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## Am I Hungry?<sup>®</sup> Mindful Eating for Diabetes Facilitator Training Objectives

Am I Hungry?<sup>®</sup> Mindful Eating for Diabetes Facilitator Training is an online, self-paced program that includes recorded webinars by Michelle May, M.D. and Megrette Fletcher, M.Ed., R.D., CDE., a detailed Facilitator Guide, PPTs, supplemental reading, and support tools. For a complete description of this program, please see:

<http://www.amihungry.com/train-with-us/mindful-eating-for-diabetes-facilitator-training>

### **Upon completion of this activity, participants will be able to:**

1. Identify the six crucial decision points in the Mindful Eating Cycle.
2. Describe the typical bio-psycho-social-behavioral patterns in Instinctive Eating, Overeating, and Restrictive Eating.
3. Explain what diabetes is, why it is important, and how it is diagnosed.
4. Understand the relationship between thoughts, feelings, actions, and ultimately, results.
5. Assist participants in overcoming their barriers to exercise by helping them identify their ineffective thoughts about physical activity and replace those with more effective thinking.
6. Identify signs and physiological causes of physical hunger and explain how to use the Hunger and Fullness Scale to determine the level of hunger and timing of meals.
7. Instruct participants to recognize and respond to the symptoms of hypoglycemia.
8. Use a Fearless Blood Glucose Monitoring Log to learn from patterns of hunger, food intake, physical activity, and medications.
9. Embrace and begin to practice the concept of mindful meal planning using the principles of Balance, Variety, and Moderation.
10. Use the Eat What You Love, Love What You Eat Diabetes Plate to become more aware of carbohydrates in the diet.
11. Explain the benefits of physical activity for metabolism and diabetes management.
12. Explain the FITT principle (Frequency, Intensity, Time, Type) for designing a personalized physical activity program.
13. Teach self-awareness for selecting food that takes into account personal preferences, health considerations, and available options by asking three questions: What do I want?, What do I need?, and What do I have?

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14. Explain why medications are one leg of a three-legged stool in diabetes self-management: diet, activity, medications.
  15. Guide participants to explore their thoughts and feelings about taking diabetes medications and to understand why medications may be necessary to keep glucose in the target range.
  16. Explain five concepts about the use of diabetes medications and the reasons they are prescribed: Type 2 diabetes isn't one problem, but a series of problems; medications work in different areas of the body and at different rates; they may work synergistically together; and/or they may be prescribed to prevent illnesses associated with diabetes
  17. Explain why people with diabetes must pay particular attention to the amount of carbohydrate in each snack or meal and list where carbohydrates are found in the diet and how to figure out how many grams of carbohydrate are in each meal.
  18. Explain the definitions, benefits, and examples of cardiorespiratory fitness, strength training, and flexibility, and cite the indications for exercise clearance.
  19. Teach participants mindful eating strategies using the Mindful Eating Cycle while eating a snack or meal.
  20. Explain the cause, detection, and prevention of microvascular, macrovascular, and immune-related diabetes complications.
  21. List the recommended check-ups, laboratory testing, and screening for people with diabetes based on the American Diabetes Association's Standards of Care.
  22. Explain the role of each member of the patient with diabetes' team of health professionals.
  23. Explain the role of fat in the diet, including different types and recommended intake, and the impact on overall health and diabetes.
  24. Guide participants to employ strategies for eating an appropriate amount of food in order to achieve satiety and reach/maintain a healthy weight.
  25. Discuss problem solving strategies for common challenges including: staying motivated to monitor blood glucose levels; responding to hypoglycemia and hyperglycemia; missed medication doses; coping with an illness or injury.
  26. Teach a four-step approach to help participants manage blood sugar and prevent dehydration during periods of illness.
  27. Explain the role of protein in the diet, including different types and recommended intake, and the impact on overall health and diabetes.



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28. Identify the components of optimal health, including physical, intellectual, emotional, and spiritual components and facilitate a brainstorming session about caring for one's body, mind, heart, and spirit.
29. Conduct experiments to better understand the relationship between eating and their blood glucose.
30. Motivate participants to increase their lifestyle activity and facilitate brainstorming at least ten specific suggestions for activities that can be done at home, work, and leisure.
31. Teach participants to set measurable goals for each diabetes self-management learning objective.
32. Describe the importance of cultural sensitivity in facilitation of workshops, including sensitivity to issues affecting obese participants.

For questions or additional information, please contact us at [Training@AmIHungry.com](mailto:Training@AmIHungry.com) or 480 704-7811.

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## Am I Hungry?<sup>®</sup> Mindful Eating for Diabetes Continuing Education

Am I Hungry? is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) CDR Credentialed Practitioners will receive 32 Continuing Professional Education (CPEs) for completion of this activity.

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

This course is approved to award 32 CNE through AHNA.

This program has been approved for 32 Wellcoaches continuing education hours (CEH).

### Disclosures

Instructor Michelle May, M.D. as owner of Am I Hungry?, P.L.L.C., has a financial relationship with this activity.

There is no provision of commercial support for this program and there is no discussion of off-label usage of products during this activity.

## About the Instructors

### Michelle May, M.D.

Michelle May, M.D. is a recovered yoyo dieter and the founder of the Am I Hungry?<sup>®</sup> Mindful Eating Programs and Training. Hundreds of health and wellness professionals have been trained to offer Am I Hungry? Programs in their communities, companies, and practices. She is the award-winning author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*, *Eat What You Love, Love What You Eat with Diabetes*, *Eat What You Love, Love What You Eat for Binge Eating*, *Am I Hungry? Mindful Eating Program for Bariatric Surgery*, and *Eat What You Love, Love What You Eat for Students*. As an inspirational speaker and author, Michelle's passion, insight, and humor stem from her own personal struggles with food. Michelle shares her compelling message and constructive keynotes with audiences around the world. Her goal is to empower individuals to resolve mindless and emotional eating to live the vibrant life they crave.

### Megrette Fletcher, M.Ed., R.D., C.D.E.

Megrette Fletcher is a registered dietitian, certified diabetes educator, author, and co-founder of The Center for Mindful Eating. Megrette is the 2013-2014 president of The Center for Mindful Eating, a non-profit, organization to assist health professionals to explore the concepts of mindful eating. She is the co-author of *Eat What You Love, Love What You Eat with Diabetes*. She has written articles for, and has





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been quoted about mindful eating in: *Diabetes Self Management*, *Today's Dietitian*, *Today's Social Worker*, *Bariatric Times*, *Glamour*, *Family Circle*, *The Wall Street Journal*, *US News and World Report*, *Women's Day*, and *Oxygen Magazine*. Megrette currently works as a diabetes educator in Dover, New Hampshire.