

# Roundtable on Obesity Solutions

## Medications and Obesity: Exploring the Landscape and Advancing Comprehensive Care

March 19-20, 2024



TUESDAY, MARCH 19, 2024 (DAY 1)

**10:00 AM**      **Opening Remarks**  
**Nicolaas P. Pronk**, *HealthPartners Institute, Chair of the Roundtable on Obesity Solutions*

### Session 1: Current State of Pharmacokinetics and Pharmacology for Obesity

*Moderators: Christina R. Chow, Emerald Lake Safety, and Laura Higginbotham, U.S. Food and Drug Administration*

**10:05 AM**      **An Overview of Medications that Affect Weight Status**  
**Donna Ryan**, *Pennington Biomedical Research Center*

**10:25 AM**      **Altered Pharmacokinetics and Clinical Effects of Drugs in Patients with Obesity**  
**David J. Greenblatt**, *Tufts University School of Medicine*

**10:45 AM**      **BREAK**

**10:55 AM**      **Inclusion of Subjects with Obesity in Drug Development: Current Status and Opportunities**  
**Jaya Vaidyanathan**, *U.S. Food and Drug Administration*

**11:15 AM**      **Transformation: What is to Come in the Pipeline of Anti-Obesity Medications**  
**Ania Jastreboff**, *Yale School of Medicine*

**11:35 AM**      **Q&A and Discussion**

**12:00 PM**      **LUNCH BREAK**



## **Session 2: Advancing Optimal Obesity Treatment: Intersections Between Treatment Options**

Moderators: **Jeanne Blankenship**, *Academy of Nutrition and Dietetics*, and **Joseph Nadglowski**, *Obesity Action Coalition*

- 12:30 PM**      **PANEL: The Lived Experiences of Physicians and Patients**  
**Karen Glanz**, *University of Pennsylvania*  
**Holly F. Lofton**, *NYU Langone Health*  
**Michele Tedder**, *Black Women's Health Imperative*
- 1:00 PM**      **Q&A and Discussion**
- 1:15 PM**      **Mental and Behavioral Health Concerns of Adults Using Anti-Obesity Medications: The Science, the Practice and the "So What"**  
**Robyn Pashby**, *Health Psychology Partners*
- 1:30 PM**      **Mental and Behavioral Health Considerations for Children and Teens**  
**Denise Wilfley**, *Washington University in St. Louis*
- 1:45 PM**      **Q&A and Discussion**
- 2:00 PM**      **BREAK**
- 2:10 PM**      **Nutrition with Anti-Obesity Medications**  
**Colleen Dawkins**, *Big Sky Medical Wellness*
- 2:30 PM**      **Q&A and Discussion**
- 2:40 PM**      **PANEL: Shifting the Paradigm to a Focus on Health Behaviors**  
**Dan Bessesen**, *University of Colorado Anschutz Medical Campus*  
**Colleen Dawkins**, *Big Sky Medical Wellness*  
**John Jakicic**, *University of Kansas Medical Center*
- 3:10 PM**      **Q&A and Discussion**
- 3:30 PM**      **ADJOURN DAY 1**



## WEDNESDAY, MARCH 20, 2024 (DAY 2)

**10:00 AM**      **Workshop Day 1 Recap**  
**Kristen R. Sullivan**, *American Cancer Society*

### **Session 3: Navigating Clinical Practice, Economic, and Policy Challenges of New Obesity Treatments**

*Moderators: David Arterburn, Kaiser Permanente Washington Health Research Institute, and Anand K. Parekh, Bipartisan Policy Center*

**10:10 AM**      **Opportunities and Barriers for Clinical Practice Guidelines**  
**Jamy Ard**, *Wake Forest University School of Medicine*  
**Sarah Barlow**, *University of Texas Southwestern Medical Center*

**10:50 AM**      **Q&A and Discussion**

**11:10 AM**      **BREAK**

**11:20 AM**      **Exploring Current Research on the Economic Impact of Anti-Obesity Medications**  
**Alison Sexton Ward**, *University of Southern California Schaeffer Center for Health Policy & Economics*

**11:40 AM**      **The Federal Perspective on Coverage of Medications to Treat Obesity: Considerations From the Congressional Budget Office**  
**Noelia Duchovny**, *Congressional Budget Office*

**12:00 PM**      **The Employer Perspective: Ensuring Comprehensive Care for the Workforce**  
**Shawn Gremminger**, *National Alliance of Healthcare Purchaser Coalitions*

**12:20 PM**      **Q&A and Discussion**

**12:50 PM**      **Closing Remarks**  
**Ihuoma Eneli**, *University of Colorado Anschutz Medical Campus, Vice Chair of the Roundtable on Obesity Solutions*

**1:00 PM**      **ADJOURN WORKSHOP**



## WORKSHOP PLANNING COMMITTEE

### **Ihuoma Eneli, M.D., M.S., FAAP (Co-Chair)**

Professor  
Nutrition Section Head  
Department of Pediatrics  
University of Colorado Anschutz Medical Campus  
Children's Hospital Colorado

### **Nicolaas (Nico) P. Pronk, Ph.D., M.A., FACSM, FAWHP (Co-Chair)**

President  
HealthPartners Institute  
Chief Science Officer  
HealthPartners

### **David Arterburn, M.D., M.P.H., FACP, FTOS, FASMBS**

Senior Investigator  
Kaiser Permanente Washington Health Research Institute  
Manager  
Washington Permanente Medical Group  
Affiliate Professor  
Department of Medicine  
University of Washington

### **Jeanne Blankenship, M.S., R.D.N.**

Vice President of Policy Initiatives and Advocacy  
Academy of Nutrition and Dietetics

### **Christina R. Chow, Ph.D.**

Head of Research  
Emerald Lake Safety, LLC

### **Laura Higginbotham, M.D., M.P.H.**

Lead Physician  
Division of Diabetes, Lipid Disorders, and Obesity  
Office of New Drugs  
Center for Drug Evaluation and Research  
U.S. Food and Drug Administration

### **Joseph (Joe) Nadglowski, Jr.**

President and CEO  
Obesity Action Coalition

### **Anand K. Parekh, M.D., M.P.H.**

Chief Medical Advisor  
Bipartisan Policy Center

### **Kristen R. Sullivan, M.S., M.P.H.**

Director  
Nutrition and Physical Activity  
American Cancer Society

Established in 2014, the Roundtable on Obesity Solutions brings together diverse sectors and voices to solve the obesity crisis. Through meetings, public workshops, publications, and Innovation Collaboratives, the Roundtable fosters an ongoing dialogue on critical and emerging issues in obesity prevention, treatment, and weight management. The Roundtable explores the science, evidence, evaluation, and innovation efforts that advance progress in reducing the impact of obesity, as well as applies effective equity strategies to address obesity-related disparities. Utilizing a policy, systems, and environmental change lens, the Roundtable explores and advances effective solutions.

The Health and Medicine Division (HMD) is a division of the National Academies of Sciences, Engineering, and Medicine (the Academies). The Academies are private, nonprofit institutions that provide independent, objective analysis and advice to the nation and conduct other activities to solve complex problems and inform public policy decisions related to science, technology, and medicine. The Academies operate under an 1863 congressional charter to the National Academy of Sciences, signed by President Lincoln. See more at: <http://nationalacademies.org/obesitysolutions>