

# Psychiatry & Psychotherapy Podcast Series: Episode 158: Obesity and Weight Loss

June 26, 2024 – December 31, 2025

## Purpose

This episode discussed obesity and weight loss. The definition of obesity has changed significantly in the last few years. In 1942, WHO classified obesity as a chronic disease. In 2013, the American Medical Association accepted it as a chronic metabolic and multifactorial disease.

## Target Audience

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

## Activity Objectives

- 1 Describe how to take a history of someone struggling with obesity
- 2 Describe GLP-1 medication
- 3 Describe the side effects of GLP-1 medications

## Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

## Designation Statement

The University of California, Irvine School of Medicine designates this Enduring Material for a maximum of 0.75 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.

## Faculty & Planner Disclosures

University of California, Irvine School of Medicine Continuing Medical Education 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 (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
David Puder, MD	Course Director, Faculty	Nothing to disclose - 05/27/2024
Rocio Salas-Whalen, MD	Faculty	Nothing to disclose - 9/13/2022

## Agenda

[INSERT AGENDA HERE MANUALLY]

## Acknowledgement of Commercial Support

No commercial support has been received for this activity.