Institute of Human Nutrition
Obesity Course

Wednesday - Sunday
April 13 - 17, 2016

This course fully satisfies the 30-hour live CME requirement to qualify for the American Board of Obesity Medicine (ABOM) certification.
Course Directors

Sharon R. Akabas, Ph.D., Associate Professor of Nutrition (in Pediatrics and
in the Institute of Human Nutrition) at CUMC; Associate Director of Educational
Initiatives; Director, MS Program, Institute of Human Nutrition, Columbia
University College of Physicians and Surgeons, New York, New York

Marie-Pierre St-Onge, Ph.D., Assistant Professor of Nutritional Medicine
(in Medicine and the Institute of Human Nutrition) at CUMC,
Columbia University College of Physicians and Surgeons, New York, New York

Ari Shechter, Ph.D., Assistant Professor of Medical Sciences in Medicine,
New York Obesity Research Center, Columbia University College of Physicians
and Surgeons, New York, New York

F. Xavier Pi-Sunyer, M.D., M.P.H., Professor of Medicine; Director,
New York Obesity Nutrition Research Center, Columbia University College of
Physicians and Surgeons, New York, New York

Program Description and Objectives

Lifestyle behaviors including diet, physical inactivity, alcohol abuse, and tobacco use
have been linked to increased risk of leading causes of death and chronic diseases. The
challenge of reversing the obesity epidemic in the U.S. and beyond has highlighted
the need for new ways to teach complex skill sets which effectively target lifestyle
behaviors, particularly diet and physical activity. However, most health professionals,
with the exception of registered dietitians, have little or no training in the science of
nutrition, diet, and physical activity. Moreover, health professionals lack training in
facilitating behavior change. Many, in fact, do not engage in nutrition counseling at all.

In recognition of this need, the U.S. Preventive Services Task Force has made
recommendations to include counseling on lifestyle behaviors in clinical practice
settings as a means to implement the Affordable Care Act.

The American Board of Obesity Medicine (ABOM) serves the public and the field of
obesity medicine by maintaining standards for assessment and credentialing physicians.
Certification as an ABOM diplomate signifies specialized knowledge in the practice
of obesity medicine and distinguishes a physician as having achieved competency in
obesity care. The Institute of Human Nutrition at Columbia University is an ABOM
Partner Organization. CME credits earned at the IHN obesity course may be used to
meet the requirements to become a diplomate of the ABOM.

At the conclusion of this program, participants will be better able to:

• Discuss the importance of obesity as a major global public health issue.
• Describe how an individual’s genetic makeup and environment interact to affect
  energy balance and obesity.
• Explain the metabolic bases and consequences of obesity with an emphasis on the
  major co-morbidities.
• Describe the neural underpinnings of eating behavior and obesity.
• Recognize the role of bias towards overweight as an obstacle to best practice.
• Distinguish among various clinical interventions for obesity and choose the most
  suitable approach for a given individual.
• Describe and explain the metabolic changes and adaptations to weight loss.
• Describe how physical activity and psychological factors play a role in the
  development and treatment of obesity.
• Discuss the importance of cultural factors and economical settings on obesity
  intervention design.
• Compare the safety and efficacy of dietary, pharmacologic, and surgical intervention
  of obesity in both pediatric and adult patients.
• Use life-style and pharmacological approaches for prevention and treatment of obesity
  and its associated co-morbidities.
• Apply the basic tenets of motivational interviewing into practice.
Guest Faculty

Sarah Barlow, M.D., M.P.H., Associate Professor of Pediatrics-Gastroenterology, Baylor College of Medicine; Director, Center for Childhood Obesity, Texas Children’s Hospital, Houston, TX

Joel V. Brill, M.D., Chief Medical Officer, Predictive Health, LLC, Phoenix, AZ

Eugene Dinkevich, M.D., Associate Professor of Clinical Pediatrics and Director, Downstate Healthy Lifestyles Program, SUNY Downstate Medical Center, Brooklyn, NY

Gary Foster, Ph.D., Chief Scientific Officer, Weight Watchers International, New York, NY

Terry Huang, Ph.D., M.P.H., C.P.H., Professor, Graduate School of Public Health and Health Policy, City University of New York, New York, NY

