

ASSOCIATION FOR

AWSIM

WEIGHT & SIZE INCLUSIVE MEDICINE

AWSIM Fall Symposium 2026

Weight-Inclusive Cardiometabolic Care in the GLP-1 Era

Protecting Patient Autonomy and Eating-Disorder Safety



Wednesday, November 18, 2026

12:00–6:00 PM ET / 9:00 AM–3:00 PM PT



Virtual Symposium

Event recording available to all registrants

Conference Booklet

Association for Weight and
Size Inclusive Medicine

AWSIM Fall Symposium 2026

Symposium Overview

The AWSIM Fall Symposium 2026 responds to a central clinical tension in current practice: how clinicians can provide evidence-based cardiometabolic care in the GLP-1 era without making weight loss the primary treatment goal, clinical endpoint, or measure of patient success. The program focuses on practical, evidence-based care.

What This Symposium Will Explore



Diabetes and cardiovascular risk reduction



Eating-disorder safety



Medication strategy



Patient goals



Nutrition and movement support without rigidity



Access barriers and multidisciplinary decision-making

Program Agenda



12:00–12:10 PM ET

Welcome and Symposium Framing

Speaker: **Lisa Erlanger, MD**



12:10–1:10 PM ET

Beyond the GLP-1 Hype: Centering Fat People in Cardiometabolic Care

Speaker: **Virgie Tovar, MA**



1:10–2:15 PM ET

Treating Cardiometabolic Risk Directly in the GLP-1 Era

Speaker: **Madhuri Rao, MD**



2:15–2:30 PM ET

BREAK



2:30–3:35 PM ET

Intuitive Eating Counseling in the Age of GLP-1s

Speaker: **Janice Dada, MPH, RDN**



3:35–3:50 PM ET

BREAK



3:50–4:50 PM ET

Complex Decisions in Weight-Inclusive Cardiometabolic Care

Panelists: **Viveka Prakash-Zawisza, MD, MS, MBA, FACOG; Jordan Shapiro, MD; Mahnaz Mellati, MD; Katy Wetzel, BSN, RN, MSN, C-NP; Glenna Martin, MD, MPH; Chioma N. Tomlinson, PA-C, Lead PA**



4:50–5:00 PM ET

TRANSITION



5:00–6:00 PM ET

Clinical Application and Community Discussion

Facilitators: **AWSIM leaders and faculty facilitators**

Featured Speakers



Virgie Tovar, MA

Virgie Tovar, MA, is an author, lecturer, and one of the nation's leading experts and trainers on weight-based discrimination and body image. A Forbes.com contributor since 2018, she covers how weight bias shapes work, media, fashion, and the plus-size market. She hosts GLP-1 Truth Serum, a podcast bringing critical questions to the injectable weight-loss boom, and is the author of *You Have the Right to Remain Fat*, *The Self-Love Revolution*, and *The Body Positive Journal*.



Madhuri Rao, MD

Madhuri Rao, MD, is a family physician at Massachusetts General Hospital and an Instructor of Medicine at Harvard Medical School. She received her MD from George Washington University and completed her family medicine residency at Tufts University/Cambridge Health Alliance, where she served as chief resident. Her experience in eating disorder recovery guides her academic focus on quality weight-inclusive primary care for children and adults, including work on weight stigma, intuitive eating, weight-neutral medical education, and health equity.



Janice Dada, MPH, RDN

Janice Dada, MPH, RDN, is a weight-inclusive registered dietitian in private practice in Newport Beach, California. She is a certified Intuitive Eating counselor, Certified Diabetes Care and Education Specialist, and Certified Eating Disorders Specialist. She supports families and individuals across the lifespan through a weight-inclusive, anti-diet framework and is especially passionate about simplifying and destigmatizing nutrition and weight-based discourse around diabetes. Her book, *Intuitive Eating for Diabetes*, was published in 2025.

Session Descriptions

Welcome and Symposium Framing



12:00–12:10 PM ET



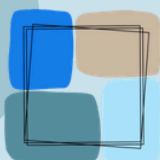
Speaker:
Lisa Erlanger, MD



Lisa Erlanger, MD

ABOUT THIS SESSION

This brief opening will frame the symposium around the clinical challenge of providing rigorous cardiometabolic care in the GLP-1 era without making weight loss a central treatment goal, endpoint, or definition of patient success.



