

New Mexico Diabetes Advisory Council Training
Diabetes & Healthy Aging: Keeping Your Mind and Body Strong
Speaker Bios

MATTHEW BAUMGART

Matthew Baumgart is senior vice president of Health Policy for the Alzheimer's Association, leading a range of projects at the intersection of policy and programs to achieve an aggressive agenda that serves all those affected by the disease. He oversees much of the Association's public health work, including two grant programs funded by the Centers for Disease Control and Prevention (CDC), and the Association's programmatic risk reduction efforts. In addition, Baumgart directs the Association's global public policy efforts, working in collaboration with Alzheimer's Disease International, the World Dementia Council and the World Health Organization.

NORM DAWSON, BUS, BS, DC

Dr. Norm is a passionate advocate for the hearing loss community, a health and wellness expert, and an inspiring speaker. Profoundly deaf by age 27, Dr. Norm adapted to life's challenges by mastering sign language as a second language and achieving remarkable academic success, including earning three degrees—culminating in a Doctor of Chiropractic. He is also a TEDx speaker. After living without auditory input for 25 years, Norm received two cochlear implants, transforming his connection to the world. Along the way, he unknowingly adopted healthy lifestyle practices that aligned with modifiable risk factors for dementia prevention, as outlined in the 2024 Lancet Commission report. His unique journey embodies resilience, adaptation, and the power of healthy choices, offering invaluable insights to inspire others facing similar challenges.

MELANIE DURAN, Diabetes Specialist, DNP, FNP-BC, CDCES

Melanie Duran has personally lived well with type 2 diabetes for over 25 years and is passionate about diabetes advocacy. After graduating from nursing school in 2013 Melanie moved into a diabetes education role and then graduated from the University of Missouri DNP FNP program in 2021 and began work as a primary care nurse practitioner. She began working as a diabetes specialist in 2023 and now works with people with diabetes in both the inpatient and outpatient setting at the University of New Mexico academic medical center.