



Session 1

The Epidemiology and Health Risks of Obesity

Louis J Aronne, MD, ABOM Diplomate

Genetics of Obesity: Nature Meets Nurture

Rudy L Leibel, MD

Epigenetics and the Development of Obesity

Lori M Zeltser, PhD

Obesity Pathophysiology

Ania Jastreboff, MD, PhD, ABOM Diplomate

White, Brown, Beige Adipose Tissue

Marc L Reitman, MD, PhD

Carbs, Calories, or Quality: What Matters Most for Body Weight?

Kevin D Hall, PhD

Weight Bias and Discrimination

Rebecca L Pearl, PhD

Body Weight Regulation: Why is it so Hard to Keep Weight Off?

Michael Rosenbaum, MD

Adipose Tissue, Inflammation and Other Underlying Causes of Obesity-associated Complications

Caroline Apovian, MD, FACP, FACN, ABOM Diplomate

and

Is Hyperinsulinemia the Cause of Obesity, Inflammation and Insulin Resistance?

Barbara Corkey, PhD

Ageing, Intermittent Fasting and Metabolic Health: From Caloric Restriction to Time-Restricted Feeding

Eric Ravussin, PhD



Session 2

Low Carb vs. Low Fat Diets: The Insecure Infrastructure of the Food Pyramid

Michael Rosenbaum, MD

Is Food Addiction a Contributor to Obesity?

Ruben D Baler, PhD

Rethinking Food Reward

Dana Small, PhD

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

Ellen Schur, MD, MS

Hot Topic I: The Buddy System for Weight Loss - Promise and Pitfalls

Angela I Rodriguez, PhD

Physical Activity and Weight Loss and Maintenance of Weight Loss

John Jakicic, PhD

Medical Assessment and Treatment of Adult Obesity

Rekha B. Kumar, MD, MS, ABOM Diplomate

Weight Loss Supplements

Paul R Thomas, EdD, RDN

Nutrition Management Strategies for Persons with Obesity

Heather Seid, MS, RDN

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

Steve Heymsfield, MD



Session 3

Microbiome and Energy Balance

Eamonn Quigley, MD, FRCP, FACP, MACG, FRCPI

Weight Loss Surgery for the Treatment of Adult Obesity: Procedures and Outcomes

Abraham Krikhely, MD, FACS

Nutrient Metabolism and Obesity: Special Considerations After Bariatric Surgery

Jeffrey I Mechanick, MD, FACP, MACE, FACN, ECNU

Metabolic Effects of Bariatric Surgery and What They Teach Us About Appetite Regulation

Jamie Mullally, MD, ABOM Diplomate

Current Pharmacological Approaches to Obesity

Katherine Saunders, MD, ABOM Diplomate

Advanced Pharmacological Approaches

Louis J. Arrone, MD, FACP, ABOM Diplomate and Katherine Saunders, MD, ABOM Diplomate

Past and Present Challenges in Childhood Obesity

Victoria W. Rogers, MD

Obesity Management in the Pediatric Population

Eugene Dinkevich, MD, FAAP, ABOM Diplomate

Child Obesity: The Role of Parents

Susan Carnell, PhD



Session 4

Psychological Management of Obesity

Madelyn Fernstrom, PhD, CNS

Chronic Stress and Obesity

Rajita Sinha, PhD

Sleep and Energy Balance

Marie-Pierre St-Onge, PhD

Bringing Mindfulness and Meditation Into Practice

Rajita Sinha, PhD

Impact of Maternal Obesity on Placental Development and Function

Perrie O'Tierney-Ginn, PhD

Obesity and Pregnancy

Patrick M. Catalano, MD

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

Sarbattama (Rimi) Sen, MD



Health Disparities and COVID-19-related Lectures

We will continue to expand upon these lectures in the coming months.

