



September 2025 Grand Rounds: Pediatric Obesity: Current Obesity Medication Options and a Vision for the Future

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 203304939

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 203304940

Important Dates for On-Demand Course (Enduring Material)

Date of Release: October 1, 2025

Date of Termination: December 31, 2027

Learning Objectives

At the conclusion of this activity, learners should be able to:

1. Summarize 3 recent developments in pharmacotherapy for pediatric patients living with obesity, including currently available medications, pipeline therapies, and real-world barriers such as access to therapies and compounding therapies.
2. Analyze and categorize emerging precision medicine approaches - such as phenotyping, EHR-derived predictors, biomarkers, and pharmacogenomic signals - to explain how these may help match each child or adolescent living with obesity to the most appropriate therapy.
3. Integrate knowledge of medication access challenges and individualized treatment strategies by developing a clinical decision support plan for pediatric patients affected by obesity, ensuring person-centered care.
4. Identify two ways that advances in obesity pharmacotherapy and precision-based tools can be translated into clinical practice, education, and research to improve health outcomes for pediatric patients living with obesity.

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.

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>

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 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:

Eric Bomberg, MD	Researcher relationship with Novo Nordisk. (Pharmaceuticals)
------------------	--

Planner Disclosures:

Monica Agarwal, MD, MEHP, FACE	No relevant financial relationships
--------------------------------	-------------------------------------

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. Bomberg EM, Ryder JR, Brundage RC, Straka RJ, Fox CK, Gross AC, Oberle MM, Bramante CT, Sibley SD, Kelly AS. Precision medicine in adult and pediatric obesity: a clinical perspective. *Ther Adv Endocrinol Metab.* 2019 Jul 27;10:2042018819863022. doi: 10.1177/2042018819863022. PMID: 31384417; PMCID: PMC6661805.
2. Bomberg EM, Clark J, Rudser KD, Gross AC, Kelly AS, Fox CK. Effectiveness and predictors of weight loss response to phentermine plus lifestyle modifications among youth in a paediatric weight management clinical setting. *Pediatr Obes.* 2024 Aug;19(8):e13143. doi: 10.1111/ijpo.13143. Epub 2024 Jun 17. PMID: 38886982; PMCID: PMC11239309.
3. Bensignor MO, Bramante CT, Bomberg EM, Fox CK, Hale PM, Kelly AS, Mamadi R, Prabhu N, Harder-Lauridsen NM, Gross AC. Evaluating potential predictors of weight loss response to liraglutide in adolescents with obesity: A post hoc analysis of the randomized, placebo-controlled SCALE Teens trial. *Pediatr Obes.* 2023 Sep;18(9):e13061. doi: 10.1111/ijpo.13061. Epub 2023 Jun 1. PMID: 37264767; PMCID: PMC10926323.

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 September 15, 2025.