



Food For Life

How Healthy Food Choices May Help
Prevent Type 2 Diabetes

Agenda

December 4, 2015

9:30 am to 3:00 pm

Institute of American Indian Art, Santa Fe

- | | |
|------------------|--|
| 9:30 – 10:00 AM | Registration & Networking |
| 10:00 – 10:20 AM | Welcome and NMDAC Update
Linda Reineke, RD, LD, CDE
NMDAC Chair |
| 10:20 – 10:30 AM | New Mexico Department of Health Update
Christopher Lucero, BCH, CHES
Diabetes Prevention & Control Program (DPCP) |

CONTINUING EDUCATION SESSION (3 CEUs)

- | | |
|---------------------|---|
| 10:30 – 11:30 AM | Media Literacy and Food Choices
Christie McAuley, MA, Project ECHO |
| 11:30 AM - 12:30 AM | Food for Life – A Diabetes Prevention Curriculum
Lyle Etsitty, CHW, Tséhootsooí Medical Center
Margilene Barney, Nutritionist
Crownpoint Navajo Nation Special Diabetes Project
Caroline Trapp, DNP, ANP-BC, CDE, FAANP
Physicians Committee for Responsible Medicine |
| Noon to 1:00 PM | LUNCH |
| 1:00 to 1:50 PM | Health Promoting Foods of Native Ancestors
Lois Ellen Frank, Ph.D., Adjunct Professor & Native
American Culinary Anthropologist, IAIA |
| 1:50 to 2:00 PM | BREAK |
| 2:00 to 2:30 PM | Food for Life Round-the-Table Cooking/Tasting Stations |
| 2:30 to 3:00 PM | Q&A |

NMDAC Membership

Send in your 2016 membership application by Dec 31, 2015 and be entered to win one of two \$50 gift cards.

Submit your application today or apply online at www.NMDAC.org

CEU Information

This session is eligible for # hours of the following continuing education units:

CME: Continuing Medical Education*

CHES: Certified Health Education

CDR: Commission on Dietetic Registration

** Nurses and Pharmacists can apply for CMEs, so long as they complete additional documentation.*

Make sure you have signed-in and received the required paperwork.

NMDAC also provides Certificates of Attendance upon request.

Educational Objectives

By the end of the presentation, participants will be able to:

1. Recognize how food marketing and labeling affects our food choices, including how children are targeted with messages for unhealthy foods.
2. Employ teaching methods and strategies aligned with the history of Native American foods and cuisine that inform patients on how to prepare ancestral and contemporary foods toward the goal of health and wellness.
3. Apply practices that incorporate Native American knowledge about traditional foods, agricultural practices, wild food harvesting techniques, and using food as medicine.
4. Describe how a plant-based eating pattern can prevent and even reverse type 2 diabetes.

ACCREDITATION STATEMENT



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the New Mexico Medical Society (NMMS) through the joint providership of Rehoboth McKinley Christian Health Care Services (RMCHCS) and the New Mexico Diabetes Advisory Council. RMCHCS is accredited by NMMS to provide continuing medical education for physicians.

RMCHCS designates this live activity for a maximum of 3.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURES

The following program planners disclose that they have no relevant financial relationships with any commercial interest.

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The CEU Speakers have disclosed that they have no relevant financial relationship with any commercial interest :

Margilene Barney, Lyle Etsitty, Lois Ellen Frank, Christie McAuley, Caroline Trapp

ACKNOWLEDGMENTS

We would like to acknowledge and thank the following organizations for their support:

**New Mexico Department of Health Diabetes Prevention & Control Program
Physicians Committee for Responsible Medicine**