimally Invasive and Weight Loss Surgery Columbia University Irving Medical Center	1.00
3.04	Pediatric and Adolescent Obesity Treatment Alyson Weiner, MD, DABOM Assistant Professor of Pediatrics Weill Cornell Medical College Assistant Attending Pediatrician NewYork-Presbyterian Hospital	.50
3.05	Panel Discussion and Q&A: Multimodal Treatment of Obesity Cynthia Akagbosu, MD, DABOM; Mohini Aras, MD, DABOM; Morgan Dickison, MS, RDN, CSOWM, CDN; Abraham Krikhely, MD, FACS, FASMBS; Alyson Weiner, MD, DABOM	.25
3.06	Formulating an Effective Treatment Plan & Tailoring Treatment Beverly Tchang, MD, FTOS, DABOM Associate Professor of Clinical Medicine Weill Cornell Medical College Associate Attending Physician NewYork-Presbyterian Hospital	.75
3.07	Managing Weight-Related Conditions and Long-Term Treatment Sarah Schmitz, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician NewYork-Presbyterian Hospital	.50
3.08	Panel Discussion and Q&A: Comprehensive Obesity Management Sarah Barenbaum, MD, DABOM Beverly Tchang, MD, FTOS, DABOM	.25



Columbia Cornell Obesity Medicine CME 2026 On-Demand Review for the Obesity Medicine Certification Exam

<u>Session 4</u>	<u>CME Credits</u>
Breaking Down Board Questions: Clinical Reasoning in Obesity Medicine	
4.01 Clinical Reasoning for the ABOM Exam: Case-Based Review and Question Analysis Kevin Smith, DO, FACP, DABOM Internal Medicine Physician Avera McKennan Hospital & University Health Center Clinical Assistant Professor University of South Dakota Sanford School of Medicine	2.25
<u>Session 5</u>	
Supplemental Topics for the Obesity Medicine Certification Exam	
5.01 Practicing Obesity Medicine with Professionalism Sarah Barenbaum, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician New York Presbyterian Hospital	.50
5.02 The Crossroads of Obesity and Sleep Disorders Jeremy McConnell, MD, FOMA, DABOM Physician and Founder, Discover Health Obesity Medicine Clinic and Florida Sleep Specialists Chief Medical Officer Physicians Now	.50
5.03 Anxiety, Depression, and Obesity: Understanding Mental Health in Weight Management Stephanie A. Hooker, PhD, MPH MS Research Investigator HealthPartners Institute	.50
5.05 Overcoming Barriers to Obesity Medication Use in Clinical Practice Sarah Barenbaum, MD, DABOM Assistant Professor of Clinical Medicine Weill Cornell Medical College Assistant Attending Physician New York Presbyterian Hospital	.25
5.05 Behavioral Counseling in Pediatric Obesity Care Alexandra Antosy, PhD Assistant Professor of Medical Psychology, Departments of Pediatrics and Psychiatry New York Presbyterian Morgan Stanley Children's Hospital	.25
5.06 Mechanisms of Action for Approved and Investigational Weight Loss Medicines Daniel J. Drucker, OC, MD, FRCPC, FRSC, FRS University Professor of Medicine University of Toronto Senior Investigator, Lunenfeld-Tanenbaum Research Institute Mt. Sinai Hospital, Toronto	.75
5.07 Obesity Medicine Certification Overview (no CME credit) Josie Burke Director of Physician Relations American Board of Obesity Medicine	N/A