

# 2025 Pediatric Grand Rounds - Pediatric Obesity Medicine: Entering the New Era of Pharmacotherapy

**When:** 12/18/2025 8:00:00 AM - 12/18/2025 9:00:00 AM

**Activity ID:** 7644

**Location:** Adele Hall - Auditorium (West Lobby)

**Faculty:**

Aaron S. Kelly, PhD

Co-Director, Center for Pediatric Obesity Medicine, Department Of Pediatrics

University of Minnesota

**Event Description:**

[Click here to join the presentation from your laptop or computer.](#)

(link does not work from mobile devices) <https://cmkc.tv/3IXmTDF>

Local and national leaders present pediatric topics in their area of specialty during this monthly series.

Objective(s): 1 Describe the role of health behavior and lifestyle treatment for pediatric obesity, including expected outcomes when delivered as monotherapy. 2 Characterize the factors involved in metabolic adaptation and mechanisms responsible for weight regain. 3 Identify newly FDA-approved obesity medications for adolescents including safety and efficacy.

Location: Adele Hall - Auditorium (West Lobby)

Specialties: Anesthesiology, Dental Clinic, Family Practice, Graduate Medical Education, Internal Medicine/Pediatrics, Ophthalmology, Orthopaedics, Pathology/Clinical Labs, Pediatrics, Radiology, Research, Surgery, All Specialties

**Faculty Disclosures:**

Aaron S. Kelly, PhD (Other: Unpaid Consulting-Boehringer Ingelheim Pharmaceuticals, Inc.|Other: Unpaid Consulting-Eli Lilly|Other: Unpaid consulting and educational activities; study drug donation-Novo Nordisk (Any division)|Other: Study drug and placebo donation-Vivus - 05/26/2025)

[Download Handout](#)

**OBJECTIVES:**

At the conclusion of this activity, the participant will be able to:

1 Describe the role of health behavior and lifestyle treatment for pediatric obesity, including expected outcomes when delivered as monotherapy.

2 Characterize the factors involved in metabolic adaptation and mechanisms responsible for weight regain.

3 Identify newly FDA-approved obesity medications for adolescents including safety and efficacy.

**ACCREDITATION:**

### Continuing Medical Education (CME)

The Children's Mercy Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Children's Mercy Hospital designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### American Board of Anesthesiology (ABA)

 MAINTENANCE OF CERTIFICATION IN ANESTHESIOLOGY This activity contributes to the CME component of the American Board of Anesthesiology's redesigned Maintenance of Certification in Anesthesiology<sup>™</sup> (MOCA<sup>®</sup>) program, known as MOCA 2.0<sup>®</sup>. Please consult the ABA website, [www.theABA.org](http://www.theABA.org), for a list of all MOCA 2.0 requirements.

### American Board of Pathology (ABPath)

 Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.00 Lifelong Learning credit in the American Board of Pathology (ABPath) Continuous Certification program. It is the CME provider's responsibility to submit learner completion information to the ACCME for the purpose of granting ABPath credit.

### American Board of Pediatrics Maintenance of Certification Part 2

 Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 1.00 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit.

### American Board of Surgery (ABS)

 Successful completion of this CME activity enables the learner to earn credit toward the CME requirement of the American Board of Surgery's Continuous Certification program. It is the CME provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

### Nursing Contact Hours

This educational activity has been awarded 1.00 nursing contact hours.

Children's Mercy Kansas City is approved as a provider of nursing continuing professional development by VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

### Dietitian

This program has been approved for Dietitian Continuing Education credit by the KDHE, Kansas Sponsorship #D1273, for 1.00 clock hour(s).

### Other Healthcare Professionals

Other healthcare professionals who participate in this activity may submit their attendance certificate to their appropriate accrediting organizations or state boards for consideration of credit. Participants are responsible for determining whether this activity meets the requirements for acceptable continuing education.

**DISCLOSURES:**

Children's Mercy 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.

The planners and faculty of this series have disclosed the following financial relationship(s) with ineligible companies/commercial interests:

| Name of individual       | Individual's role in activity | Nature of Relationship(s) / Name of Ineligible Company(s)   |
|--------------------------|-------------------------------|---|
| Fadi J Al Muhaisen, MBBS | Course Director               | Nothing to disclose - 06/01/2025  |
| Aaron S. Kelly, PhD      | Faculty                       | Other: Unpaid Consulting-Boehringer Ingelheim Pharmaceuticals, Inc. Other: Unpaid Consulting-Eli Lilly Other: Unpaid consulting and educational activities; study drug donation-Novo Nordisk (Any division) Other: Study drug and placebo donation-Vivus - 05/26/2025 |
| Rose A. Mettlen, MSW     | Activity Coordinator          | Nothing to disclose - 10/23/2025  |