

# Early Recognition & Treatment of Obesity:

*Practical Approaches  
to Obesity Management*

**December 16, 2006**



**USF College of Nursing  
Tampa, Florida  
Lecture Hall**

*Jointly sponsored by*

**USF**<sup>TM</sup>  
HEALTH

FLORIDA DEPARTMENT OF  
**HEALTH**

## Course Description:

Over 60% of the adult population in Florida is clinically overweight or obese and at risk for obesity-related disorders such as diabetes, sleep apnea, cardiovascular disease, and hypertension. One of the national health objectives for the year 2010 is to reduce the prevalence of obesity among adults to less than 15%. However, healthcare providers face many challenges in implementing the guidelines for obesity treatment. A nationally recognized faculty will provide practical insights and office-based approaches to recognizing and treating obesity and an overview of community-based resources for the prevention of obesity.

## Objectives:

*Upon completion of this course, the participant should be able to:*

- Understand the medical, economic, and societal burden of the obesity epidemic;
- Develop a practical approach for the treatment of obesity from evidence-based guidelines;
- Participate in clinical care scenarios aimed at developing algorithms for the treatment of obesity;
- Learn the technique of Brief Motivational Interviewing;
- Initiate efforts for the prevention of obesity.

## Target Audience:

Hillsborough County Primary Care Providers: primary care physicians, pediatricians, obstetricians; nurse practitioners, nurses and physician's assistants in primary care setting; school nurses; psychologists, family medicine dietitians, endocrinologists.

## Accreditation:

**Physicians:** The University of South Florida College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of South Florida College of Medicine designates this educational activity for a maximum of 4 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Nurses:** The University of South Florida College of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This activity is for 5.0 contact hours.

## Registration Fee:

REDUCED Fee \$25/person

*The greatly reduced Registration Fee of only \$25/person for this program is made possible in part by a grant from the State of Florida Department of Health. Attendance is limited to the first 100 registrations.*

## Agenda

### Adult Obesity Prevention & Treatment: Practical Approaches to Obesity Management

Saturday, December 16, 2006

- 7:00 – 7:45 AM Registration  
Pre-Conference Continental Breakfast
- 7:45 – 8:00 AM Key Note Speaker  
USF Health  
*Stephen K. Klasko, MD, MBA*
- 8:00 – 8:15 AM Introduction  
Faculty: *Michel M. Murr, MD*
- 8:15 – 8:45 AM Overview of Obesity Management  
Faculty: *Lisa Saff-Koche, MD*
- 8:45 – 9:00 AM Behavioral & Psychological Factors with  
Weight Management in Primary Care  
Faculty: *Perry Kaly, PhD*
- 9:00 – 9:15 AM Nutritional Assessment  
Faculty: *Jennifer Shoemaker, RD*
- 9:15 – 9:30 AM Community Resources: Obesity Prevention, STEPS  
*Walter Niles, MPA*
- 9:30 – 9:45 AM Using BMI to Change BMI. Brief Motivational  
Interviewing  
Faculty: *Rita Debate, PhD*
- 9:45 – 10:00 AM Refreshment Break with Speakers
- 10:00 AM – 12:00 PM Breakout session  
\*Participants will rotate through each session  
Faculty: *Koche, Kaly, Shoemaker, Debate,  
Gallagher, Murr*  
**Group A.** Brief Motivational Interviewing  
(BMI) Skills Practicum and Case Study  
**Group B.** Behavior Modification Techniques  
and Case Study  
**Group C.** Dietary Counseling
- 12:00 – 12:30 PM Discussion and Wrap-up fPOD Study Enrollment  
Faculty: *Michel M. Murr, MD*

**Accommodations for Disabilities:** Please notify the CPD Office, 12901 Bruce B. Downs Blvd., MDC Box 60, Tampa, Florida, 33612 or call (813) 974-4296 a minimum of ten working days in advance of the event if a reasonable accommodation for a disability is needed.

Events, activities and facilities of the University of South Florida are available without regard to race, color, sex, national origin, disability, age, or Vietnam veteran status as provided by law and in accordance with the University's respect for personal dignity.

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## Course Director:



### **Michel M. Murr, MD, FACS**

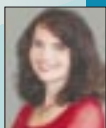
Director of Bariatric Surgery, Tampa General Hospital  
Associate Professor, Department of Surgery  
College of Medicine, University of South Florida

## Faculty:



### **Stephen K. Klasko, MD, MBA**

Vice President for Health Sciences  
Professor, Dean of the College of Medicine  
University of South Florida



### **Lisa Saff-Koche, MD**

Director, Spectra Complete Healthcare, Florida  
Cardiovascular Institute  
Director of Cardiac Rehabilitation, Tampa General Hospital  
Assistant Professor, Department of Internal Medicine  
College of Medicine, University of South Florida



### **Scott F. Gallagher, MD**

Assistant Professor, Department of Surgery  
College of Medicine, University of South Florida



### **Rita DeBate, PhD, MPH, CHES**

Associate Professor, Department of Community and Family Health  
College of Public Health, University of South Florida



### **Perry Kaly, PhD**

Licensed Psychologist, Tampa General Hospital  
Adjunct Faculty, Department of Surgery  
College of Medicine, University of South Florida



### **Jennifer Shoemaker, RD**

## Location

University of South Florida – College of Nursing

**Faculty Disclosure:** The University of South Florida College of Medicine adheres to the CME Standards regarding commercial support of continuing medical education. It is the policy of the USF College of Medicine that the faculty and planning committee disclose real or parent conflicts of interest relating to the topics of this educational activity, that relevant conflict(s) of interest are resolved and also that speakers will disclose any unlabeled/unapproved use of drug(s) or device(s) during their presentation. Detailed disclosure will be made in the course syllabus.

# Registration Form

## Adult Obesity Prevention & Treatment Practical Approach to Obesity Management

**Saturday, December 16, 2006**

Name: \_\_\_\_\_

Gender:  Male  Female Birth Date: (MM) \_\_\_\_\_ (DD) \_\_\_\_\_

Title: \_\_\_\_\_ Speciality: \_\_\_\_\_

MD  DO  Other \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

“Burning Question” I would like the faculty to address during the Program:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Registration Fees:

\$25/person

### Payment Method:

Enclosed is my check made payable to USF MSSC  
(USF Medical Services Support Corporation) in the amount of \$ \_\_\_\_\_

Charge my Credit Card:  Visa  MasterCard  AmEx Amount: \$ \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

**PLEASE MAIL OR FAX REGISTRATION FORM TO:  
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Register online at: [www.cme.hsc.usf.edu](http://www.cme.hsc.usf.edu) or Fax to: (813) 974-3217

For further information please call the Office of Continuing  
Professional Development at (813) 974-4296 or 1-800-852-5362.

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