



May 2023 Grand Rounds - Lifestyle Intervention Strategies for Long-term Weight Loss

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 202350471

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 202352708

Important Dates for On-Demand Course (Enduring Material)

Date of Release: June 1, 2023

Date of Termination: December 31, 2025

Learning Objectives

1. After participating in the webinar, learners will recognize the most effective lifestyle strategies for long-term weight loss and weight gain prevention in adults with overweight and obesity.
2. After this webinar, learners will be able to adjust their approaches to obesity care by optimizing lifestyle interventions to assist patients in losing weight and 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 entities¹ (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.

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.

¹ 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>

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:

Rena Wing, PhD	No Relevant Financial Relationships
-----------------------	-------------------------------------

Planner Disclosures:

Aaron S. Kelly, PhD, FTOS	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. Wing RR. The Challenge of Defining the Optimal Lifestyle Weight Loss Intervention for Real-world Settings. JAMA. 2022 Dec 13;328(22):2213-2214. doi: 10.1001/jama.2022.21908. PMID: 36511935.
2. Wing RR; Look AHEAD Research Group. Does Lifestyle Intervention Improve Health of Adults with Overweight/Obesity and Type 2 Diabetes? Findings from the Look AHEAD Randomized Trial. Obesity (Silver Spring). 2021 Aug;29(8):1246-1258. doi: 10.1002/oby.23158. Epub 2021 May 14. PMID: 33988896.
3. Wing RR, Crane MM, Thomas JG, Kumar R, Weinberg B. Improving weight loss outcomes of community interventions by incorporating behavioral strategies. Am J Public Health. 2010;100(12):2513-2519. doi:10.2105/AJPH.2009.183616

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 April 18, 2023.