Joel V. Brill, M.D., Chief Medical Officer, Predictive Health, LLC, Phoenix, AZ

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Terry Huang, Ph.D., M.P.H., C.P.H., Professor, Graduate School of Public Health and Health Policy, City University of New York, New York, NY

Alice H. Lichtenstein, D.Sc., Stanley N. Gershoff Professor of Nutrition Science and Policy; Director and Senior Scientist, Cardiovascular Nutrition Laboratory, Tufts University, JM USDA Human Nutrition Research Center on Aging; Professor of Medicine, Tufts University School of Medicine, Boston, MA

Betty Kovacs, M.S., R.D., Co-Director and Director of Nutrition, Weight Loss Program, Mt. Sinai St. Luke’s Hospital, New York, NY

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Naima Moustaid-Moussa, Ph.D., Professor of Nutritional Sciences, Director, Obesity Research Cluster, Texas Tech University, Lubbock, TX

Rajiv Narayan, M.Sc., Community Health Worker Specialist, New York City Department of Health and Mental Hygiene, New York, NY

Cathy Nonas, M.S., R.D., Senior Advisor, Center for Health Equity, New York City Department of Health and Mental Hygiene, New York, NY

Eric Ravussin, Ph.D., Boyd Professor and Director, Nutrition Obesity Research Center, Pennington Biomedical Research Center, Louisiana State University, Baton Rouge, LA

David Sarwer, Ph.D., Associate Dean for Research; Director, Center for Obesity Research and Education, Temple University, Philadelphia, PA

Susan A. Shapses, Ph.D., R.D., Professor of Nutritional Sciences; Acting Chair, Department of Exercise Sciences and Sport Studies, Rutgers University, New Brunswick, NJ

Rajita Sinha, Ph.D., Foundations Fund Professor of Psychiatry and Professor in Neurobiology and Child Study, Yale School of Medicine, New Haven, CT

Bonnie J. Spring, Ph.D., Professor of Preventive Medicine and Director, Institute for Public Health and Medicine, Feinberg School of Medicine, Evanston, IL

Chad Trent, Ph.D., Postdoctoral Fellow, NYU Langone Medical Center, New York, NY

Columbia University Faculty/NewYork-Presbyterian Hospital Staff

Louis J. Aronne, M.D., Sanford I. Weill Professor of Metabolic Research; Professor of Clinical Medicine

Bonnie Bernstein, Ph.D., Adjunct Assistant Professor of Nutrition Education, Teacher’s College

Dympna Gallagher, Ed.D., Professor of Nutritional Medicine at CUMC (in the Institute of Human Nutrition); Director, Human Body Composition Core Laboratory, New York Obesity Nutrition Research Center

Carol Ewing Garber, Ph.D., Professor and Chair of the Department of Biobehavioral Sciences, and Director, Graduate Program in Applied Physiology, Teacher’s College

Judith Korner, M.D., Ph.D., Professor of Medicine at CUMC

Abraham Krikhely, M.D., Assistant Professor of Surgery at CUMC

Rekha B. Kumar, M.D., M.S., Assistant Attending Physician, NewYork-Presbyterian Hospital, Assistant Professor of Medicine, Weill Cornell Medical College
Columbia University Faculty/NewYork-Presbyterian Hospital Staff (continued)

Rudolph L. Leibel, M.D., Christopher J. Murphy Memorial Professor of Diabetes Research and Professor of Pediatrics and Medicine; Director, Naomi Berrie Diabetes Center; Director, Division of Molecular Genetics; Co-Director, New York Obesity Nutrition Research Center

Gina Lovasi, Ph.D., Assistant Professor and Co-Director, Epidemiology and Population Health Summer Institute, Mailman School of Public Health

Michael Rosenbaum, M.D., Professor of Pediatrics and Medicine at CUMC

Prantik Saha, M.D., M.P.H., Assistant Professor of Pediatrics at CUMC

Gretchen Van Wye, Ph.D., Adjunct Assistant Professor, Mailman School of Public Health, Assistant Commissioner, New York City Department of Health and Mental Hygiene

Joseph R. Vasselli, Ph.D., Associate Research Scientist, New York Obesity Nutrition Research Center

Lori Zeltser, Ph.D., Associate Professor of Pathology and Cell Biology

Jeffrey Zitsman, M.D., Professor of Surgery at CUMC; Director of the Center for Adolescent Bariatric Surgery, Morgan Stanley Children’s Hospital

Tuition

$550, Physicians and Dentists (this includes the cost of the CME credit certificate where applicable), $300, Other Health Professionals, $100 Fellows, Residents and Students.

