

New Mexico Diabetes Advisory Council Training
Thrive Together: Lifestyle Medicine and the Role of Community and Inner Life
Friday, September 26, 2025 Virtual Training

Speaker Bios
Frederick Miller, MD, MPH, Dipl ACLM

Frederick Miller, MD, MPH is an Associate Professor of Family Medicine at the University of New Mexico School of Medicine. He has experience over several decades working in Community Health in the United States and Spain. He also has done training and clinical work in Functional Medicine, and Lifestyle Medicine. Dr. Miller is Board Certified in Lifestyle Medicine and currently directs Best Life First Choice, a Lifestyle Medicine Program at First Choice Community Health Care, a network of Federally Qualified Health Centers around Albuquerque, NM. He is also Co-Director of Lobo Lifestyle, a lifestyle medicine program for employees at the University of New Mexico.

Sue Perry, PhD LPCC

Dr. Susan Perry is a Counseling Psychologist and practiced as a Certified Diabetes Educator until December 2020. She has 25 years of experience combining those roles in the diverse Native American and Hispanic communities of New Mexico. As the Co-Chair of the Santa Fe City and County Food Policy Advisory Council she is working towards a sustainable, accessible and healthy food supply for residents of the County and City of Santa Fe. She also serves on the Board of the New Mexico Diabetes Advisory Council (NMDAC).

Sue Perry is a DTTAC National Master Trainer for the National Diabetes Prevention Program. She provides training for Lifestyle Coaches and additional technical assistance and support for those providing the National Diabetes and Prevention Program for their communities. She is the Clinical Coordinator for the PEARLS (Program to Encourage Active Rewarding Lives) program sponsored by NMDAC.

Sophie Peterson MD, FACOG, OBGYN

Hailing from Taos, New Mexico, Sophie received her MD from the University of New Mexico in 2007 and completed her OBGYN residency in Florida in 2011. She received her CPA in Narrative Medicine from Columbia University in 2024. She is currently completing her training as a Physician Peer Coach and developing curricula with the UNM Healing Arts program. She has a strong background in dance performance, creative writing and the humanities, as well as natural health practices and a holistic approach to her medical practice.

She currently practices part-time OBGYN in various New Mexico hospitals, both urban and rural. She also spends time raising two crazy boys, organizing one crazy husband, and feeding five crazy hens at her home in the Rio Grande Valley in Albuquerque, New Mexico.