



# Foundations of Cardiomtabolic Health Certification Course

Certified  
Cardiomtabolic Health  
Professional (CCHP)



MODULE 2

## Obesity

### 1. OBESITY AS A DISEASE: AN OVERVIEW

#### Important Guidelines, Statements, and Reports

- Obesity and Cardiovascular Disease: A Scientific Statement From the American Heart Association (+)
- AACE- Comprehensive Clinical Practice Guidelines for Medical Care of Patients with Obesity (+)
- AACE Clinical Practice Guidelines for Healthy Eating for the Prevention and Treatment of Metabolic and Endocrine Diseases in Adults (+)

#### Important Suggested Readings and Resources:

- 5 As: Framework for Teaching and Practicing the Art of Behavior Change (+)
- Motivational Interviewing (+)
- Obesity and Cardiomtabolic Risk Factors: From Childhood to Adulthood (+)
- Centers for Disease Control and Prevention- Overweight and Obesity (+)
- Centers for Disease Control and Prevention Nutrition: Physical Activity, and Obesity Prevention Strategies (+)
- 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults (+)
- Management of Adult Overweight and Obesity (OBE) (2020)- U.S. Department of Veterans Affairs (+)
- Weight Can't Wait: Guide for the Management of Obesity in the Primary Care Setting (STOP Obesity Alliance) (+)



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### 2. THE MEDICAL MANAGEMENT OF OBESITY

#### Important Guidelines, Statements, and Reports

- 2021 Obesity Algorithm 
- Pharmacological Management of Obesity: An Endocrine Society Clinical Practice Guideline 
- A Proposed Standard of Obesity Care for All Providers and Payers 

#### Important Suggested Readings and Resources:

- Drug-induced weight gain: Rethinking our choices 
- Next Generation Antiobesity Medications: Setmelanotide, Semaglutide, Tirzepatide and Bimagrumb: What do They Mean for Clinical Practice? 



### 3. METABOLIC SURGERY FOR OBESITY MANAGEMENT

#### Important Guidelines, Statements, and Reports

- [About Adult BMI](#) (+)
- [ASMBS Pediatric Metabolic and Bariatric Surgery Guidelines](#) (+)
- [AGA Clinical Practice Guidelines on Intra-gastric Balloons in the Management of Obesity](#) (+)
- [AACE Clinical Practice Guidelines for the Perioperative Nutrition, Metabolic, and Nonsurgical Support of Patients Undergoing Bariatric Procedures – 2019 Update](#) (+)
- [Guidelines for Perioperative Care in Bariatric Surgery: Enhanced Recovery After Surgery \(ERAS\) Society Recommendations: A 2021 Update](#) (+)

#### Important Suggested Readings and Resources:

- [Potential Candidates for Weight-loss Surgery](#) (+)
- [Benefits of Weight Loss Surgery](#) (+)
- [Benefits and Risks of Bariatric Surgery in Adults- A Review](#) (+)
- [Bariatric Surgery versus Intensive Medical Therapy for Diabetes – 5-year Outcomes](#) (+)
- [Geisinger Get~2~Goal App](#) (+)



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### 4. NAFLD AND NASH

#### Important Guidelines, Statements, and Reports

- The Diagnosis and Management of Nonalcoholic Fatty Liver Disease: Practice Guidance from the American Association for the Study of Liver Diseases 
- Nonalcoholic Fatty Liver Disease and Recent Guideline Updates 
- Clinical Care Pathway for the Risk Stratification and Management of Patients With Nonalcoholic Fatty Liver Disease 
- Preparing for the NASH Epidemic: A Call to Action 
- Current guidelines for the management of non-alcoholic fatty liver disease: A systematic review with comparative analysis 

#### Important Suggested Readings and Resources:

- Advanced Liver Fibrosis Is Common in Patients With Type 2 Diabetes Followed in the Outpatient Setting: The Need for Systematic Screening 
- Promising diagnostic biomarkers of nonalcoholic fatty liver disease and nonalcoholic steatohepatitis: From clinical proteomics to microbiome 
- Insights Into the Molecular Targets and Emerging Pharmacotherapeutic Interventions for Nonalcoholic Fatty Liver Disease 