



Food as Medicine

2025 Update - Weight of Change: The Interplay of Nutrition, New Medicine and Stigma in Obesity

Thursday November 13, 2025

**Li Ka Shing Knowledge Institute,
209 Victoria St, 2nd Floor, Toronto, ON**

Target Audience

Family doctors, medical trainees and other healthcare professionals with an interest in the relationship between diet and chronic disease prevention

Objectives

After active engagement in this symposium, participants will be better able to:

1. Evaluate and apply relevant recommendations from the Canadian pediatric and adult obesity guidelines, including evidence-based treatment approaches to patient care.
2. Describe and implement up-to-date nutrition strategies for effective obesity management across the lifespan.
3. Identify and apply practical approaches to reduce weight stigma in clinical, community and public health settings through collaborative practices.
4. Integrate pharmacological treatments and nutrition interventions into comprehensive weight management plans, including long-term care strategies.

2025 Rundle-Lister Lectureship in Transformative Nutritional Medical Education

The Rundle-Lister Lectureship in Transformative Nutritional Medical Education is awarded annually to a preeminent clinician researcher in recognition of their outstanding contributions to the role of nutrition in patient care. The 2025 Lectureship is presented to **Dr. Mike Lean**, Professor and Chair of Human Nutrition at the University of Glasgow and NHS Consultant in Medicine at Glasgow Royal Infirmary. He was previously the non-executive director of the Health Education Board of Scotland and chair of the UK Food Standards Agency Advisory Committee on Research. He is internationally recognized for his research in nutrition and type 2 diabetes remission, receiving multiple honors including the Tenovus Medal, Rank Nutrition Prize and Honorary Fellowship at Downing College, University of Cambridge.



TEMERTY FACULTY OF MEDICINE
UNIVERSITY OF TORONTO

Continuing Professional Development

Department of Nutritional Sciences

**Joannah & Brian Lawson Centre for Child
Nutrition**



ST. MICHAEL'S
UNITY HEALTH TORONTO

**Continuing Professional Development
Accredited Event**

Planning Committee:

John L. Sievenpiper, MD, PhD, FRCPC, *Chair*
Margaret Rundle, MD, CCFP, FCFP, *Advisor*
Viola Antao, MD, CCFP, MHSc, FCFP
Vivian Choo, MD, CCFP, MSc
Sheila Lakhoo, MD, CCFP, MScCH
Yuliya Rackal, MD, CCFP, MHSc
Chris Tomlinson, MB, ChB, PhD
Elena Comelli, PhD
Soruba Vijayaratham, NP-PHC, MScN
Chinwe Nwebube, MD
Samantha Cheng
Rebecca Noseworthy, MPH, RD
Chelsea McPherson, MAN, RD

**For accreditation information and to register
online: foodasmedicineupdate.ca**



**Dr. Michael Lean, MA,
MB, BChir, MD,
FRCP (Edin), FRCPS
(Glasgow), FRSE**

Agenda

Thursday November 13, 2025 - 8:30 a.m. - 4:00 p.m. EST
Li Ka Shing Knowledge Institute - 209 Victoria Street, 2nd Floor, Toronto, ON



Food as Medicine

2025 Update - Weight of Change: The Interplay of Nutrition, New Medicine and Stigma in Obesity

Time	Speaker
8:30 - 8:40	WELCOME REMARKS Dr. John Sievenpiper
8:40 - 9:00	EVIDENCE WITH EMPATHY: 2025 CANADIAN PEDIATRIC GUIDELINES FOR MANAGING CHILDHOOD OBESITY Dr. Jill Hamilton
9:00 - 9:20	ASSESSING HEALTH RISK IN PEDIATRIC OBESITY: MOVING BEYOND MEASURES OF BODY SIZE Dr. Stasia Hadjiyannakis
9:20 - 9:40	PUBLIC POLICY AND WEIGHT-RELATED NARRATIVES Dr. Amanda Raffoul
9:40 - 10:20	Q&A PANEL # 1
10:20 - 10:50	BREAK
10:50 - 11:10	ARE YOU MISSING THE KEY INGREDIENT? ADDRESSING BODY IMAGE AND FOSTERING BODY POSITIVITY Dr. Laurie Clark
11:10 - 11:30	THE 'POWER' OF PROTEIN IN BODY WEIGHT REGULATION: PRESERVING MUSCLE IN THE ERA OF GLP-1RA THERAPY Dr. Stuart Phillips
11:30 - 12:10	Q&A PANEL # 2
12:10 - 1:00	LUNCH
1:00 - 1:05	PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD
1:05 - 1:50	RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION TRANSFORMING TYPE 2 DIABETES: NUTRITION GENTLY REPLACES ENDOCRINOLOGY Dr. Michael Lean
1:50 - 2:05	KEYNOTE Q&A
2:05 - 2:35	BREAK
2:35 - 2:55	GUIDING CHANGE: WHAT'S NEW IN ADULT OBESITY MANAGEMENT Dr. Sanjeev Sockalingam
2:55 - 3:15	GLP-1RA MEDICATIONS UNPACKED: THE SCIENCE, THE HYPE AND THE FIT Dr. Julie Lovshin
3:15 - 3:55	Q&A PANEL # 3
3:55 - 4:00	CLOSING REMARKS Dr. John Sievenpiper

To learn more about the speakers and their talk objectives visit foodasmedicineupdate.ca