



# 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, 2<sup>nd</sup> Floor, Toronto, ON**

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## Target Audience

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

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## Objectives

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**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.

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## 2025 Rundle-Lister Lectureship in Transformative Nutritional Medical Education

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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. Michael 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**



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UNITY HEALTH TORONTO

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**Continuing Professional Development  
Accredited Event**

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### 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  
Chantal Sorhaindo, MN, NP (PHC-GH), RN-EC, BScN  
Soruba Vijayaratnam, NP-PHC, MScN  
Chinwe Nwebube, MD  
Samantha Cheng  
Rebecca Noseworthy, MPH, RD  
Chelsea McPherson, MAN, RD

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**For accreditation information and to register  
online: [foodasmedicineupdate.ca](https://foodasmedicineupdate.ca)**

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**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, 2<sup>nd</sup> 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	<b>WELCOME REMARKS</b> Dr. John Sievenpiper
8:40 - 9:00	<b>EVIDENCE WITH EMPATHY: 2025 CANADIAN PEDIATRIC GUIDELINES FOR MANAGING CHILDHOOD OBESITY</b> Dr. Jill Hamilton
9:00 - 9:20	<b>GUIDING CHANGE: WHAT'S NEW IN ADULT OBESITY MANAGEMENT</b> TBD
9:20 - 9:40	<b>GLP-1 MEDICATION UNPACKED: THE SCIENCE, THE HYPE AND THE FIT</b> Dr. Julie Lovshin
9:40 - 10:20	<b>Q&amp;A PANEL # 1</b>
10:20 - 10:50	<b>BREAK</b>
10:50 - 11:10	<b>ARE YOU MISSING THE KEY INGREDIENT? ADDRESSING BODY IMAGE AND FOSTERING BODY POSITIVITY</b> Dr. Laurie Clark
11:10 - 11:30	<b>THE 'POWER' OF PROTEIN IN BODY WEIGHT REGULATION: PRESERVING MUSCLE IN THE ERA OF GLP-1RA THERAPY</b> Dr. Stuart Phillips
11:30 - 12:10	<b>Q&amp;A PANEL # 2</b>
12:10 - 1:00	<b>LUNCH</b>
1:00 - 1:05	<b>PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD</b>
1:05 - 1:50	<b>RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION TRANSFORMING TYPE 2 DIABETES: NUTRITION GENTLY REPLACES ENDOCRINOLOGY</b> Dr. Michael Lean
1:50 - 2:05	<b>KEYNOTE Q&amp;A</b>
2:05 - 2:35	<b>BREAK</b>
2:35 - 2:55	<b>PUBLIC POLICY AND WEIGHT-RELATED NARRATIVES</b> Dr. Amanda Raffoul
2:55 - 3:15	<b>HOW TO TALK TO PATIENTS ABOUT WEIGHT WITHOUT STIGMA</b> Dr. Stasia Hadjiyannakis
3:15 - 3:55	<b>Q&amp;A PANEL # 3</b>
3:55 - 4:00	<b>CLOSING REMARKS</b> Dr. John Sievenpiper

To learn more about the speakers and their talk objectives visit [foodasmedicineupdate.ca](https://foodasmedicineupdate.ca)