

**Continuing Education Information
IHS Division of Diabetes Treatment and Prevention
Advancements in Diabetes Recorded Sessions**

Title: Mindful Eating Basics

Presenter: Erica Dean, MS, RDN, LD, CDE
Diabetes Education Program
Claremore Indian Hospital
Claremore, OK

Type of Activity: Enduring Event (Recorded Webinar)

Release Date: March 26, 2020

Expiration Date: March 3, 2023

Estimated Time to Complete Activity: 60 minutes

Live Session Originally Presented on: March 4, 2020

Target Audience: Physicians, Nurses, Dietitians and other Healthcare Professionals working in Clinic and Community Health Settings

Description:

Mindful eating is an approach that focuses on teaching individuals physical cues of hunger and fullness, as well as enhancing meal satisfaction. This session will provide an overview of the success and use of mindful meditation and mindful approach to eating in diabetes self-management education. Participants will learn about going beyond traditional nutrition therapy and using mindful eating and cognitive behavior therapies to help patients achieve long term success.

Training Objectives and Outcomes: As a result of completing this training, participants will be able to:

1. Use Mindful Eating techniques as a trauma-informed patient education tool.
2. Teach community members about 3 mindful eating skills that serve as a beginning foundation.
3. Describe reasons why people eat mindlessly.
4. Incorporate mindful eating education into your community or clinical practice.

Requirements: You must have a computer with broadband Internet access. For the best experience viewing the videos, use Internet Explorer 7 or greater and Flash 8 player. Click on the "Flash" icon to install the player, if necessary. If you have any trouble viewing the video trainings, contact us at diabetesprogram@ihs.gov for alternate viewing options. If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software. If you need help or have any questions, please send an email to diabetesprogram@ihs.gov.

Note: Before you begin the training, you may review the IHS Privacy Policy at the following link: (<https://www.ihs.gov/privacypolicy/>). You may also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

<http://www.surveymonkey.com/mp/policy/privacy-policy/>

Continuing Professional Education (CE) Credit Information: To receive CE credit, you must view the entire training, watch the complete video and review the handout, successfully pass the quiz (score \geq 80%), and complete an evaluation. You will be able to print a “Certificate of Continuing Education Credits” online following the training.

Individuals taking this course for the first time are eligible for CME/CE credit. If you previously completed this, or the live course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

Accreditation:



In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation Statements.

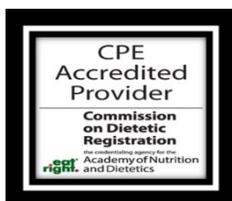


Physicians

The IHS Clinical Support Center designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

This activity is designated 1.0 contact hour for nurses.



Registered Dietitian Continuing Education Credit

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1 CPEU. Each attendee should only count the number of hours for each activity attended. The IHS NDTP number is NU006.

Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

Disclosure Statement: As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been Indian Health Services Division of Diabetes Treatment and Prevention

put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

Planners

The planning and development included IHS Division of Diabetes Treatment and Planning and a team of individuals with expertise in relevant professions.

Name and Credentials	Present Position/Title
Carmen Licavoli Hardin, MSH, APRN, BC	Nurse Planner, Deputy Director, DDTP
Ann Bullock, MD	Director, Physician Educator, Clinical Consultant, DDTP
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