



PUBLIC
HEALTH
FOUNDATION
OF INDIA

WORLD
OBESITY

SCOPE[®]
Strategic Centre for
Obesity Professional
Education

Chellaram
Diabetes Institute



Certificate Course in Obesity Prevention and Management

(CCOPM)

This course is endorsed by World Obesity Federation & has been accredited with 4.0 SCOPE Points, which count towards SCOPE Certification.

[Click here for Registration](#)



CERTIFICATE COURSE IN
OBESITY PREVENTION &
MANAGEMENT

For more details, please contact

Training Division, Public Health Foundation of India
Plot No. 47, Sector 44, Institutional Area Gurugram – 122002, India
Phone: +91-124-4781400
Mobile: +91-9868090590, +91-8826794394
Email: deepak.monga@phfi.org, arshit.koundal@phfi.org

COURSE BROCHURE

**Course Commencing
in November 2020**

Course Fee
INR 8,000⁺ GST

CDI E-Learning Academy, Chellaram Diabetes Institute
1st Floor Lalani Quantum, Pune Maharashtra 411021
Mob. No. (020) 66839752
Email id: cdiacademy@cdi.org.in

Disclaimer: CDI and PHFI hereby declare that this jointly designed "Certificate Course in Obesity Prevention & Management" is not a recognized medical qualification, under section 11(1) of the Indian Council Act, 1956. CDI and PHFI are not a medical college or a university and are not offering this course in accordance with the provisions of the Indian Medical Council Act/ University Grants Commission Act. Kindly note that CCOPM is not a degree or diploma but only a certificate course with the objective of training doctors in the prevention & management of Obesity. Successful participants are advised not to mention/call themselves as Obesity management specialist anywhere after completion of this course or use suffix "CCOPM".

Certificate Course in Obesity Prevention and Management

Obesity, an established public health problem in the developed world, is fast becoming an important issue in the developing countries as well, as confirmed by numerous studies. For instance, the NCD Risk Factor Collaboration (NCD-RisC) looked at the trends in adult body-mass index in 200 countries from 1975 to 2014. It found that global age-standardized mean BMI increased from 21.7 kg/m² in 1975 to 24.2 kg/m² in 2014 in men, and from 22.1 kg/m² in 1975 to 24.4 kg/m² in 2014 in women. Age-standardized prevalence of obesity increased from 3.2% in 1975 to 10.8% in 2014 in men, and from 6.4% to 14.9% in women. 2.3% of the world's men and 5.0% of women were severely obese (i.e. BMI \geq 35 kg/m²).¹ In India, the estimated prevalence of obesity was 3.2% in men and 5.1% in women, while that of overweight was 16.4% in men and 15.5% in women.² Obesity affects the quality of life, increases the risk of illness, and raises health-care costs in countries in all parts of the world.³ From a public health perspective, obesity is a major risk factor for a range of chronic diseases including diabetes, cardiovascular diseases and cancer. According to one modeling study, morbid obesity shortens life expectancy by approximately 10 years and moderate obesity by approximately three years.⁴ Mortality results from the several diseases that are associated with obesity, including diabetes, chronic kidney disease, gastrointestinal disease, and cardiovascular disease. Maintaining weight loss is often difficult or unsuccessful.⁵ Obesity management is expensive. Medical costs rise progressively as BMI increases and are expected to continue to rise in the next 15 years. It has been estimated that obesity is second only to depression in its cost to employers.⁶ Obesity has a multifactorial nature resulting from genetic, epigenetic, physiological, behavioral, sociocultural, and environmental factors that lead to an imbalance between energy intake and expenditure during an extended time period.³ Numerous interventions can be recommended to people with overweight or obesity, such as dietary modifications, physical activity, behavioral changes, pharmacological treatment, and bariatric surgery. General practitioners and multidisciplinary support teams play a crucial role in helping patients achieve sustainable weight loss. Patients trust the advice of primary care providers on weight management, but various barriers hinder the effective counseling and treatment of patients with overweight or obesity. Physicians and other health professionals often lack training in the behavioral counseling and interdisciplinary team work that is necessary for a comprehensive lifestyle intervention.⁷ Considering the crucial role of primary care physicians in the prevention and management of obesity, Chellaram Diabetes Institute (CDI) and Public Health Foundation of India (PHFI) have developed a new online course – “Certificate Course in Obesity Prevention and Management (CCOPM)”.