OPENING KEYNOTE

Beyond the GLP-1 Hype

Centering Fat People in
Cardiometabolic Care



12:10–1:10 PM ET



Speaker:
Virgie Tovar, MA



60-minute session,
including Q&A



Virgie Tovar, MA

ABOUT THIS SESSION

This opening keynote will establish a fat-centered, patient- and community-informed foundation for the symposium. Virgie Tovar will examine how weight bias, anti-fatness, diet culture, and the rapid expansion of GLP-1 medications are shaping the experiences of fat patients in cardiometabolic care.

The session will explore how GLP-1 enthusiasm can reinforce weight-loss-first care, while emphasizing patient autonomy, informed decision-making, and the importance of supporting patients who choose, decline, discontinue, or cannot access these medications without making weight loss the measure of treatment success.

OPENING KEYNOTE

Beyond the GLP-1 Hype

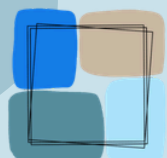
Centering Fat People in Cardiometabolic Care

By centering the perspectives and expertise of fat people, the session will invite participants to examine how clinical communication, institutional policies, healthcare environments, and assumptions about body size influence trust, engagement, and access to evidence-based care.

It will also identify opportunities to provide care grounded in bodily autonomy, meaningful informed consent, patient-defined goals, and outcomes that do not require weight loss.

KEY AREAS

-  Clinical communication
-  Institutional policies
-  Healthcare environments
-  Assumptions about body size
-  Trust, engagement, and access to evidence-based care
-  Bodily autonomy
-  Meaningful informed consent
-  Patient-defined goals
-  Outcomes that do not require weight loss



Clinical Session I

Treating Cardiometabolic Risk

Directly in the GLP-1 Era

Diabetes, Lipids, Blood Pressure, and
Medication Strategy Beyond Weight
Loss



1:10–2:15 PM ET



Speaker:
Madhuri Rao, MD



Madhuri Rao, MD

ABOUT THIS SESSION

This practical clinical session will focus on treating diabetes and cardiovascular risk directly, without using weight loss as the primary intervention or marker of success.

The session will explore how clinicians can build a comprehensive cardiometabolic care plan using established risk-reduction tools while avoiding weight-centric counseling, shame-based risk communication, and overly restrictive recommendations that may increase eating-disorder risk. It will also address the role of GLP-1 medications as one possible clinical tool within a broader evidence-based plan, alongside individualized diabetes care, cardiovascular and kidney risk reduction, lipid and blood pressure management, shared decision-making, and patient-defined goals.



Janice Dada, MPH, RDN

Clinical Session II

Intuitive Eating Counseling in the Age of GLP-1s

Myths, Realities, Intuitive Eating,
Diabetes Nutrition Care, and
Eating-Disorder Safety



2:30–3:35 PM ET



Speaker:
Janice Dada, MPH, RDN

ABOUT THIS SESSION

This clinical session will explore how intuitive eating and weight-inclusive nutrition counseling can be integrated into diabetes and cardiometabolic care in the GLP-1 era.

Rather than serving as a general introduction to intuitive eating, the session will focus on practical clinical application: how to support glycemic health, adequate nourishment, medication safety, movement, and patient autonomy without creating another rigid, restrictive, or shame-based plan.

Drawing from a diabetes-specific intuitive eating framework, the session will also address common clinical tensions such as carbohydrate awareness, glucose monitoring, hypoglycemia risk, appetite changes, GLP-1 medications, diabetes distress, food rules, binge-restrict cycles, and eating-disorder screening, while emphasizing flexible, individualized care that supports cardiometabolic outcomes, body trust, quality of life, and patient-defined goals.