The fee includes the academic presentations, an on-line syllabus and related readings, video podcasts of each lecture, and coffee breaks where indicated on the schedule.

Confirmation of registration will be emailed. Refund of registration fee, less a $25 administrative charge, will be made if written notice of cancellation is received by April 4, 2016. No refunds can be made thereafter. Telephone cancellations are not accepted. For security purposes, credit card payments cannot be accepted by mail, telephone, or fax. Please visit www.columbiacme.org to register and pay by credit card. We accept American Express, Discover, MasterCard, and Visa.

Registration: www.columbiacme.org

Space is limited; early registration is encouraged. Click the link below to register:

Americans with Disabilities Act

The Columbia University College of Physicians and Surgeons fully complies with the legal requirements of the ADA and the rules and regulations thereof. Any participant with special needs must submit a written request to our office at least one month prior to the course date.

Hotel Accommodations

For hotels that offer Columbia corporate rates, please visit: http://finance.columbia.edu/content/travel-services-local-preferred-hotel-rooms-university-guests-and-visitors

Contact Information

Center for Continuing Medical Education
Columbia University College of Physicians and Surgeons
630 West 168th Street, Unit 39
New York, NY 10032
Telephone: (212) 305-3334  Fax: (212) 305-5740
emc@columbia.edu  www.columbiacme.org
Wednesday, April 13, 2016

8:00 a.m.  Registration
8:40 a.m.  Welcome and Course Overview
           Sharon R. Akabas, Ph.D.,
           Marie-Pierre St-Onge, Ph.D., Ari Shechter, Ph.D.,
           F. Xavier Pi-Sunyer, M.D., M.P.H.
9:00 a.m.  History of Obesity Research and Management
           F. Xavier Pi-Sunyer, M.D., M.P.H.
9:30 a.m.  The Epidemiology and Health Risks of Obesity
           Louis J. Aronne, M.D.
10:00 a.m. Break
10:15 a.m. Epigenetics and the Development of Obesity
           Lori Zeltser, Ph.D.
11:15 a.m. Genetics of Obesity: Nature Meets Nurture
           Rudolph L. Leibel, M.D.
12:15 p.m. Lunch
1:15 p.m.  Regulation of Appetite and Body Weight
           Joseph R. Vasselli, Ph.D.
2:15 p.m.  The Role of Gut Hormones in the Etiology and Persistence of
           Obesity
           Judith Korner, M.D., Ph.D.
3:00 p.m.  Metabolic Changes with Weight Loss:
           Why is it So Hard to Keep Weight Off?
           Michael Rosenbaum, M.D.
4:00 p.m.  Break
4:15 p.m.  Weight Bias and Discrimination
           Sharon R. Akabas, Ph.D.
5:00 p.m.  Adjourn

Thursday, April 14, 2016

8:30 a.m.  Registration
9:00 a.m.  The Microbiome and Energy Balance
           Chad Trent, Ph.D.
10:00 a.m. Inflammation and Energy Balance
           Naima Moustaid-Moussa, Ph.D.
11:00 a.m. Break
11:15 a.m. Chronic Stress and Obesity
           Rajita Sinha, Ph.D.
12:00 p.m. Sleep and Energy Balance
           Marie-Pierre St-Onge, Ph.D.
12:45 p.m. Lunch
1:45 p.m.  Is Food Addiction a Contributor to Obesity?
           Paul Kenny, Ph.D.
2:45 p.m.  Food Insecurity in N.Y.C. and Its Impact on Obesity
           Cathy Nonas, M.S., R.D.
3:45 p.m.  Break
4:00 p.m.  Connecting the Dots: Translating Systems Thinking Into
           Solutions to the Obesity Epidemic
           Terry Huang, Ph.D., M.P.H., C.P.H.
5:00 p.m.  Adjourn
Friday, April 15, 2016