References

1. NCD Risk Factor Collaboration (NCD-RisC). Trends in adult body-mass index in 200 countries from 1975 to 2014: a pooled analysis of 1698 population-based measurement studies with 19.2 million participants [published correction appears in *Lancet*. 2016 May 14;387(10032):1998]. *Lancet*. 2016;387(10026):1377-1396. doi:10.1016/S0140-6736(16)30054-X
2. World Obesity. India: Obesity Health System. https://ps-wod-web-prod.s3.amazonaws.com/media/2019_Report_card_-_India_v2.pdf (Accessed on July 29, 2020)
3. Bray GA, Frühbeck G, Ryan DH, Wilding JP. Management of obesity. *Lancet*. 2016;387(10031):1947-1956. doi:10.1016/S0140-6736(16)00271-3
4. Peto R, Whitlock G, Jha P. Effects of obesity and smoking on U.S. life expectancy. *N Engl J Med*. 2010;362(9):855-857. doi:10.1056/NEJMc1000079
5. Greenway FL. Physiological adaptations to weight loss and factors favouring weight regain. *Int J Obes (Lond)*. 2015;39(8):1188-1196. doi:10.1038/ijo.2015.59
6. Loeppke R, Taitel M, Haufle V, Parry T, Kessler RC, Jinnett K. Health and productivity as a business strategy: a multiemployer study. *J Occup Environ Med*. 2009;51(4):411-428. doi:10.1097/JOM.0b013e3181a39180
7. Semlitsch T, Stigler FL, Jeitler K, Horvath K, Siebenhofer A. Management of overweight and obesity in primary care-A systematic overview of international evidence-based guidelines. *Obes Rev*. 2019;20(9):1218-1230. doi:10.1111/obr.12889

Partner Organizations



Chellaram Diabetes Institute (CDI)

Chellaram Diabetes Institute (CDI) is a unit of the Chellaram Foundation founded by Mr Lal L Chellaram. CDI is a not-for-profit organization based in Pune with the principal objective of creating lasting impact on Diabetes through research, education, awareness, high quality patient care and a rural outreach program. CDI is equipped with a state-of-the-art Diabetes Centre in Pune. The vision of CDI is to understand the cause of high prevalence of Diabetes among Indians, promote measures to prevent or delay the onset of Diabetes and thereby create a huge and lasting impact on Diabetes in India and also globally. Considering the crucial role of primary care physicians in the prevention and management of obesity, Chellaram Diabetes Institute (CDI) and Public Health Foundation of India (PHFI) have developed a new online course – “Certificate Course in Obesity Prevention and Management (CCOPM)”.

For more information, visit: www.cdiacademy.org.in



World Obesity Federation (WOF)

World Obesity Federation (WOF) represents professional Members of the scientific, medical and research communities from over 50 regional and national obesity associations. Through this membership WOF have created a global community of organisations dedicated to solving the problems of obesity. The mission of WOF is to lead and drive global efforts to reduce, prevent and treat obesity.

World Obesity Federation have devised four overarching strategic goals, which are at the heart of their methodology when it comes to recognising, treating and preventing obesity on a global scale.

- **Research:** To collate, conduct and disseminate world-leading research into obesity, its impact, causes, treatment and prevention
- **Policy:** To influence policy of academics, government and businesses at global, regional and national levels
- **Education:** To bring rigour, consistency and credibility to the field through educational programmes, practical training, publications, conferences and accreditation
- **Membership:** Creating a global community of organisations dedicated to solving the problems of obesity

'World Obesity's Clinical Care Committee decided that the further learning value, quality, and structure of 'The Certificate Course in Obesity Prevention and Management (CCOPM), comply with SCOPE principles. This course has been accredited with 4.0 SCOPE Points, which count towards SCOPE Certification. SCOPE Certification is conferred by the World Obesity Federation and is the internationally recognised standard of excellence in obesity management. SCOPE Certification is awarded to health professionals with obesity management experience who have earned 12 SCOPE points.'



