



Pediatric Obesity Care: Basics and Beyond

Friday, November 6, 2026

VIRTUAL CONFERENCE

Course Overview

Experts in pediatric obesity care will discuss current recommendations for prevention, diagnosis and treatment of obesity and related complications in children and adolescents. We will review the evidence-based recommendations and present practical guidance on treatment options, including nutrition, exercise, behavioral health, pharmacotherapy, and bariatric surgery.

Target Audience

Pediatric Primary Care Providers, and Pediatric Nutritionists and Behavioral Health Providers.

General Information and Course Registration Fee

The registration fee includes course registration, livestream access to the conference and access to view presentations online.

Registration Fee: \$85 **Register:** chop.cloud-cme.com

Course Objectives

Upon completion participants should be able to:

- Understand multifactorial etiology of pediatric obesity
- Understand principle of weight stigma, and learn skills in non-stigmatizing approach to children and families
- Know when to screen for obesity related complications and appropriate screening measures and referral pathways
- Become familiar with clinical presentations of genetic forms of obesity, and feel comfortable with determining when to refer for genetic testing or evaluation

Accreditation Statement



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Children's Hospital of Philadelphia is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation of Credit

Physicians: Children's Hospital of Philadelphia designates this live activity for a maximum of 4.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



RD/DTR: This activity awards 4.5 CPEUs.

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Cancellation Policy

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. Cancellations must be received in writing by Monday, October 23, 2026.

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PROGRAM

Friday, November 6, 2026

- 8:00 a.m. **Welcome and Introduction**
Rachana Shah, MD, MSTR
- 8:05 a.m. **Understanding and Navigating the Risk of Harm in Obesity Care**
Kimberly Genuario, PhD
- 8:30 a.m. **Sleep Apnea and the Sleep–Obesity Connection**
Julia George-Jones, PhD
- 8:50 a.m. **Risk Factors for Type 2 Diabetes in Children**
Lorraine L. Katz, MD
- 9:10 a.m. **Intermittent Fasting for MASLD: Facts and Fiction**
Nikhil Pai, MD
- 9:30 a.m. **Weight Loss Medications (GLP-1 and More)**
Rachana Shah, MD, MS
- 10:10 am **Q&A**
- 10:25 am **Break**
- 10:45 a.m. **Minimally Invasive Interventions as Part of Weight Management**
Elizabeth Prout, MD
- 11:15 a.m. **Dietary Concerns with Weight Loss Therapies**
Elizabeth Coover, MPH, RD, CSP, LDN
- 11:45 a.m. **Exercise Considerations with Weight Loss Therapy**
Christine Giovinazzo, BS
- 12:15 p.m. **Behavioral Considerations with Weight Loss Therapies**
Thomaseo Burton, PhD, MPH
- 12:45 pm **Q&A**
- 1:00 p.m. **Closing Remarks and Adjourn**
Rachana Shah, MD, MSTR

Unless otherwise noted, faculty is from the Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

Course Director

Rachana Shah, MD, MSTR

Medical Director, Health and Wellbeing Clinic

Division of Endocrinology and Diabetes

Associate Professor of Pediatrics

Course Faculty

E. Thomaseo Burton, PhD, MPH

Psychologist II, Health and Wellbeing Program

Department of Child and Adolescent Psychiatry and Behavioral Sciences

Elizabeth Coover, MPH, RD, CSP, LDN

Lead Clinical Dietitian

Department of Clinical Nutrition

Kimberly Genuario, PhD

Department of Child and Adolescent Psychiatry and Behavioral Sciences

Assistant Professor of Clinical Psychology

Julia George-Jones, PhD

Licensed Psychologist

Department of Child and Adolescent Psychiatry and Behavioral Sciences

Christine Giovinazzo, BS

Pediatric Exercise Physiologist, Trainee Coordinator

Health and Wellbeing Program

Lorraine L. Katz, MD

Attending Physician, Division of Endocrinology and Diabetes

Professor of Pediatrics; Division of Endocrinology and Diabetes

Nikhil Pai, MD

Attending Physician, Division of Endocrinology and Diabetes

Professor of Pediatrics; Division of Endocrinology and Diabetes

Elizabeth Prout, MD, MSCE

Attending Physician, Division of Gastroenterology, Hepatology and Nutrition

Director, Division of Clinical Trials, CHOP Center for Microbial Medicine

Associate Professor of Pediatrics, University of Pennsylvania



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