

New Mexico Diabetes Advisory Council Training
Thrive Together: Lifestyle Medicine and the Role of Community and Inner Life
Friday, September 26, 2025 Virtual Training
8:30 AM-12:15 PM
Potential CEUs: 3.25 hrs

8:15-8:30 AM **Log on and announcements**

8:30-8:35 AM **Welcome and Announcements – Ashley Dunworth, NMDAC Chair**

8:35-9:35 AM **Session 1 *Why Social Engagement Matters and How it Relates to Loneliness and Isolation***

Sue Perry, PhD LPCC

After completion of this presentation, participants will be able to:

- List the effects of loneliness and social isolation on mortality, cardiovascular health, depression, and suicide risk.
- Identify patients/clients at risk for loneliness using the UCLA 3 Item Scale for Loneliness.
- Bridge the care gap between identification of isolated and lonely patients/clients and providing available community resource interventions to them.

9:35-10:50 AM **Session 2 *Haiku Mind: A Creative Tool for Stress Management and Mind-Body Connection***

Sophie Peterson MD, FACOG, OBGYN

After completion of this presentation, participants will be able to:

- Identify a key element of haiku poetry (e.g., simplicity, nature) and explore how these principles can enhance mindfulness, emotional awareness, and focus in daily life.
- Recognize and describe a moment of mindfulness or beauty in a day, using haiku and reflective practice to increase awareness of the present moment to deepen personal well-being and interpersonal connections.
- Identify and practice one mindfulness technique and explore how it can help improve emotional regulation, increase resilience, and foster greater self-awareness, benefiting both personal well-being and professional effectiveness.
- Demonstrate the basic writing techniques to create simple haiku.

10:50-11:00 AM **Break**

11:00 AM-12:00 PM **Session 3 *Lifestyle Medicine for Preventing and Managing Type 2 Diabetes***
Frederick Miller, MD, MPH, Dipl ACLM

After completion of this presentation, participants will:

- Understand the defining elements of Lifestyle Medicine.
- Identify different ways Lifestyle Medicine can be applied for preventing and treating diabetes.
- Identify brief interventions to promote improved diabetes management, assisting in closing the gap for improved quality of care.

12:00-12:15 PM **NM Health Update and Individual Learner Assessment completion**

TOTAL CPEUs 3.25

ACKNOWLEDGEMENT STATEMENT: NA

DISCLOSURE STATEMENT: UNM CPL policy, in compliance with the ACCME Standards of Commercial Support, requires that anyone who is in a position to control the content of an activity disclose all relevant financial relationships they have had within the last 24 months with any commercial interest. The following planners and faculty listed have disclosed that they do not have relevant financial relationship with a commercial interest:

Frederick Miller, MD, MPH, Dipl ACLM

Sue Perry PhD LPCC

Sophie Peterson MD, FACOG, OBGYN

The planners and faculty listed below have disclosed that they have a relevant financial relationship with a commercial interest. The relationships were reviewed by UNM CPL and the planning committee, and conflicts of interest were resolved prior to the activity.

- Name:
- Commercial Interest:
- Relationship:

The following CME Reviewers disclose that they have no relevant financial relationships with any commercial interest: Jennifer Harbaugh, Sarah Burns, DO, MS, FACP, FHM and Gary Smith, PhD

ACCREDITATION STATEMENT: The University of New Mexico School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The University of New Mexico School of Medicine designates this live activity for a maximum of 3.25 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.