



Nicholas Pennings, DO, DABOM, MFOMA, FCOFP, FAAFP, is a Professor of Family Medicine. He is board certified in Family Medicine and Obesity Medicine. He is recognized as a master fellow of the Obesity Medicine Association, a fellow of the American College of Osteopathic Family Physicians, and a fellow of the American Academy of Family Physicians. Dr. Pennings moved from private practice into academic medicine joining the faculty of the Campbell University School of Osteopathic Medicine in 2013. He previously served as Family Medicine Chair, he also served as the director of the Campbell University Health Center. Dr. Pennings contributes to continuing medical education for clinicians in obesity medicine through his role as the Executive Director of Clinical Education for the Obesity Medicine Association. Dr. Pennings' research interests focus on the disease of obesity. In particular, the relationship between endogenous insulin production and weight gain as well as the impact of intensive lifestyle change on health improvement. Dr. Pennings also maintains a special interest in an obesity related condition called Lipedema. He is a graduate of the Philadelphia College of Osteopathic Medicine and completed his family medicine residency at Parkview Hospital in Philadelphia.