

Obesity Medicine: Management Essentials

May 16, 2026 · Scripps Memorial Hospital La Jolla · Schaetzel Center · La Jolla, California

Course Topics

- Reframing Obesity as a Chronic Disease
- Psychosocial & Social Determinants of Obesity
- Evidence-Based Lifestyle Interventions
- Bariatric Surgery and Long-Term Management
- Medication Management for Obesity
- And more...

Scan for a complete agenda



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Educational Objectives

Upon completion of this activity, participants should be able to:

- Review the epidemiology and pathophysiology of obesity.
- Implement appropriate tools and methods to assess obesity in patients.
- Design effective dietary and activity plans tailored to individual patient needs.
- Develop comprehensive management plans for patients with obesity and obesity-related complications.
- Implement culturally sensitive care practices to address obesity in diverse populations.

Register Online



	Thru March 30	April 1–May 13	After May 13
Physicians (MD, DO, MBBS)	\$300	\$350	\$400
Scripps Physician*	\$250	\$300	\$350
RN, NP, PA, Others	\$225	\$275	\$325
Scripps RN, NP, PA, Others*	\$175	\$225	\$275
Students, Residents, Fellows**	\$125	\$175	\$225

**Must use a valid Scripps email address when registering.*

***To receive the student, resident, fellow registration discount code, please email or call Scripps CME and provide proof of your status.*

Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee (MD, DO, RN, PA, NP) or a \$50 processing fee (Students, Residents, Fellows), if your cancellation is received in writing no later than **Friday, May 1, 2026**. Attendee substitutions are allowed, but notification must be made in writing by **Friday, May 1, 2026**. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows."

Scripps Course Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this course, in which case a full refund of the registration fee will be provided. Scripps encourages the purchase of travel insurance as we are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

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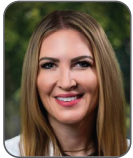
Course Overview

The Obesity Medicine: Management Essentials conference aims to equip health care providers with a thorough understanding of obesity, its multifaceted treatment strategies, and the complications associated with it. Participants will explore evidence-based approaches to managing obesity, including lifestyle interventions, pharmacotherapy, and surgical options. Additionally, the course will address the physiological, psychological, and social implications of obesity and include strategies to improve patient outcomes and quality of life.

Target Audience

Physicians, surgeons, nurses, nurse practitioners, physician assistants, dietitians, nutritionists, certified diabetes educators, endocrinologists, cardiologists, hepatologists, psychiatrists, psychologists, and other allied health professionals.

Course Co-Directors



Samantha Harris, MD

Endocrinologist, Scripps Clinic
Center for Weight Management
Scripps Whittier Diabetes Institute
La Jolla, California



Athena Philis-Tsimikas, MD

Corporate Vice President
Scripps Whittier Diabetes Institute
La Jolla, California

Faculty Disclosure

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, course directors, planners, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disqualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All relevant financial relationships with ineligible companies listed for individuals in control of content have been mitigated. **A complete listing of faculty and their disclosures for this program can be found on the course website.**

Accreditation, Maintenance of Certification, and Disclosure

Physicians

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Scripps Health designates this activity for a maximum of 5.25 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses and Nurse Practitioners

The American Nurses Credentialing Center, American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credit(s)*™ issued by organizations accredited by the ACCME.

Physician Assistants

NCCPA accepts *AMA PRA Category 1 Credit(s)*™ from organizations accredited by the ACCME.

Pharmacists

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit(s)*™.

Commission on Dietetic Registration

The Commission on Dietetic Registration (CDR) accepts *AMA PRA Category 1 Credit(s)*™ issued by organizations accredited by the ACCME.

Maintenance of Certification

This CME activity is offering Maintenance of Certification (MOC) points for members of the American Board of Internal Medicine.

Commercial Support

This course may be supported, in part, by educational grants from industry. In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, a complete list of commercial support received will be provided to all learners who participate in the continuing education activity. For more information: www.accme.org/standards.

Course Location

Scripps Memorial Hospital La Jolla · Schaetzel Center

9890 Genesee Ave
La Jolla, California 92037

