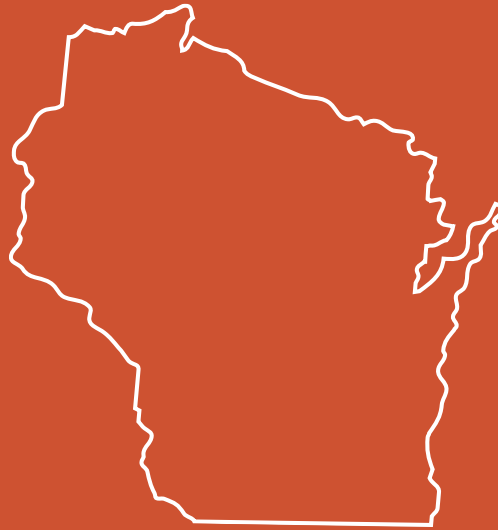




# 2018 University of Wisconsin Obesity Management Summit



Monona Terrace, Madison, WI

May 18-19, 2018

[www.surgery.wisc.edu/obesity\\_summit](http://www.surgery.wisc.edu/obesity_summit)

Provided by the University of Wisconsin School of Medicine and Public Health, Department of Surgery and the University of Wisconsin-Madison Interprofessional Continuing Education Partnership (ICEP)



University of Wisconsin Department of Surgery

# 2018 UW Obesity Management Summit

FRIDAY & SATURDAY, MAY 18-19, 2018

## About

The goal of this day and a half educational activity is to expand the learners' knowledge about multidisciplinary, effective approaches to the treatment of obesity. Increased knowledge in these areas will allow providers to identify and bridge gaps in care so that treatment access and outcomes are improved among individuals affected by obesity in Wisconsin.

## Statement of Need

The prevalence of obesity has increased significantly over the past decade. Today, nearly 40% of our population is obese. It is critical for providers to understand the evidence-based treatments available for obesity in the clinical setting. This includes behavior weight management, pharmacologic treatment, bariatric surgery, and endoscopic procedures. It is also important for clinicians and other stakeholders to consider the barriers to obesity treatment for patients, providers, and health systems. Addressing these barriers to care is a critical for ensuring that evidence-based obesity care is delivered in an effective manner.

## Intended Audience and Scope of Practice

This educational activity has been designed to meet the needs of physicians, physician assistants, nurse practitioners, nurses, health psychologists, dietitians, and other health care professionals interested in obesity care.

## Elements of Competence

This activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, patient care and procedural skills, and interpersonal and communication skills.

## Highlights

- Multidisciplinary perspectives from leading experts regarding optimizing obesity care
- Content will reinforce a foundation for providing exemplary patient care

## Learning Objectives

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

- Discuss and evaluate current knowledge and evidence gaps in evidence-based obesity care, including behavioral weight management, pharmacologic management, bariatric surgery, and endoscopic procedures
- Formulate ideas regarding effective, collaborative efforts to minimize the impact of obesity in Wisconsin
- Identify evidence-based treatment approaches to obesity
- Utilize collaborative efforts and effectively reduce the impact of obesity in Wisconsin

# Credit

## Accreditation Statement



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, the University of Wisconsin-Madison Interprofessional Continuing Education Partnership is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the healthcare team.

## Credit Designation Statement

The University of Wisconsin-Madison ICEP designates this live activity for a maximum of 11.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Continuing Education Units

The University of Wisconsin-Madison ICEP, as a member of the University Professional & Continuing Education Association (UPCEA), authorizes this program for 1.175 continuing education units (CEUs) or 11.75 hours.

## Policy on Faculty and Sponsor Disclosure

It is the policy of the Wisconsin-Madison ICEP that the faculty, authors, planners, and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made available prior to the start of the conference.

