Institute of Human Nutrition
Obesity Course

Wednesday - Sunday
April 13 - 17, 2016

In conjunction with:

American Board of Obesity Medicine
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. In addition, The American Board of Obesity Medicine (ABOM) along with the National Board of Medical Examiners (NBME) has established a credentialing protocol which includes an exam for practitioners to become specialty-trained in obesity management. The Institute of Human Nutrition at Columbia University is an ABOM Partner Organization and offers their long-standing obesity course to prepare physicians for the ABOM exam, and provide CME credits to help practitioners 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

Penny Gordon-Larsen, Ph.D., Professor of Nutrition, Gillings School of Global Public Health, University of North Carolina, Chapel Hill, North Carolina

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

Paul Kenny, Ph.D., Professor and Chair, Dorothy H. and Lewis Rosenstiel Department of Pharmacology and Systems Therapeutics; Director, Experimental Therapeutics Institute, Icahn School of Medicine at Mt. Sinai, New York, NY

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

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

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

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
Columbia University Faculty/NewYork-Presbyterian Hospital Staff (continued)

Abraham Krikhely, M.D., Assistant Professor of Surgery at CUMC
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
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
Space is limited; early registration is encouraged. Click the link below to register:
www.columbiacme.org

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

Additional 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
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
  Sharon R. Akabas, Ph.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 Obesiy
  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. The Weight of Income and Race Disparities: Genetic and Social Factors that Affect Obesity Rates
  Penny Gordon-Larsen, Ph.D.
5:30 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  
*Louis J. Aronne, M.D.*

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.  Weight Bias and Discrimination  
*Sharon R. Akabas, Ph.D.*

1:45 p.m.  *Break*

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*
Sunday, April 17, 2016

8:30 a.m.  Registration

9:00 a.m.  Public Health Policies for Obesity Prevention: N.Y.C. as a Model for the U.S.
Cathy Nonas, M.S., R.D.

10:00 a.m.  How Can the Built Environment Reduce or Foster Obesity?
Gina Lovasi, Ph.D.

11:00 a.m.  Break

11:15 a.m.  Role of Commercial Weight Loss Programs
Gary Foster, Ph.D.

12:00 p.m.  Lunch

1:00 p.m.  Use of Technology in Prevention and Treatment of Obesity
Bonnie J. Spring, Ph.D.

2:00 p.m.  Use of Social Media to Develop Interventions
Rajiv Narayan, M.Sc.

3:00 p.m.  Break

3:15 p.m.  Putting Together the Puzzle of Energy Expenditure
Eric Ravussin, Ph.D.

4:15 p.m.  Course Wrap Up
Sharon R. Akabas, Ph.D.,
Marie-Pierre St-Onge, Ph.D., Ari Shechter, Ph.D.

5:00 p.m.  Adjourn

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.