August 2026 Grand Rounds: When the Provider is the Patient: An Obesity Specialist with Obesity Battles Bias and Stigma

Credit for this course may not exceed 1 credit when both the live and enduring material activity format credits are combined.

Live Course Accreditation

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

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: September 15, 2026

Date of Termination: December 31, 2028

Learning Objectives

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

- Distinguish between explicit and implicit weight bias in clinical practice, and identify specific behaviors and environments in which weight stigma is enacted — including their documented effects on patient care-seeking, trust, and health outcomes.
- Apply evidence-based, person-first communication strategies during clinical encounters with patients living with obesity, including recognition of stigmatizing language patterns and adoption of weight-sensitive approaches that support therapeutic alliance.
- Evaluate at least two practice-level or systems-level interventions to reduce weight bias in clinical settings, drawing on current evidence for their effectiveness, and identify one actionable change within their own practice.
- Communicate with interprofessional team members about how innate obesity bias may impact other aspects of team-based care.

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 entities[1] (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

[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

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 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:

Thomas George, Jr, DNP		Epitome Medical- Pharmaceuticals, Consultant Metsera- Pharmaceuticals Advisor Kailera- Pharmaceuticals Advisor Genentech/Roche- Pharmaceuticals Advisor

Planner Disclosures:

Sriram Machenini, MD	Advisor relationship with Abbie Inc. (Pharmaceuticals), Eli Lilly (Pharmaceuticals) and NeurogastriX (Pharmaceuticals) Consultant relationship with Rhythm (Pharmaceuticals)
Angela Golden, DNP	Advisor relationship with Acella (Pharmaceuticals), Boehringer Ingelheim (Pharmaceuticals), Currax (Pharmaceuticals), Eli Lilly (Pharmaceuticals) and Novo Nordisk (Pharmaceuticals). Speaker relationship with Acella (Pharmaceuticals), Currax (Pharmaceuticals), Eli Lilly (Pharmaceuticals) and Novo Nordisk (Pharmaceuticals)
Stacy Schmidt, PhD	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

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3. Aker S, Şahin MK. Obesity Bias and Stigma, Attitudes, and Beliefs Among Intern Doctors: a Cross-sectional Study from Türkiye. Obes Surg. 2024 Jan;34(1):86-97. doi: 10.1007/s11695-023-06919-2. Epub 2023 Nov 16. PMID: 37968559.
4. Rubino, F., Puhl, R.M., Cummings, D.E. et al. Joint international consensus statement for ending stigma of obesity. Nat Med 26, 485–497 (2020). https://doi.org/10.1038/s41591-020-0803-x (Panel representation was interprofessional to include patients and patient advocacy groups)

Disclaimer

This document was last updated August 14, 2026