# Speakers

## Visiting Faculty

### Jamy Ard, MD

Professor, Epidemiology and Prevention  
Wake Forest School of Medicine  
Co-Director, Weight Management Center  
Wake Forest Baptist Health  
Winston-Salem, NC

### Gurpreet Boparai, MD

Obesity Medicine Physician  
SwedishAmerican  
Rockford, IL

### Tammy Kindel, MD, PhD

Assistant Professor of Surgery  
Medical College of Wisconsin  
Milwaukee, WI

### Shanu Kothari, MD, FASMBS

Fellowship Director of MIS/Bariatric Surgery  
Gundersen Health System  
La Crosse, WI

### Brad Needleman, MD, FASMBS

Professor of Surgery  
Director, Center for Minimally Invasive  
Surgery  
The Wexner Medical Center at Ohio State  
University  
Columbus, OH

### William Yancy, MD, MHSc

Associate Professor of Medicine  
Director, Duke Diet and Fitness Center  
Duke University School of Medicine  
Durham, NC

## Course Faculty

### Brian Arndt, MD

Associate Professor of Family Medicine

### Amber Beck, RN

Clinic Program Coordinator

### Ellen Connor, MD

Professor of Pediatrics

### Vince Cryns, MD, PhD

Professor of Medicine

### Dawn Davis, MD, PhD

Associate Professor of Medicine

### Subarna Dhital, MD

Assistant Professor of Endocrinology

### Luke Funk, MD, MPH - Course Chair

Assistant Professor of Surgery

### Samantha Gollup, RD

Registered Dietitian Nutritionist, UW  
Health

### Larry Hanrahan, PhD

Research Director of Family Medicine

### Katherine Hartkopf, PharmD

Pharmacy Manager, UW Health

### Nicholas Heckman, MPA

Food Security Policy Analyst, Public Health  
Madison and Dane County

### Maggie Larson, DO

Assistant Professor of Family Medicine

### Anne Lidor, MD, MPH

Professor of Surgery

### Amy Meinen, MPH, RD

Outreach Program Manager of Medicine

### Marlon Mundt, PhD

Assistant Professor of Family Medicine

### Blaise Nemeth, MD

Associate Professor of Pediatric  
Orthopedics and Pediatric Fitness Clinics

### Lisa Nackers, PhD

Senior Clinical Psychologist, UW Health

### Jennifer Rehm, MD

Assistant Professor of Pediatrics

### Dale Schoeller, PhD

Professor Emeritus of Nutritional Sciences

### Eva Vivian, PharmD

Professor of Pharmacy

### Corrine Voils, PhD

Professor of Surgery

### Timothy Yeh, PharmD

Clinical Pharmacist, UW Health

# General Information

May 18-19, 2018 | Monona Terrace Convention Center | 1 John Nolen Drive, Madison, WI

## Conference Fee

Early Bird (until March 31, 2018) conference fees are \$300 for MD/DO and \$150 for others including Clinical Adjunct Faculty. After March 31, 2018, conference fees are \$350 for MD/DO and \$175 for others including Clinical Adjunct Faculty.

This fee includes the cost of tuition, materials, continental breakfasts, breaks, lunches, and a \$50 nonrefundable processing fee.

If you cancel your registration up to 96 hours prior to the conference, you will be refunded the entire conference fee except for the nonrefundable portion of the fee. No refunds will be made after that time. Requests for cancellation must be submitted in writing to [help@icep.wisc.edu](mailto:help@icep.wisc.edu).

## How to Register (prepayment required)

Register online at <https://ce.icep.wisc.edu/2018-uw-obesity-management-summit>

## Housing

A block of sleeping rooms has been reserved at the Hilton Madison Monona Terrace, 9 E Wilson St, Madison, WI 53703. Hilton Madison Monona Terrace is located in the heart of downtown Madison, overlooking Lake Monona.

Please call 1-877-510-7465 or 414-935-5941, and book your reservation by April 17, 2018 to take advantage of our special rate of \$129.00/night. Reference group code "UWSOS" or Group Name "UW Obesity Management Summit."

## Conference Venue

The conference will take place at the Monona Terrace Community and Convention Center in Madison, WI. The Monona Terrace is located 1 John Nolen Dr, Madison, WI 53703. Monona Terrace features a State-owned and managed 600-space, automated parking structure available 24/7. Short-term and all-day public parking is provided throughout downtown Madison in various structures and lots.

## Program Changes

Emergency situations occasionally occur and may necessitate topic or speaker changes. The University of Wisconsin School of Medicine and Public Health and the University of Wisconsin–Madison ICEP reserves the right to alter or substitute a topic or speaker without prior notification.

## Syllabus and Program Materials

Conference materials will be available to registered participants 48 hours prior to the event at the conference site: <https://ce.icep.wisc.edu/2018-uw-obesity-management-summit>.

