

# September 9, 2022 NMDAC Training: Lifelong Weight Management Strategies to Help Every Patient

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## Virtual Meeting

- Meeting Length:
  - Potential CEUs: 2.5 hrs
- Time: 8:30- 12:00
  - Meet and Greet, straightening out of tech issues 8:30-9:00
  - Official start 9:00
- Cohost log in: 8:20 am

## - Agenda:

- 8:30-9:00 Meet and Greet, straightening out of tech issues
- 9:00-9:05 NMDAC Welcome and Updates
  - De Romine, NMDAC Chair
- 9:05-9:10 DPCP Update
  - Cody Martinez, DPCP Health Educator Supervisor
- 9:10-10:10 Weight and Non-Weight management of People with Diabetes
  - Presenter: Laura Andromalos, MS, RD, RN, CSOWM, CDCES
  - Learning Objectives,
    - Use respectful language related to body size
    - Describe non-scale victories for people optimizing metabolic health
    - Explain the mechanisms and potential side effects of weight loss medications
  - 1 CEU
- 10:10-10:20 10 minute break

- 10:20-11:20 Mindset and Motivation: Tools for Long Term Behavior Change
  - Presenter: Dianne Christensen MS, NMCEP
  - Learning Objectives:
    - Recognize the importance of assisting clients to identify their “whys” for wellness on a consistent basis.
    - Teach tools to assist clients in changing their thinking regarding their health and wellness.
    - Teach clients how to set SMART goals and integrate them into their unique lifestyles.
    - Assist clients to manage their emotions and leverage stress towards positive personal growth.
    - Assist clients to focus on what they can control in their lives.
  - 1 CEU
- 11:20-11:25 5 minute break
- 11:25-11:55 Exercise: A Cornerstone of Diabetes Management
  - Presenter Kimberle Carter, Master Trainer, Empowerment Personal Training LLC
  - Learning Objectives
    - Teach the importance/benefits of exercise in managing diabetes
    - Explore the challenges/barriers to exercise in patients with diabetes (socioeconomic, cultural, etc...)
    - Explain the specific exercises and workout styles that are best for clients with diabetes (w/low mobility or at a beginner's fitness level) and what exercises to avoid, and why.
  - .5 CEU