

Clinician Highlight

February 2024



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MGH; Manager for Community Outreach and Education,
MGH Weight Center;
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Tell us a little about your clinical practice and your role in your practice/division/department.

I'm an obesity medicine physician at the MGH Weight Center. My professional interests are in the areas of clinical nutrition, non-surgical weight management, health policy and community health outreach, particularly among underserved communities.

When did you come to MGH and why?

I joined the Weight Center in 2018 because I sought new opportunities for growth and advancement in academic medicine. My clinical training is in pediatrics and preventive medicine/public health. I worked at a private practice weight management clinic in Long Island prior to coming to MGH.

Is there a project or program you want to tell us a little about?

I am the principal investigator for a pilot feasibility study which aims to assess outcomes for the Weight Center's Medically Intensive Nutrition Therapy (MINT) meal replacement program in a low income study population. The specific metrics we seek to assess are body weight, glycemia and adherence to the program in the study population. In addition, I am the President and Founder of New England Obesity Society, a local network of clinicians who are dedicated to advancing best practices for the evidence-based and equitable treatment of obesity in the New England area.

What is one thing you love about your work?

I enjoy working in a multidisciplinary team with amazing and talented colleagues to improve the health and quality of life of our patients.

Tell us a little bit about your life outside of medicine.

I like to travel, dance, experiment in the kitchen with new recipes, explore new areas around Massachusetts and New England, and spend time with my loved ones.

Is there anything else you want to share?

Thank you for reading my profile and feel free to reach out as I love hearing from new people across the MGB family.