

Naomi Parrella, MD, FAAFP, Dipl. ABOM

Dr. Parrella is a family physician and a nationally recognized leader in obesity interventions. An Assistant Professor in both the Department of Family Medicine and the Department of Surgery, she is the Medical Director for Rush University's Center for Weight Loss and Lifestyle Medicine, and the Director of Strategic Planning and Implementation within the Department of Surgery.

Dr. Parrella received her medical degree at Loyola University Stritch School of Medicine and her Bachelor of Science degree in Psychology at the University of Wisconsin-Madison. She completed her residency in Family Medicine at Advocate Lutheran General Hospital where she was Chief Resident with concentrations in Faculty Development as well as Substance Abuse. She is board certified both by the ABFM and the American Board of Obesity Medicine, and also holds certifications in Chinese herbal medicine. She has practiced in private and employed practice models and has been involved in developing two hospital-based interdisciplinary and interprofessional weight management programs.

As a frequently invited speaker and consultant for lifestyle and weight management, she has presented in academic, corporate and diverse community settings. She has presented to employees at corporations such as United Airlines, vulnerable populations in Chicago, and also to affluent suburban communities. She has collaborated with the National Football League and the Midwest Dairy Council and the Illinois Academy of Family Physicians as a presenter for Fuel Up to Play 60.

Prior to Rush, she was a leader in designing, assessing and evaluating medical school curricula and she has collaborated with other health sciences programs to create interprofessional education aimed at advancing team-based care. As a member of STFM, she resurrected and promoted the Group on Nutrition, where she became Chair and led group members to develop and present recommendations for core nutrition and weight management topics for medical education.