

## **Dr. Robert Kushner**

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Dr. Kushner is Medical Director of the Center for Lifestyle Medicine at Northwestern Medicine in Chicago, Professor of Medicine, Northwestern University Feinberg School of Medicine, Past President of The Obesity Society, Founder and Past Chair (2011-2015) of the American Board of Obesity Medicine, author (or editor) of 10 books, 45 book chapters and over 200 scientific articles on obesity and nutrition, on the medical advisory board of Retrofit and on the board of directors of the Obesity Action Coalition (OAC).

Dr. Kushner is a passionate clinician, educator, researcher and advocate in helping to improve the lives of those affected by overweight and obesity. He is recipient of the Clinician-of-the Year Award (2016) and the Atkinson-Stern Award for Public Service (2011) given by The Obesity Society. As an international obesity expert, he lectures worldwide, teaching health care professionals about the latest trends in obesity care. With the help of a team of experts, Dr. Kushner founded the American Board of Obesity Medicine that certifies physicians in the care of patients with obesity. To date, there are approximately 1600 Diplomats.

After completing his residency in internal medicine at Northwestern Memorial Hospital, Dr. Kushner completed a post-graduate fellowship in clinical nutrition at the University of Chicago Hospitals, and received a master's degree in clinical nutrition and nutritional biology at the University of Chicago.

Dr. Kushner is editor of multiple professional texts including Lifestyle Medicine - Manual for Clinical Practice (April, 2016), Treatment of the Obese Patient, 2nd Edition, Nutrition and Bariatric Surgery and Practical Manual of Clinical Obesity. He is also author of Counseling Overweight Adults: The Lifestyle Patterns Approach and Toolkit, Fitness Unleashed: A Dog and Owner's Guide to Losing Weight and Gaining Health Together and Dr. Kushner's Personality Type Diet.