

## **Obesity Medicine Association Launches AI-Powered Patient Simulation Tool to Transform Obesity Care Conversations**

*New “Treating Obesity First” initiative introduces OMAR, an interactive training tool designed to help clinicians practice real-world patient discussions*

DENVER, April 2, 2026 — Today, the Obesity Medicine Association (OMA) announced the launch of Treating Obesity First, a new national initiative anchored by OMAR, an AI-powered patient conversation simulator designed to help clinicians practice realistic, patient-centered obesity care discussions that are grounded in science and compassion.

“Decades of research have shown us that when we prioritize obesity treatment, we see relief from hundreds of other chronic conditions,” said Christopher Weber, MD, DABOM, CSCS, FAAP, FACP, FOMA, a member of the OMA Board of Trustees. “But treatment options are complicated, and there’s so much stigma and misinformation around obesity that many clinicians lack practical tools to confidently begin these conversations. OMA’s new resources can help change that.”

Treating Obesity First will educate and support clinicians who are seeking to learn patient-centered strategies for treating obesity as a chronic, complex primary disease. Housed at [TreatingObesityFirst.org](https://TreatingObesityFirst.org), the initiative features resources for clinicians including:

- OMAR, an AI-powered patient conversation simulator to help clinicians practice conversations
- Patient discussion guide with a framework for conversation and tips to initiate dialogue
- Free continuing medical education (CME) offerings for clinicians who want to learn more

“Sometimes, the hardest part of a conversation about obesity is simply starting it,” said fellow member of the OMA Board of Trustees, Courtney Younglove, MD, MSCP, DABOM, FACOG, FOMA. “OMAR gives clinicians a new way to build confidence before stepping into the exam room. By simulating real patient interactions, it helps clinicians navigate some of the most complex and sensitive conversations in medicine.”

Treating Obesity First draws on OMA’s comprehensive, scientific, and individualized approach to obesity treatment, encouraging providers to use the ‘5As’ framework of obesity management: Ask, Assess, Advise, Agree, and Assist. As treatment options and sources of information shift rapidly, OMA and Treating Obesity First have committed to providing evidence-based and up-to-date clinical information.

The launch of Treating Obesity First coincides with OMA’s annual conference, “[Obesity Medicine 2026: The Heart of Obesity Care](#),” which will take place in San Diego, CA from April 10-12. The conference will bring together leading clinicians, researchers, and educators to deliver an advanced, practice-driven learning experience focused on bringing science to the heart of obesity care.

For more information about OMA and the Treating Obesity First initiative, visit [TreatingObesityFirst.org](https://TreatingObesityFirst.org).

### **About OMA**

*The Obesity Medicine Association (OMA) is the largest organization of physicians, nurse practitioners, physician assistants, and other health care providers working every day to improve the lives of patients affected by obesity. OMA members are clinical experts in obesity medicine. They use a comprehensive, scientific, and individualized approach when treating obesity, which helps patients achieve their health and weight goals. OMA offers resources, education, and community to physicians and other health care providers in the field of obesity medicine.*

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