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, FTOS, ABOM Diplomate

History and Dynamics of Modern Epidemics and Pandemics

Lawrence R. Stanberry, MD, PhD

Making Nutrition a Priority During the Coronavirus Pandemic

Jaclyn M. Abbot, PhD, RDN

How to Be Active in a Small Space

Chris Campagnola CSCS, LMT

Risk of Elevated BMI in COVID-19

Chris Petrilli, MD, SFHM

Obesity in the Critically Ill Patient with COVID-19

Stephen A. McClave, MD, FACN, FASGE, FASPEN, AGAF

Obesity Medicine in the Age of Telehealth

An Chen, MD, DABOM & Reshmi Srinath, MD, DABOM

Food Insecurity and COVID-19: A Longstanding Issue of Inequality Sky Rockets

Kim Hekimian, PhD

Changes in Food Habits and Stress During COVID-19

Yael M. Cychowicz, PhD & Diana V. Rodriguez Moreno, PhD



Workshops

Note: With our original, in-person course, the workshops were intended to be interactive. Due to the change in the structure of the course due to the COVID-19 pandemic, workshop leaders prepared didactic sessions on their topics.

Clinical Workshops:

Addressing Weight Bias in Clinical Settings

Scott Kahan, MD, ABOM Diplomate

Case Studies in Adults: Bring Your Most Challenging Examples

Scott Butsch, MD, MSc, FTOS, ABOM Diplomate; Beverly Tchang, MD, ABOM Diplomate

Coding and Reimbursement for Obesity Management

Joel V Brill, MD

Management of Obesity in Adults with Limited Means

Tirissa Reid, MD, ABOM Diplomate; Jamie Mullally, MD, ABOM Diplomate

Motivational Interviewing in Obesity Counseling

Prantik Saha, MD

Obstructive Sleep Apnea and Obesity: Evidence and Clinical Considerations

Ari Shechter, PhD

Patient Centered Care and Empathy in Obesity Management

Bonnie Bernstein, PhD

Using genetic information to predict and treat obesity - *Are we ready for precision medicine?*

Ruth Loos, MD

Pre and Post-Operative Process for Bariatric Surgery

Abraham Krikhely, MD, FACS

Weight Loss Surgery for the Treatment of Adolescent Obesity: Procedures and Outcomes

Jeffrey Zitsman, MD

Lifestyle Modification Workshops:

Body Composition Changes with Weight Loss, Including Physical Activity Regimens

Dympna Gallagher, EdD

Clinical Research Dietary Intervention in Patients with Obesity



Katie C Hootman, PhD, RD, CDN

Improving Sleep in Your Patients: Strategies and Outcomes

Ari Shechter, PhD

Interventions in Community-Based Settings with Diverse Populations to Improve Eating Habits, Increase Physical Activity and Prevent/Control Obesity

Victoria W Rogers, MD; John C Rausch, MD, MPH, ABOM Diplomate

Meals & Snacks: Timing and Frequency for Optimal Health

Marie-Pierre St-Onge, PhD

Metabolic Effects and Clinical Applications of Nutrient Sequence During a Meal

Alpana Shukla, MD, MRCP(UK)

Physical Activity - How to Help People Get Moving

Richard Weil, MEd, CDE

Self-monitoring: What Can It Add and When to Consider It?

Carolyn Bramante, MD, MPH

Strategies for Reducing Obesity in People Who Are Food Insecure

Olivia Weinstein, MS, RD, LDN

Use of Technology in Prevention and Treatment of Obesity

Bonnie Spring, PhD

Pediatric Workshops:

Assessing and Addressing Food Insecurity in Children

Cristina R Fernandez MD, MPH, FAAP

Parent Power: How Parents Can Help Tackle Childhood Obesity

Susan Carnell, PhD

Pharmacologic Options for Children and Adolescents with Obesity

Claudia Fox, MD, MPH, FAAP, ABOM Diplomate; Aaron Kelly, PhD

Practical Approaches to Pediatric Obesity Management in the Primary Care Setting

Eugene Dinkevich, MD, FAAP, ABOM Diplomate

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

Ali Mencin, MD

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

Jennifer Woo Baidal, MD, MPH



Session 5 – ABOM Review Session

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 Horn, DO, MPH, Diplomate ABOM

Overview of Diagnosis, Evaluation and Management of Obesity in Children

Eugene Dinkevich, MD, FAAP, Diplomate ABOM

Pediatric Cases

Eugene Dinkevich, MD, FAAP, Diplomate ABOM

Nutrition Recommendations for the Patient with Obesity

Leslie Rosenbruch, MS, RD, LDN, CDE

Obesity Overview of Genetics and Physiology of Obesity

Beverly Tchang, MD, ABOM Diplomate

Case Studies

Leon Igel, MD, FACP, FTOS, ABOM Diplomate

Overview of ABOM Certification Process

Josie Burke