

2026 Davee Foundation Lecture and Resident Research Day

Abstract

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Title: Improving Resident Confidence in Obesity Medicine Competencies Through Targeted Didactic Education

Background: Obesity is a prevalent chronic disease, yet many resident physicians report inadequate training and low confidence in obesity management. Standardized obesity medicine competencies have been proposed, but gaps in residency-level education persist.

Objective: To assess resident physicians' self-reported confidence in obesity medicine competencies and to evaluate the impact of a targeted, competency-aligned educational intervention on confidence levels.

Methods: This prospective pre–post educational study will be conducted within two family medicine residency programs within the same health system. All residents (N = 48) will be invited to complete a needs-assessment survey evaluating confidence across 12 obesity medicine competency domains, using a 5-point Likert scale. Survey results will inform the development of targeted didactic sessions delivered during residency conference time. Following the intervention, residents will complete a repeat survey. Pre- and post-intervention confidence scores will be compared using paired statistical analyses.

Results: The primary outcome is change in mean self-reported confidence scores across obesity medicine competencies following the educational intervention. Secondary outcomes include identification of baseline areas of lowest confidence and assessment of feasibility of incorporating structured obesity medicine education into residency didactics.

Conclusions: This study aims to identify educational gaps in obesity medicine training and evaluate whether a targeted didactic intervention improves resident confidence. Findings may inform curriculum development and contribute to the limited literature on obesity medicine education in graduate medical training.