



# March 2023 Grand Rounds – Why Is It So Difficult to Keep Off Lost Weight? Continuing Medical Education Information for Learners

Credit for this course may not exceed 1 credit when both the live and enduring material activity format credits are combined.

## Live Course Accreditation and Credit for Physicians

The Obesity Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Obesity Society designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*ACCME Activity ID 202350469*

## On-Demand Course Accreditation and Credit for Physicians

The Obesity Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Obesity Society designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*ACCME Activity ID 202352706*

# Important Dates for On-Demand Course (Enduring Material)

Date of Release: April 1, 2023

Date of Termination: December 31, 2025

## Learning Objectives

1. After participating in the webinar, learners will recognize the metabolic adaptations that occur with weight loss that promote weight regain in patients with obesity.
2. After this webinar, learners will be able to adjust their approaches to obesity care to assist patients in preventing weight regain.

## Commercial Support

No commercial support was received for this activity.

## Faculty and Planning Committee Disclosure Information

The Obesity Society adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity - including faculty, planners, reviewers or others - are required to disclose all financial relationships with ineligible entities<sup>1</sup> (commercial interests). All relevant financial relationships have been mitigated prior to the commencement of the activity.

The Obesity Society asks all individuals involved in the development and presentation of Continuing Medical Education (CME) activities to disclose all financial relationships with ineligible companies. This information is disclosed to CME activity participants. The Obesity Society has procedures to mitigate financial relationships. In addition, faculty members are asked to disclose when any unapproved use of pharmaceuticals or devices is being discussed. TOS requires additional disclosures beyond the ACCME definition of an ineligible company. These include all non-medical food and weight loss industry disclosures (indicated by an asterisk\*). In the list below, the nature of the relationship and company are followed by the industry of that company.

---

<sup>1</sup> An ineligible company as defined by the ACCME is one that is not eligible for ACCME accreditation, in other words those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Examples of such organizations include: 1) Advertising, marketing, or communication firms whose clients are ineligible companies, 2) Bio-medical startups that have begun a governmental regulatory approval process, 3) Compounding pharmacies that manufacture proprietary compound, 4) Device manufacturers or distributors, 5) Diagnostic labs that sell proprietary products, 6) Growers, distributors, manufacturers or sellers of medical foods and dietary supplements, 7) Manufacturers of health-related wearable products, 8) Pharmaceutical companies or distributors, 9) Pharmacy benefit managers, 10) Reagent manufacturers or sellers. Reference: <https://accme.org/faq/what-accmes-definition-ineligible-company>

## Chairs:

At TOS activities, course/session chairs are responsible for timekeeping, introductions, housekeeping announcements, and presenting audience questions to speakers. TOS has determined that chairs do not have the ability to influence content. Accordingly, TOS does not collect, mitigate, or disclose relevant financial relationships of chairs (unless they have a dual role as a planner or speaker). In the case of this webinar, the chair was also the planner, so disclosures have been included in this document.

## Panelists:

Panelists are speakers who speak without presenting slides in a portion of a session or course. As speakers, they are required to disclose, and their relevant financial relationships are listed below. All speakers - with or without relevant financial relationships, with or without slides - are advised, and subsequently attest that "The content and/or presentation of the information with which I am involved will promote quality or improvements in health care and will not promote a specific proprietary business interest or a commercial interest (including ACCME-defined ineligible companies). Content for this activity, including any presentation of therapeutic options, will be balanced, evidence-based and commercially unbiased."

## Speaker Disclosures:

<b>Kevin Hall, PhD</b>	Contracted research relationship with Pfizer, Inc. (Pharmaceuticals) Contracted research relationship with Soleno Therapeutics (Pharmaceuticals) Contracted research relationship with Eli Lilly and Company (Pharmaceuticals)  Consultant relationship with Kaleido Biosciences (Pharmaceuticals) Consultant relationship with Medpace/Gelesis (Pharmaceuticals) Consultant relationship with Novo Nordisk Foundation (Global healthcare company) Consultant relationship with WW (Medical Food/Weight Management*) Consultant relationship with Alkermes, Inc. (Pharmaceuticals) Consultant relationship with Law Offices of Ronald Marron (Supplements) Consultant relationship with Zero Longevity Science (formerly Big Sky Health) (Supplements) Consultant relationship with Amin, Talati, Wasserman for KSF Acquisition Corp. (Glanbia) (Supplements) Consultant relationship with Clark Hill, PLC (Supplement) Consultant relationship with Sports Research Corp. (Supplements)
------------------------	---

## Planner Disclosures:

<b>Aaron S. Kelly, PhD, FTOS</b>	No Relevant Financial Relationships <u>Unpaid</u> consultant/speaker relationship with Novo Nordisk (Pharmaceuticals); <u>Unpaid</u> consultant relationship with Vivus (Pharmaceuticals); <u>Unpaid</u> consultant relationship with Eli Lilly (Pharmaceuticals); <u>Unpaid</u> consulting relationship with Boehringer Ingelheim (Pharmaceuticals); Donated drug/placebo for NIH funded clinical trial (for which this individual was not the PI) with Vivus and Novo Nordisk (Pharmaceuticals)
----------------------------------	--

**Reviewer Disclosures:** No members of the TOS CME Oversight Committee, charged with the resolution of all relevant conflicts of interest, had any relevant financial relationships while serving on the committee.

## Bibliography

1. Describing the Weight-Reduced State: Physiology, Behavior, and Interventions. *Obesity*, 2021. Louis J. Aronne, Kevin D. Hall, John M. Jakicic, et al. <https://doi.org/10.1002/oby.23086>
2. Kevin D Hall, Peter N Jordan, Modeling weight-loss maintenance to help prevent body weight regain, *The American Journal of Clinical Nutrition*, Volume 88, Issue 6, December 2008, Pages 1495–1503, <https://doi.org/10.3945/ajcn.2008.26333>

## Disclaimer

These materials and all other materials provided in conjunction with continuing medical education activities are intended solely for the purposes of supplementing continuing medical education programs for qualified health care professionals. Anyone using the materials assumes full responsibility and all risk for their appropriate use. The Obesity Society makes no warranties or representations whatsoever regarding the accuracy, completeness, currentness, noninfringement, merchantability or fitness for a particular purpose of the materials. In no event will The Obesity Society be liable to anyone for any decision made or action taken in reliance on the materials. In no event should the information in the materials be used as a substitute for professional care.

*This document was last updated February 24, 2023.*