For more information, visit: www.worldobesity.org
www.worldobesity.org/training-and-events/training/scope

Public Health Foundation of India (PHFI)

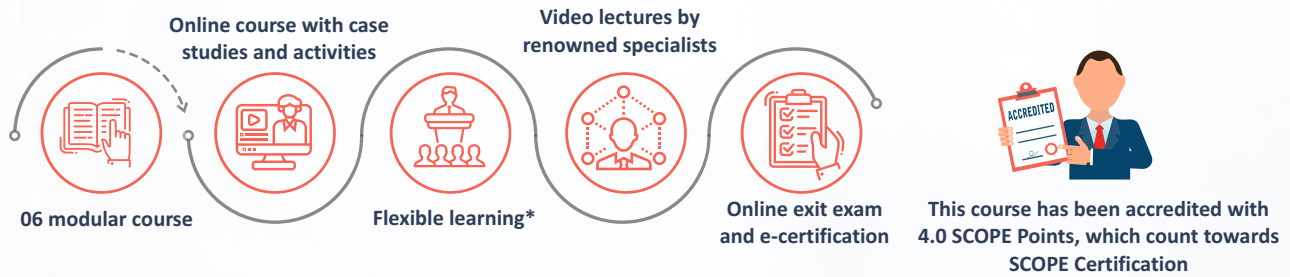


PHFI, a public private initiative was launched by the 14th Hon'ble Prime Minister of India on March 28th 2006 at New Delhi, India. Evolved through consultations of multiple constituencies, Indian as well as International academia, state and central governments etc. PHFI is a response to redress the limited institutional capacity in India for strengthening training, research and policy development in the area of Public Health.

PHFI has adopted a broad integrative approach to public health, following up with the training of numerous Healthcare Professionals under various capacity building initiatives for healthcare professionals since 2010. Training Division at PHFI is implementing 25 capacity building initiatives for Primary Care Physicians (PCPs) and Other Healthcare Personnel across the country in the journey spanning 10 years. So far we have trained over 32,000 Health care professionals spread over 34 States and UTs in the country of which 10,000 are affiliated to the Government sector. 12 State Governments have adopted these initiatives which have spread to 10 other countries across South-East Asia and Africa including Ministry of Health, Government of Rwanda.

For more information, visit: www.phfi.org

Salient Features



**The participant can complete the modules and assessments of the course over a period of 3 months*

Eligibility Criteria

- MBBS OR Diploma/ MD/ DNB in any discipline

Course Objectives



- To enhance knowledge, skills and core competencies of primary care physicians for prevention and management of Obesity.

- To develop/ update a standard teaching protocol and module for evidence based learning on Obesity prevention & management
- To build a network of primary care physicians in the field of prevention and management of Obesity

Course Content

The course has been divided into six modules and is presented in video format for easy learning. There are case studies, instructive videos and activities interspersed in the modules to provide an enhanced learning experience.



- 1 Introductory Aspects of Obesity**
- 2 Secondary Causes of Obesity**
- 3 Approach to a Patient with Obesity**
- 4 Diet and Lifestyle Modification in Obesity Management**
- 5 Role of Pharmacotherapy and Bariatric Surgery in Obesity Management**
- 6 Special Topics in Obesity**

Methodology

The course evaluation includes a pre-test before the commencement of each module, and a post-test after the module, and an exit-exam at the end of the course. The online medium offers accessibility across laptop/desktop and mobile platforms, and provides flexibility to the participant to learn at their own convenient pace.

Certification Criteria

The participant will need to complete all the course modules and clear the exit exam in order to obtain the course completion certificate, which will be generated online.