Case-Based Panel

Complex Decisions in Weight-Inclusive Cardiometabolic Care

GLP-1s, PMOS, Fertility Access, Eating Disorders, Psychiatric Medications, and Patient Goals



3:50–4:50 PM ET



Case-Based Panel

Case-based multidisciplinary panel discussion

This multidisciplinary, case-based panel will examine complex clinical scenarios in weight-inclusive cardiometabolic care where medical evidence, patient priorities, access barriers, fertility care, psychiatric stability, medication decisions, and eating-disorder safety do not lead to one simple answer.

Through realistic cases, panelists will model nuanced clinical reasoning and discuss how to identify immediate priorities, consider treatment options, weigh benefits and risks, incorporate eating-disorder safety, honor patient-defined goals, monitor outcomes beyond weight change, and document shared decision-making responsibly.

PANELISTS



**Viveka Prakash-Zawisza, MD,
MS, MBA, FACOG**



**Katy Wetzel, BSN, RN,
MSN, C-NP**



Jordan Shapiro, MD



**Glenna Martin,
MD, MPH**



Mahnaz Mellati, MD



**Chioma N. Tomlinson,
PA-C, Lead PA**

Clinical Application and Community Discussion

Weight-Inclusive Cardiometabolic Care in Practice



5:00–6:00 PM ET



Facilitators:

AWSIM leaders and faculty facilitators



Format

Facilitated, case-based learning session

ABOUT THIS SESSION

This facilitated, case-based learning session will give participants an opportunity to apply the symposium's clinical content to realistic cardiometabolic care scenarios.

Working in small groups, participants will analyze a case, identify immediate clinical priorities, consider evidence-based treatment options, integrate eating-disorder safety and patient-defined goals, and develop a weight-inclusive care plan.

The session is designed as an active educational experience, with each breakout room facilitated by a board member, faculty member, or designated AWSIM leader using a standardized case and discussion guide.

FAQ

Frequently Asked Questions

General Information

1 Is the symposium fully virtual?

Yes. The AWSIM Fall Symposium 2026 is a fully virtual event taking place on Wednesday, November 18, 2026, from 12:00–6:00 PM ET / 9:00 AM–3:00 PM PT

3 I prescribe GLP-1 medications or support patients who take them. Am I still welcome?

Yes. This symposium is not designed as a pro-GLP-1 or anti-GLP-1 event. It is designed to help clinicians think critically, ethically, and clinically about cardiometabolic care in the GLP-1 era. The program will examine how to support patient autonomy, informed consent, eating-disorder safety, and evidence-based care for patients who choose, decline, discontinue, or cannot access GLP-1 medications.

2 Who should attend?

This symposium is designed for clinicians, trainees, educators, researchers, and health professionals who want to provide evidence-based cardiometabolic care without defaulting to weight-loss-first treatment. It may be especially relevant for physicians, advanced practice clinicians, registered dietitians, diabetes care and education specialists, mental health professionals, pharmacists, medical educators, students, and others working in diabetes, primary care, cardiometabolic care, eating-disorder care, reproductive health, psychiatry, and weight-inclusive medicine.

4 Will a recording be available?

Yes. Recordings will be available after the live event to registered symposium participants.

FAQ (CONTINUED)

Frequently Asked Questions

Registration, Access and Additional Information

5 How long will registrants have access?

Registered symposium participants will have access to the recordings and event materials for two years after the live event.

7 Are captions or other accommodations available?

Live captions will be available. If you need additional accommodations to participate fully in the symposium, please contact info@awsim.org as early as possible so we can support your request.

9 Who should be contacted with registration questions?

For registration questions, scholarship inquiries, LMIC discount questions, or accommodation requests, please contact info@awsim.org.

6 What does registration include?

Registration includes live virtual access to the full symposium, including the opening keynote, clinical sessions, case-based panel, and clinical application/community discussion. Registration also includes access to event materials and recordings for two years after the live event. CME information will be provided pending final approval.

8 What is the cancellation or refund policy?

Cancellation and refund requests must be submitted in writing to info@awsim.org. Registrants may request a full refund up to 15 days before the live event. For the AWSIM Fall Symposium 2026, full refund requests must be submitted by November 3, 2026. Refund requests received after November 3, 2026 may not be eligible for a refund. If you are unable to attend live, registered participants will still have access to the recordings and event materials for two years after the live event.