7:30 a.m.  Registration
8:00 a.m.  The Challenges of Childhood Obesity Treatment
Sarah Barlow, M.D., M.P.H.
9:00 a.m.  An Ounce of Prevention: A Brief Family-Centered Approach to
the Obesity Epidemic in Pediatric Primary Care
Eugene Dinkevich, M.D.
10:00 a.m.  Break
10:15 a.m.  Weight Loss Surgery for the Treatment of Adolescent Obesity:
Procedures and Outcomes
Jeffrey Zitsman, M.D.
11:00 a.m.  Assessment, Evaluation, and Treatment of Adult Obesity
Rekha B. Kumar, M.D., M.S.
12:00 p.m.  Lunch
1:00 p.m.  Weight Loss Surgery for Treatment of Adult Obesity: Procedures
and Outcomes
Abraham Krikhely, M.D.
1:45 p.m.  Break
2:00 p.m.  Nutrient Metabolism and Obesity, Including Special
Considerations after Bariatric Surgery
Susan Shapses, Ph.D., R.D.
2:45 p.m.  Benefits of Physical Activity With and Without Weight Changes
Carol Ewing Garber, Ph.D.
3:45 p.m.  Break
4:00 p.m.  Body Composition Changes with Weight Loss, Including Physical
Activity Regimens
Dympna Gallagher, Ed.D.
5:00 p.m.  Adjourn

Saturday, April 16, 2016

8:30 a.m.  Registration
9:00 a.m.  Dietary Approaches to Obesity Treatment: Impact on Weight
Loss and Co-Morbidities
Alice H. Lichtenstein, D.Sc.
9:50 a.m.  Management Strategies for the Obese Patient
Betty Kovacs, R.D., M.S.
10:50 a.m.  Break
11:05 a.m.  Coding and Reimbursement for Obesity Management
Joel V. Brill, M.D.
12:00 p.m.  Public Health Policies for Obesity Prevention: N.Y.C. as a Model
for the U.S.
Gretchen Van Wye, Ph.D.
1:00 p.m.  Lunch
1:45 p.m.  Psychological Management of Obesity
David Sarwer, Ph.D.
2:45 p.m.  Understanding the Obese Patient’s Predicament
Bonnie Bernstein, Ph.D.
3:15 p.m.  Break
3:30 p.m.  Strategies for Behavior Counseling: Motivational Interviewing
and Harm Reduction
Prantik Saha, M.D., M.P.H.
5:00 p.m.  Adjourn
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<th>Time</th>
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<tr>
<td>8:30 a.m.</td>
<td>Registration</td>
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<tr>
<td>9:00 a.m.</td>
<td>Lessons Learned Thus Far</td>
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<td><strong>Course Directors</strong></td>
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<tr>
<td>10:00 a.m.</td>
<td>How Can the Built Environment Reduce or Foster Obesity?</td>
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<td><strong>Gina Lovasi, Ph.D.</strong></td>
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<td>11:00 a.m.</td>
<td>Break</td>
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<td>11:15 a.m.</td>
<td>Role of Commercial Weight Loss Programs</td>
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<td><strong>Gary Foster, Ph.D.</strong></td>
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<td>12:00 p.m.</td>
<td>Lunch</td>
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<td>1:00 p.m.</td>
<td>Use of Technology in Prevention and Treatment of Obesity</td>
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<td><strong>Bonnie J. Spring, Ph.D.</strong></td>
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<td>2:00 p.m.</td>
<td>Use of Social Media to Develop Interventions</td>
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<td><strong>Rajiv Narayan, M.Sc.</strong></td>
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<td>3:00 p.m.</td>
<td>Break</td>
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<td>3:15 p.m.</td>
<td>Putting Together the Puzzle of Energy Expenditure</td>
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<td><strong>Eric Ravussin, Ph.D.</strong></td>
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<td>4:15 p.m.</td>
<td>Course Wrap Up</td>
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<td><strong>Sharon R. Akabas, Ph.D., Marie-Pierre St-Onge, Ph.D., Ari Shechter, Ph.D.</strong></td>
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<td>5:00 p.m.</td>
<td>Adjourn</td>
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**Meeting Location**

Alumni Auditorium  
William Black Medical Research Building  
Columbia University Medical Center  
650 West 168th Street  
New York, NY 10032

Parking is available at the Columbia University Medical Center parking lot, located on the southwest corner of Fort Washington Avenue and West 165th Street.

**Accreditation Statement**

The College of Physicians and Surgeons at Columbia University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 34 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

**AMA Credit Designation Statement**

The College of Physicians and Surgeons designates this live activity for a maximum of 34 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.