



August 2024 Ask the Researchers: Drs. Nikhil Dhurandhar and Leah Whigham on Practical Obesity Management

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 202790187

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 202790190

Important Dates for On-Demand Course (Enduring Material)

Date of Release: September 1, 2024

Date of Termination: December 31, 2026

Learning Objectives

1. Describe the research to streamline obesity management in primary care
2. Explain how primary care providers can apply this research to provide better obesity management in their own practices

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

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

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>

companies). Content for this activity, including any presentation of therapeutic options, will be balanced, evidence-based and commercially unbiased.”

Speaker Disclosures:

Dhurandhar, Nikhil, MS, LCEH, PhD, FTOS	No relevant financial relationships
Whigham, Leah, PhD, FTOS	No relevant financial relationships

Panelist Disclosures:

Chaudhry, Zoobia, MBBS	No relevant financial relationships
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Planner Disclosures:

Cabandugama, Peminda, MD	Speaker relationship with Eli Lilly (Pharmaceuticals)
Golden, Angela, DNP, FNP-C, FAANP, FOMA	Advisor relationship with Acella (Pharmaceuticals), Boehringer Ingelheim (Pharmaceuticals), Currax (Pharmaceuticals), Eli Lilly(Pharmaceuticals), Novo Nordisk (Pharmaceuticals), and WW (Medical Food). Speaker relationship with Acella (Pharmaceuticals), Currax (Pharmaceuticals), Eli Lilly (Pharmaceuticals), 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. Tondt J, Freshwater M, Christensen S, Iliakova M, Weaver E, Benson-Davies S, Younglove C, Afreen S, Karjoo S, Khan N, Thiara D, Whittle C. Obesity Algorithm eBook, presented by the Obesity Medicine Association. www.obesityalgorithm.org. 2023. <https://obesitymedicine.org/obesity-algorithm/> (Accessed = 2/27/2024)
2. Schwab, R., & Estabrooks, P. A. (2022). Effects of a Digital Diabetes Prevention Program: An RCT. *American journal of preventive medicine*, 62(4), 567–577. <https://doi.org/10.1016/j.amepre.2021.10.02>
3. Kahan, S., & Fujioka, K. (2017). Obesity Pharmacotherapy in Patients With Type 2 Diabetes. *Diabetes spectrum : a publication of the American Diabetes Association*, 30(4), 250–257. <https://doi.org/10.2337/ds17-0044>

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