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## 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

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### III. Treatment – 40%

- A. Behavior**
  - 1. Behavioral Counseling Techniques/Therapies
  - 2. Self-Monitoring Techniques/Tools
- B. Diet**
  - 1. Calorie and Micro/Macronutrient
  - 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
  - 5. Drug-Drug, Drug-Nutrient, Drug-Herbal Interactions
  - 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.