

*To achieve novel outcomes in chronic weight  
management, presenting*

# **Certificate Course in Obesity Prevention and Management (CCOPM)**

## **Salient Features**



**Evidence based  
curriculum**



**5 modular  
course**



**Certificate  
awarded**

**Last Date for Enrollment  
15<sup>th</sup> Feb 2026**



# **COURSE BROCHURE**

**Supported by**



**Course Starts from  
March 2026**

## Partner Organizations

### Chellaram Diabetes Institute (CDI)

CDI, a unit of the Chellaram Foundation, works to reduce the burden of diabetes in India and globally. It provides state-of-the-art services, runs mobile outreach clinics in rural communities around Pune, and conducts training programs to build healthcare capacity.

For more details visit <https://www.cdi.org.in/>

### Public Health Foundation of India (PHFI)

PHFI is a public-private initiative launched in 2006 to strengthen India's public health capacity with support from the Ministry of Health and Family Welfare and state governments.

For more details visit [www.phfi.org](http://www.phfi.org)

### About Training Division

Leads nationwide capacity-building for healthcare professionals, having trained 45,000+ (42% government) through 112 experts, 696 faculty and 633+ centres across 127 cities in 28 states and 5 UTs, in collaboration with 15 state governments and partners in 10 countries, implementing 30+ standardized training programs with robust certification and monitoring systems.

For more details visit <https://trainingdivision.phfi.org/>

### Sun Pharma

Sun Pharma, a global specialty generics leader with US\$6.2 billion in revenue, delivers trusted, high-quality medicines from 41 manufacturing facilities to over 100 countries. With 1,000 prescriptions written every minute, we're driven by innovation, access, and patient care.

For more details visit <https://sunpharma.com/>

## Eligibility Criteria

MBBS with 5 years of experience or MD Medicine with 3 years of experience

## Course Content

The course has been divided into five modules. There are case studies, instructive videos and activities interspersed in the modules to provide an enhanced learning experience

### 1 Introductory Aspects of Obesity

### 2 Approach to a Patient with Obesity

### 3 Practical Approaches to Lifestyle Management in Obesity

### 4 Role of Pharmacotherapy in Obesity Management

### 5 Special Topics in Obesity

## 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

## Certification Criteria

The criteria for successful completion of the certificate course will be as follows:

- Submission of interim assignment after completion of Module-2
- Participation in at least 4 out of 5 monthly online/virtual sessions (including the pre-test and post-test of each module).
- Appearance in and clearance of exit examination conducted along with Module 5. The exam will be in the form of 50 MCQs to be completed in an hour (Min. 50% score will be required to clear the examination).

*Note: The candidates completing the program successfully will be awarded a certificate of completion jointly issued and signed by PHFI, CDI and respective faculty.*

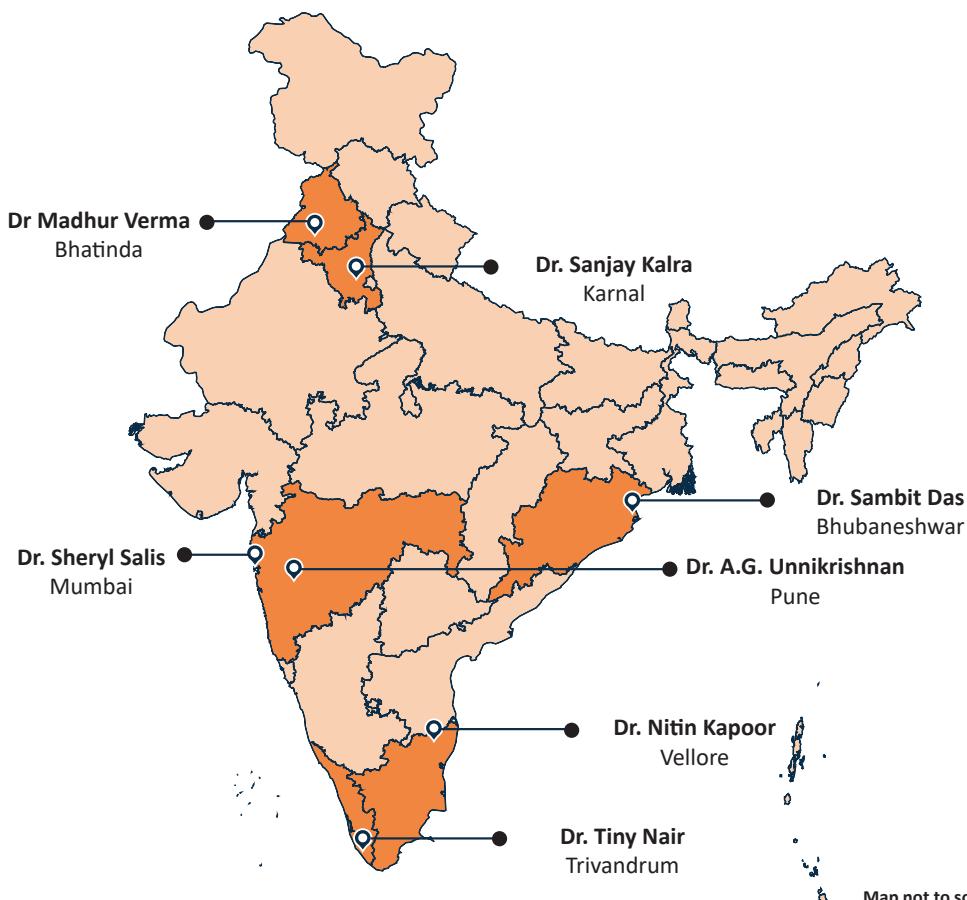
## DISEASE BURDEN IN OBESITY PREVENTION AND MANAGEMENT (CCOPM)

