



June 2025 Grand Rounds: Studies of Overfeeding: Lessons for Body Weight Regulation

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 203238605

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 203238608

Important Dates for On-Demand Course (Enduring Material)

Date of Release: July 1, 2025

Date of Termination: December 31, 2027

Learning Objectives

1. After participating in this webinar, learners will be able to describe key overfeeding studies and explain how their findings have contributed to our understanding of the physiological mechanisms that regulate body weight and energy balance.
2. After participating in this webinar, participants will be able to apply insights from overfeeding studies to enhance clinical decision-making when counseling and managing patients living with obesity, recognizing how the body's adaptive responses to caloric excess influence long-term weight regulation and treatment outcomes.

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 relevant financial relationships with ineligible entities¹ (commercial interests). All relevant conflicts of interest 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 relevant relationships with ineligible companies. This information is disclosed to CME activity participants. The Obesity Society has procedures to mitigate all conflicts of interest. In addition, faculty members are asked to disclose when any unapproved use of pharmaceuticals or devices is being discussed. 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).

Panelists and Speakers:

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

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>

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:

Daniel Bessesen, MD, FTOS	Researcher relationship with Eli Lilly (Pharmaceuticals), Novo Nordisk (Pharmaceuticals), and Pfizer (Pharmaceuticals).
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Planner Disclosures:

Jonathan Purnell, MD, FTOS	Consultation relationship with Novo Nordisk (Pharmaceuticals), Boehringer Ingelheim (Pharmaceuticals), and Luciole (Pharmaceuticals).
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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. Bray GA, Bouchard C. The biology of human overfeeding: A systematic review. *Obes Rev.* 2020 Sep;21(9):e13040. doi: 10.1111/obr.13040. Epub 2020 Jun 8. PMID: 32515127.
2. Bouchard C, Tremblay A, Despres JP, Poehlman ET, Theriault G, Nadeau A, Lupien P, Moorjani S, Dussault J. Sensitivity to overfeeding: the Quebec experiment with identical twins. *Prog Food Nutr Sci.* 1988;12(1):45-72. PMID: 3041450.
3. Halliday TM, Rynders CA, Thomas E, Bergouignan A, Pan Z, Kealey EH, Cornier MA, Bessesen DH. Appetite-Related Responses to Overfeeding and Longitudinal Weight Change in Obesity-Prone and Obesity-Resistant Adults. *Obesity (Silver Spring).* 2020 Feb;28(2):259-267. doi: 10.1002/oby.22687. PMID: 31970906; PMCID: PMC6986307.

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