Course Faculty



Dr. A. G. Unnikrishnan

MD, DM (Endocrinology), DNB, MNAMS

- Dr A. G. Unnikrishnan is an Endocrinologist and CEO of Chellaram Diabetes Institute, Pune. He heads clinical care, research, education, and also oversees a philanthropic rural diabetes care program at the Institute.
- He has published the largest multicenter study of subjects with pancreatitis and pancreatic diabetes worldwide, in addition to his other publications. He is also the former Editor-in-Chief and Founder Editor of the Journal of Thyroid Research and Practice. He is Executive Editor of the Indian Journal of Endocrinology and Metabolism. He has more than 160 publications in indexed journals.
- He has received the Subash Mukherjee Oration award of the Endocrine Society of India, and the Srivastava Award of the RSSDI (India's largest Diabetes Society) for his contribution to diabetes in India. He has also received the Jacob Memorial Prize for the best patient care awarded by the Christian Medical College, Vellore, in 1998. He received the Fellowship Award of the RSSDI in 2017, and the Dr. Sam GP Moses oration award by the Diabetes Association of India in 2018



Dr. Shailesh R. Deshpande

MD (Preventive and Social Medicine)

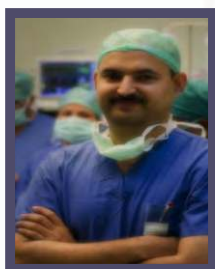
- Dr. Shailesh Deshpande heads the Education Department at the Chellaram Diabetes Institute, Pune. He is involved in the design and conduction of bespoke training programs for doctors, nurses and other healthcare professionals.
- He has vast experience of working in the non-government sector in India on diverse community health and related issues, and has also worked with the Government of Maharashtra in the State Health Systems Resource Centre, Pune.
- He has been a teacher at the B. J. Medical College, Pune and at the Symbiosis International University, Pune. He has also been visiting faculty at the Savitribai Phule Pune University and the Maharashtra University of Health Sciences.
- He has several publications in indexed journals to his credit.



Dr. Vedavati Purandare

MD (Medicine)

- Dr. Vedavati Purandare works as a Consultant Physician and Diabetologist at Chellaram Diabetes Institute, Pune.
- She has done her MBBS and MD Medicine from B. J. Medical College, Pune. She has received the Dhirubhai Ambani Scholarship, and was awarded with the Late Mr. Vasant Bam prize for her academic performance in MBBS.
- Her area of special interest is pre-diabetes and diabetic kidney disease. Her dissertation work on 'Renal Disorders in Diabetes' was presented in a Conference at Spain.
- She has a number of scientific publications in national as well as international medical journals.
- She is faculty for the various courses developed by the Chellaram Diabetes Institute.



Dr. Neeraj Rayate

MS (General Surgery), DNB (General Surgery), Fellowship in Surgical Gastroenterology

- Dr. Neeraj Rayate is a Consultant Laparoscopic Gastrointestinal and Bariatric Surgeon at the Chellaram Diabetes Institute, Pune.
- He has done his MS in General Surgery followed by a Fellowship at the Department of Gastrointestinal and Oncosurgery, Athens Medical Center, Greece.
- He has almost 20 years of surgical experience.
- He has co-authored books on minimally invasive surgery in gynecological oncology and esophageal cancer, and also has many publications in indexed journals.
- He has conducted several live surgical workshops to demonstrate technically demanding procedures, broadcast live to international audiences.



Dr. Satish Pattanshetti

MS (General Surgery), Fellowship in Minimal Access Surgery

- Dr. Satish Pattanshetti is a Consultant Laparoscopic Bariatric and Metabolic Surgeon at the Chellaram Diabetes Institute, Pune.
- He has done his MBBS from the G. S. Medical College, Mumbai and MS in General Surgery from B. J. Medical College, Pune.
- He is FMAS - Association of Minimal Access Surgeons of India (AMASI), FBMS - Taiwan, and FALS (Bariatric) - Indian Association of Gastrointestinal Endosurgeons (IAGES).
- He has authored several papers in gastrointestinal and bariatric surgery and has presented his work at several international forums.



Dr. Geeta Dharmatti

MSc (Clinical Nutrition and Dietetics), PhD, RD

- Dr. Geeta Dharmatti is the Chief Nutrigenomic Counselor of GeneSupport.
- She holds a Master's Degree in Clinical Nutrition and Dietetics from Nagpur University where she won the Gold Medal for topping her MSc Examinations. She also holds a Doctoral Degree in this field.
- She is a Registered Dietitian and topped the Special RD Examination by IDA board in 2012.
- She also serves as Director of Geeta Nutriheal, a Nutrition Services Consultancy, and is an Executive Member of the Indian Dietetic Association.
- Her areas of expertise include critical care, bariatric, nutrigenomics, wellness and lifestyle management.