

# **OBESITY: ETIOLOGY, PREVENTION AND TREATMENT**

## **(M8201) Readings in Human Nutrition (3 Credits)**

Dr. Sharon Akabas (sa109@columbia.edu), Course Coordinator

**Fridays, (9:00 am – 5:20 pm)**

**April 25, May 2, May 9 & May 16, May 23, 2008**

*“At present, more than two-thirds of Americans are overweight and 25% are obese, and it is expected that the prevalence of obesity in the United States will reach 40% in 2010 – and the rest of the world is rapidly catching up.” (Ravussin, E., A NEAT way to control weight? Science 307:530-531, 2005)*

**Prevention and treatment of obesity represent a tremendous challenge to the nutrition and allied health profession.**

### **Course Goals:**

1. To provide an understanding about the importance of the current epidemic of obesity and its impact on disease development throughout the lifespan
2. To translate basic science findings related to obesity towards prevention and treatment in clinical settings.
3. To examine the roles and responsibilities of health care providers in the prevention and treatment of obesity, and to identify the resources required to assist the provider in the helping process.

### **Objectives:**

Upon completion of the course, participants will be able to:

- Recognize the importance of obesity as a major national and international public health issue
- Recognize the impact of obesity during pregnancy on fetal outcome
- Explain how an individual’s genetic makeup and environment affect energy balance and obesity
- Explain the metabolic bases and consequences of obesity with an emphasis on the major co-morbidities
- Understand the role of bias towards overweight as an obstacle to best practice
- Appreciate the significance of intervention for obesity in a range of clinical settings
- Understand the metabolic adaptations to weight loss
- Appreciate the role of cognitive behavioral treatment
- Describe the role of physical activity and psychological factors and the development and treatment of obesity
- Understand the importance of culture and economics on intervention design
- Compare and contrast the safety and efficacy of dietary, pharmacologic and surgical intervention of obesity, pediatric and adult patients
- Be able to utilize life-style and pharmacologic approaches for prevention and treatment of obesity and its associated co-morbidities
- Incorporate the basic tenets of motivational interviewing into practice

For registration information, go to: <http://www.cumc.columbia.edu/dept/ihn/courses/Obesity.html>

# Obesity: Etiology, Prevention and Treatment

Russ Berrie Research Pavilion rooms 1 & 2  
1130 St. Nicholas Avenue at 168th Street - 1st Floor  
New York, NY 10032

## Friday, April 25

Time	Title	Speaker
8:30 – 9:30 am	Impact of obesity and its co-morbidities on health	Henry N. Ginsberg, MD
9:45-11:00 am	Course overview, requirements and key surveys	Sharon Akabas, PhD
11:15 am -12:15 pm	Genetic component: Some genes that helped us may now hurt us	Rudolph Leibel, MD
12:30-1:30 pm	<i>LUNCH</i>	
1:30-2:45 pm	Environmental contributions: What needs to be changed?	Marlene Schwartz, PhD
3:00-4:15 pm	Professional anti-fat bias and its impact on treatment	Rebecca Puhl, PhD
4:15-5:15 pm	School based interventions for pediatric obesity	Michael Rosenbaum, MD

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## Friday, May 2

9:30- 10:45 am	Theories and challenges of behavior change	Isobel Contento, PhD
11:00 am - 12:15 pm	Impact of pregnancy and lactation on the development of obesity	Sally A. Lederman, PhD
12:30 - 1:30 pm	<i>LUNCH</i>	
1:30 - 3:00 pm	The Adipose Tissue	Anthony Ferrante, MD, PhD
3:15 - 4:25 pm	Psychological aspects of obesity	Michael Devlin, MD
4:35 - 5:15 pm	School science curricula as an instrument of change	Pamela Koch, EdD

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**Friday, May 9**

9:15-10:30 am	Prevention and treatment of childhood obesity	Mary Horlick, MD
10:45 am - 11:55 am	Motivational Interviewing	Marion Riedel, PhD
11:55 am - 1:00 pm	<i>LUNCH</i>	
1:00 - 2:20 pm	Regulation of appetite	Joseph Vasselli, PhD
2:30 - 3:30 pm	Metabolic changes with weight loss: Why is it so hard to keep weight off?	Michael Rosenbaum, MD
3:45 - 4:45 pm	Pharmacologic interventions: present and future	Judith Korner, MD, PhD
4:45 - 5:15 pm	Citywide DOH Bodega Initiative	Sabrina Baronberg, MPH

**Humphreys Auditorium – Vanderbilt Clinic Building – 14<sup>th</sup> Floor, Room 240  
Enter at 622 West 168th Street  
(btwn. Broadway & Fort Washington Ave.)  
New York, NY 10032**

**Friday, May 16**

9:30 - 10:45 am	Surgical interventions in adults: For whom does it work and for how long?	Marc Bessler, MD
11:00 - 12:15 pm	Surgical interventions in the pediatric population: Selecting the right patient and the right procedure	Jeffrey Zitsman, MD
12:15 – 12:50 pm	Discussion of Behavior Change Assignment	Sharon Akabas, PhD
1:00 - 2:00 pm	<i>LUNCH</i>	
2:00 - 3:00 pm	Appetitive traits in children: measures, causes and consequences	Susan Carnell, PhD
3:15 - 4:15 pm	Treatment Approaches in Clinical Settings	Louis Aronne, MD
4:30 - 5:30 pm	Nutritional interventions: What works, what doesn't?	Carla Wolper, EdD

**Hammer Health Sciences Center  
701 West 168th Street at Fort Washington Avenue  
3rd Floor - Room 301  
New York, NY 10032**

**Friday, May 23**

<b>Time</b>	<b>Title</b>	<b>Speaker</b>
9:30 - 10:30 am	The Built Environment: Friend or Foe?	Andrew Rundle, PhD
10:45 am–12 noon	Caloric Restriction: What can it teach us about obesity?	Alexander Banks, PhD
12:00 – 1:15 pm	<i>LUNCH</i>	
1:15 – 2:45 pm	Role of physical activity in prevention and treatment	Sharon Akabas, PhD
3:00-3:45 pm	Physical Activity in the NYC schools	Lori Benson, MS
4:00 –4:30 pm	Calorie labeling; New York City perspective	Cathy Nonas, MS, RD
4:30-5:15 pm	Surveys & Wrap-Up	Sharon Akabas, PhD

***HOW TO REGISTER:***

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Fridays (9:00 am – 5:20 pm)**

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**For more information, contact Dr. Sharon R. Akabas at [sa109@columbia.edu](mailto:sa109@columbia.edu), Ms. Leslie DePena-Liriano or Mr. Alex Sosa at (212) 305-4808 / [nutrition@columbia.edu](mailto:nutrition@columbia.edu)**