



February 2026 Grand Rounds: Host-Diet-Gut Microbiome Interactions in Human Energy Balance: Implications for Obesity

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.

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.

Important Dates for On-Demand Course (Enduring Material)

Date of Release: March 1, 2026

Date of Termination: December 31, 2028

Learning Objectives

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

1. Describe the mechanisms by which diet–gut microbiome interactions influence host energy availability, energy balance, and obesity risk.
2. Interpret emerging research on diet-induced changes in the gut microbiome to distinguish clinically relevant findings from preliminary or exploratory data.
3. Apply microbiome-informed dietary principles when counseling patients on obesity prevention and treatment strategies.

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:

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 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:

Karen Corbin, PhD, RD, FTOS	<p>Research funds provided to my institution relationship with Eli Lilly. Please note: Pharmaceuticals</p> <p>Research funds provided to my institution relationship with Boehringer Ingelheim. Please note: Pharmaceuticals</p> <p>Research funds provided to my institution relationship with Novo Nordisk. Please note: Pharmaceuticals</p> <p>Research funds provided to my institution relationship with BPG Bio. Please note: Biomedical</p>
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Planner Disclosures:

Sriram Machenini, MD	No relevant financial relationships
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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. Lee CJ, Sears CL, Maruthur N. Gut microbiome and its role in obesity and insulin resistance. *Ann N Y Acad Sci.* 2020 Feb;1461(1):37-52. doi: 10.1111/nyas.14107. Epub 2019 May 14. PMID: 31087391.
2. Sankararaman S, Noriega K, Velayuthan S, Sferra T, Martindale R. Gut Microbiome and Its Impact on Obesity and Obesity-Related Disorders. *Curr Gastroenterol Rep.* 2023 Feb;25(2):31-44. doi: 10.1007/s11894-022-00859-0. Epub 2022 Dec 5. PMID: 36469257.
3. Corbin KD, Carnero EA, Dirks B, Igudesman D, Yi F, Marcus A, Davis TL, Pratley RE, Rittmann BE, Krajmalnik-Brown R, Smith SR. Host-diet-gut microbiome interactions influence human energy balance: a randomized clinical trial. *Nat Commun.* 2023 May 31;14(1):3161. doi: 10.1038/s41467-023-38778-x. PMID: 37258525; PMCID: PMC10232526.
4. Corbin KD, Krajmalnik-Brown R, Carnero EA, Bock C, Emerson R, Rittmann BE, Marcus AK, Davis T, Dirks B, Ilhan ZE, Champagne C, Smith SR. Integrative and quantitative bioenergetics: Design of a study to assess the impact of the gut microbiome on host energy balance. *Contemp Clin Trials Commun.* 2020 Aug 19;19:100646. doi: 10.1016/j.conctc.2020.100646. PMID: 32875141; PMCID: PMC7451766.
5. Corbin KD, Igudesman D, Smith SR, Zengler K, Krajmalnik-Brown R. Targeting the Gut Microbiota's Role in Host Energy Absorption With Precision Nutrition Interventions for the Prevention and Treatment of Obesity. *Nutr Rev.* 2025 Oct 1;83(10):1928-1943. doi: 10.1093/nutrit/nuaf046. PMID: 40233201; PMCID: PMC12422011.

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