## For Further Information

Contact Veronica Watson, Continuing Professional Education Program Manager, Department of Surgery, at (608) 263-7697 or [watsonv@surgery.wisc.edu](mailto:watsonv@surgery.wisc.edu).



# Agenda

## Friday, May 18

### AM

- 7:00 Registration, Continental Breakfast and Exhibits  
8:00 Welcome: The Scope of Severe Obesity in Wisconsin: A State-Level Perspective

## I. The Obesity Epidemic: How Did We Get Here?

Moderator: Luke Funk, MD, MPH

- 8:15 The Public Health Perspective – Larry Hanrahan, PhD  
8:40 The Spread of Obesity Through Social Networks – Marlon Mundt, PhD  
9:05 Human Obesity and Energy Balance: the Physiologic Perspective – Dale Schoeller, PhD  
9:30 Panel Discussion  
9:45 Refreshment Break & Exhibits

## II. Evidence-based Dietary Strategies for Obesity

Moderator: Corrine Voils, PhD

- 10:00 Strategies to Improve Cardiometabolic Risk Using Lifestyle Modification – Jamy Ard, MD  
10:30 The Evidence Behind Low-carbohydrate, High-fat Nutrition – William Yancy, MD, MHSc  
11:00 Maintaining Dietary Changes in the Long-term: State of the Evidence – Corrine Voils, PhD  
11:20 Evidence-based Exercise Strategies in a Primary Care Setting – Lisa Cadmus-Bertram, PhD  
11:40 Panel Discussion  
11:55 Lunch and Exhibits

### PM

## III. Bariatric Surgery and Endoscopic Options for Obesity Treatment

Moderator: Anne Lidor, MD, MPH

- 1:15 Bariatric Surgery Options and Outcomes in 2018 – Shanu Kothari, MD, FASMBS  
1:45 Is Bariatric Surgery a Cost-Effective Intervention? – Luke Funk, MD, MPH  
2:15 Endoscopic Treatments for Obesity – Brad Needleman, MD, FASMBS  
2:45 Panel Discussion  
3:00 Refreshments and Exhibits

## IV. Bariatric Surgery: Multi-disciplinary Team Elements

Moderator: Luke Funk, MD, MPH

- 3:15 Role of the Primary Care Provider and Timing of Referral to a Bariatric Surgery Program – Gurpreet Boparai, MD
- 3:45 Psychological Evaluation of the Bariatric Surgery Candidate – Lisa Nackers, PhD
- 4:15 Nutritional Considerations for the Bariatric Surgery Candidate – Samantha Gollup, RD
- 4:45 Panel Discussion
- 5:00 Adjourn

## Saturday, May 19

AM

- 7:00 Registration, Continental Breakfast and Exhibits

### V. Pharmacologic Treatment of Obesity and Diabetes

Moderator: Dawn Davis, MD, PhD

- 8:00 FDA-approved Weight Loss Medications – Timothy Yeh, PharmD
- 8:20 Treatment of Diabetes and Its Impact on Weight – Dawn Davis, MD, PhD
- 8:50 Metabolic Syndrome/Diabetes Prevention – Subarna Dhital, MD
- 9:20 Panel Discussion
- 9:35 Refreshment Break & Exhibits

### VI. Pediatric Obesity Treatment

Moderator: Jennifer Rehm, MD

- 9:50 2017 Endocrine Society pediatric obesity guidelines – Ellen Connor, MD
- 10:20 Weight Loss with Exercise in a Pediatric Setting – Blaise Nemeth, MD
- 10:50 Bariatric Surgery in Adolescent Patients – Tammy Kindel, MD, PhD
- 11:20 Panel Discussion
- 11:35 Box Lunch

PM

### VII. Obesity Management Considerations in Primary Care and the Community

Moderators: Amy Meinen, MPH, RD

- 11:55 Racial Disparities in Obesity and Obesity Treatment – Eva Vivian, PharmD
- 12:15 Development of a Community Health Weight Control Program – Brian Arndt, MD and Maggie Larson, DO
- 12:35 The Development of a Fruit and Vegetable Prescription Program – Nick Heckman, MPA
- 12:55 The Obesity Prevention Initiative – Vince Cryns, MD, PhD
- 1:15 Panel Discussion
- 1:30 Closing Remarks and Adjourn



**Department of Surgery**  
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