1. Globally, obesity is a significant public health problem. In 2022, WHO estimated **2.5 billion adults aged  $\geq 18$  years** had overweight or obesity which corresponds to **43% of total adults** which almost doubled from 1990, when 25% adults were overweight or obese. <sup>[1]</sup>
2. According to The World Obesity Atlas 2024, the 2.53 billion adults estimated to be living with overweight and obesity, projected to rise **to 3.3 billion** adults with overweight and obesity **by 2035**. This reflects an increase from **46% of adults in 2025 to 54% by 2035**.<sup>[2]</sup>
3. Projections of overall obesity-related mortality also suggested a **42.7% increase in the decade 2020-30**. Investing in efforts to tackle obesity will lead to significant public health benefits. For instance, a study revealed that those who lost weight from an obese BMI in early adulthood to overweight in midlife had a 54% reduction in mortality risk relative to those who maintained an obese BMI. <sup>[3]</sup>
4. In clinical practice, and even in the research setting, obesity has conventionally been determined by measuring the body mass index (BMI). Internationally, a BMI of  $\geq 30 \text{ kg/m}^2$  indicates obesity. However, it is known that Asian people, particularly South Asians, have a **unique phenotype – the thin-fat obesity**, i.e., a significantly higher fat content despite an apparently smaller body frame. Consequently, the criteria for Asians, are stricter, with a **BMI of  $\geq 25 \text{ kg/m}^2$**  considered as obesity. <sup>[4]</sup>
5. Recently, the Lancet Diabetes and Endocrinology Commission has moved beyond BMI and adopted a more comprehensive approach to defining obesity, considering it as excess adiposity assessed either by direct measurement – using a tool like DEXA (dual-energy X-ray absorptiometry) scan, or with at least two anthropometric measurements (i.e., BMI, waist circumference, waist-to-hip ratio, or waist-to-height ratio). <sup>[5]</sup>
6. Clinically, obesity has been thought of as a continuum beginning with preclinical obesity, which is a state of excess body fat leading to some changes in organ structure, but not in organ function. **Preclinical obesity leads to a higher risk of developing clinical obesity** as well as other conditions like diabetes, cardiovascular disease and cancers. <sup>[6]</sup>
7. Clinical obesity is characterized by organ dysfunction and/or a reduced ability to conduct daily activities, and requires active therapeutic interventions to fully regain or improve functioning. At the individual level too, References obesity and overweight results from an imbalance between energy intake and expenditure during an extended time period due to the play of genetic, epigenetic, physiological, behavioural, sociocultural and environmental factors. <sup>[6]</sup>

## References

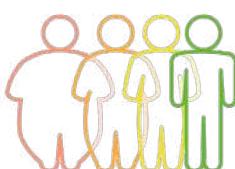
1. World Health Organization. Factsheet: Obesity and overweight. 7 May 2025. Available at: <https://www.who.int/news-room/factsheets/detail/obesity-and-overweight>
2. World Obesity Federation. World Obesity Atlas 2024. March 2024. Available at: <https://data.worldobesity.org/publications/WOF-Obesity-Atlas-v7.pdf>
3. Chong B, Jayabaskaran J, Kong G, et al. Trends and predictions of malnutrition and obesity in 204 countries and territories: an analysis of the Global Burden of Disease Study 2019. *EClinical Medicine*. 2023 Feb 16;57:101850
4. S V M, Nitin K, Sambit D, et al; (on behalf of Endocrine Society of India). ESI Clinical Practice Guidelines for the Evaluation and Management of Obesity In India. *Indian J Endocrinol Metab*. 2022 Jul-Aug;26(4):295-318.
5. Rubino F, Cummings DE, Eckel RH, et al. Definition and diagnostic criteria of clinical obesity. *Lancet Diabetes Endocrinol*. 2025 Mar;13(3):221-62
6. Jalilzadeh M, Goharinezhad S. Exploring the multifaceted factors influencing overweight and obesity: a scoping review. *Front Public Health*. 2025 Apr 9;13:1540756.

## National Experts



STATE/UTs	CENTRE	STATE/UTs	CENTRE
ANDHRA PRADESH	VISHAKHAPATNAM	PUDUCHERRY	PUDUCHERRY
	VIJAYWADA		JAIPUR
GUJARAT	AHMEDABAD	TAMIL NADU	CHENNAI
HARYANA	GURUGRAM		MADURAI
JAMMU AND KASHMIR	SRINAGAR	TELANGANA	HYDERABAD
KARNATAKA	BANGALORE	UTTAR PRADESH	LUCKNOW
	mysore		VARANASI
KERALA	THIRUVANANTHAPURAM	WEST BENGAL	KOLKATA
MAHARASHTRA	MUMBAI		
	PUNE		
	NAGPUR		
	KOLHAPUR		

Course Fee  
INR 6,500+ GST



CERTIFICATE COURSE IN  
OBESITY PREVENTION &  
MANAGEMENT

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Click here for  
Registration

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".