Test Content Outline

I. Basic Concepts – 25%

A. Determinants of Obesity
   1. Lifestyle/Behavioral
   2. Environmental/Cultural
   3. Genetic
   4. Secondary
   5. Epigenetics and Fetal Environment

B. Physiology/Pathophysiology
   1. Neurohormonal
   2. Enterohormonal/Microbiota
   3. Body Fat Distribution
   4. Pathophysiology of Obesity-Related Disorders/Comorbidities
   5. Body Composition and Energy Expenditure
   6. Energy Balance and Hormonal Adaptation to Weight Loss
   7. Obesity Related Cell Physiology and Metabolism
   8. Brain, Gut, Adipocyte Interaction

C. Epidemiology
   1. Incidence and Prevalence, Demographic Distribution
   2. Across the Life Cycle

D. General Concepts of Nutrition
   1. Macro and Micronutrients
   2. Gastrointestinal Sites of Nutrient Absorption
   3. Obesity Related Vitamin and Mineral Metabolism
   4. Macronutrient Diet Composition and Effects on Body Weight and Metabolism

E. General Concepts of Physical Activity
   1. Biomechanics and kinesiology
   2. Cardiorespiratory Fitness and Body Composition

II. Diagnosis and Evaluation – 30%

A. History
   1. Medications
   2. Family History
   3. Comorbidities/Assessment and evaluation
   4. Sleep

B. Lifestyle/Behavior/Psychosocial
   1. Demographic/Socioeconomic/Cultural/Lifestyle/Occupational
   2. Physical Activity
   3. Nutrition/Diet
   4. Eating Disorders/Disordered Eating
   5. Body image disturbance

C. Physical Assessment
   1. BMI
   2. Waist Circumference
   3. Physical Findings of obesity and Comorbid Conditions
   4. Vital Signs
   5. Underlying Syndromes
   6. Signs of Nutritional Deficiency
   7. Growth indices

D. Procedures and Laboratory Testing
   1. Resting Metabolic Rate
   2. Body Composition Analysis
   3. Diagnostic Tests
      a. Comorbidities
      b. Secondary Obesity

E. Screening Questionnaires

F. Research Tools
III. Treatment – 40%

A. Behavior
   1. Behavioral Counseling Techniques/Therapies
   2. Self-Monitoring Techniques/Tools

B. Diet
   1. Calorie and Micronutrient
   2. Very Low Calorie Diet
   3. Meal Replacements
   4. Effect on Comorbid Conditions

C. Physical Activity
   1. Prescription
   2. Mechanisms of Action
   3. Effect on Comorbid Conditions

D. Pharmacotherapy, Pharmacology and Pharmacokinetics
   1. Risks, Benefits, and Adverse Effects
   2. Indications/Contraindications
   3. Monitoring and Follow Up
   4. Prescription Dose and Frequency
   6. Off Label Usage/Over-the-counter (OTC)
   7. Multi-drug/Combination Therapy
   8. Management of Drug-Induced Weight Gain
   9. Effect on Comorbid Conditions

E. Alternative, Emerging, and Investigational Therapies

F. Surgical Procedures
   1. Types, Risks, Benefits
   2. Indications and Contraindications
   3. Complications
   4. Pre-operative Assessment and Preparation
   5. Post-operative Management
      a. Medical Inpatient
      b. Medical Outpatient
      c. Nutritional
   6. Adolescent Surgery
   7. Effect on Comorbid Conditions

G. Strategies
   1. Age-Related Treatment
   2. Risks Associated with Excessive Weight Loss
   3. Management of Weight Plateau
   4. Prevention of Obesity and Weight Gain
   5. Management of Comorbid Conditions During Weight Loss
   6. Effect of Weight Loss on Comorbid Conditions
   7. Treatment of Comorbid Conditions

H. Pediatric obesity
   1. Treatment Guidelines
   2. Pharmacotherapy
   3. Bariatric Surgery
   4. Family Support and Participation

IV. Practice Management – 5%

A. Patient care Issues
   1. Weight Bias, Stigma/Discrimination
   2. Culturally Tailored Communication
   3. Ethics

B. Office Procedures
   1. Policies and Protocols
   2. Adult Obesity Management Guidelines and Recommendations
   3. Physician Personal Health Behaviors
   4. Online and remote management tools

C. Interdisciplinary Team

D. Advocacy/Public Health

E. Other
   1. Cost Effectiveness of Treatment Options
   2. Awareness of Societal Cost of Obesity
   3. Reimbursement and Coding

Please note: The American Board of Obesity Medicine certification exam covers information that pertains to individuals throughout the entire life cycle. The overall content of the exam includes:
- pediatric and adolescent content (15%)
- adult content (20%)
- content relevant to the entire life cycle (65%)

Within each domain detailed in the Test Content Outline there may be content related to pediatric and adolescent patients and/or adult patients.