

Megrette Fletcher M.Ed., R.D., CDCES, LD

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12/2023-Current: **Nourish**. Is an evidence-based remote nutrition counseling service providing Registered dietitians with telehealth appointments.

Roll: Registered Dietitian providing medical nutrition therapy

- diabetes, prediabetes, disordered eating, vegetarian diets, weight concerns, heart disease, high cholesterol, Blood pressure, and more.

10/2000- 12/2023: **Wentworth-Douglass Hospital**

The Seacoast leading area hospital is committed to serving the local community's health needs.

Roll: *Diabetes Educator*. Providing individual and class education for patients and professionals to treat diabetes. Highlighted achievements include:

- Diabetes Action Plan - development of low literacy visual assessment tool for clients
- Diabetes Distress Project cross-discipline project to create measurable metrics for understanding the impact of Diabetes Distress with current clients.
- Organizing a Diabetes Distress conference: including grant writing, budgeting, development, and marketing for this cross-discipline project.
- Co-creating 12 episodes of the **Sweet Support** podcast, marketing including writing blog posts and collateral material.
- Co-facilitating a T1D adult support group: maintaining a Facebook group, developing programs, and facilitating educational and community events.
- Assisting in marketing diabetes services, including community classes and events, individual programs, and in-house referrals.
- Participating in quality improvement programs such as Diabetes Action Plan creation, kids camp, Libre continuous glucose monitoring, and inpatient coverage.

2018- Current: **Inclusive Diabetes Care, LLC**

An innovative continuing education company for professionals to focus on inclusion, health equity, trauma, counseling, and disordered eating and coping in diabetes care.

Roll: Owner, Coordinating the IDC program for diabetes care professionals.

- Complete a learning gap analysis in diabetes to increase the utilization of services.
 - This included crafting 3000 work articles that explain the available resources regarding the cost of human life and monetary fees of current educational efforts.
- Course creation: In-depth courses creation that focuses on addressing the Social Determinants of Health and understanding intersectional oppression within the diabetes space
 - Obtain professional continuing education credits via the Commission of Dietetic Registration.
- Lead inclusive professional coaching for diabetes professionals

- Develop engaging marketing and implement cross social media multiple channels
 - LinkedIn, Instagram, Facebook Community with 2500 members, IDC private community, and Substack with 1000+ readers
- Manage all consultants: Project, payroll, job responsibilities, and retention.

2021 Consultant: Mondelez International. Mindful Snacking consumer program that provided a 30-day guided mindful eating. Learn more: <https://www.snackmindful.com>

2021 Consultant: Association of Diabetes Care and Education Specialist

Roll: Created a module for the ***Person-Centered Care for Individuals with Higher Weight: Counseling Caveats developer and trainer.*** This national certificate program is for healthcare professionals to address weight bias and the impact of weight stigma.

- Provided research on the impact of weight bias and stigma for clients with diabetes
- Communicate nonjudgemental counseling strategies to decrease weight stigma.

Publications: Partial Listing

- The Fourth Step: Mindful Eating and Relapse Recovery -- *Food for Thought*, Patient Newsletter -- TCME.org, Spring 2009
- Food Triggers: Food for Thought Newsletter -- TCME.org, Spring 2008
- Learning to Slow Down: *Food for Thought*, Patient Newsletter Winter, 2006
- Exploring the Use of Mindful Eating Training in the Bariatric Population, *Bariatric Times*. Nov/Dec 2007 Vol. 4, num 9.
- Ways That Dietitians Use Mindfulness and Mindful Eating in Nutrition Counseling. ADA- DPG *Public Health and Community Nutrition Practice Group*, Fall 2007
- Mindful Eating Tuning Into Your Food, *Diabetes Self-Management*, Feb/March 2007
- Mental Wellness and How to Help Your Clients Find It, *Social Work Today*, Jan/Feb 2006
- Interpersonal Neurobiology in Nutrition Counseling, *Today's Dietitian*, 2/2006
- Helping Clients Change by Promoting Mental Wellness, *Today's Dietitian*, 7/2006
- *Exploring Mindful Speech*, *Today's Dietitian* 10/2005
- *Research Supporting Mindful Eating*: January 2012 DPG professional Medical Nutrition Practice Group Winter 2012 Newsletter
- *What Portion is Your Hunger?* Feb 2014, Diabetes and You, Walgreens website
- *A Tasty Way to Manage Stress*. Feb 2014, Diabetes and You, Walgreens website
- Finding Fullness: Suggestions for Mindful Eating That Won't Drive You Crazy April 2015 *Online -Mindful Magazine*
- What is Mindful Eating? April 2016, *Online -Mindful Magazine*
- Four Ways to Nourish Happiness with Mindful Eating, *Online - Mindful.org* February 12, 2018
- *Mindfulness and coaching: What does nonjudgmental mean?* Dec 2015. Weight Management DPG Newsletter
- *Mindful Eating in Six Simple Steps*. Feb 2016, RD411 - CPE corner/Skelly Publishing - Continuing Education Program.
- *Utilizing Mindful Eating as a Counseling Tool in the Treatment of Diabetes*. *Diabetes Care and Education DPG*, 2017 How to Incorporate Mindful Eating in Diabetes Care *AADE In Practice* November 2017

- What Lies Beneath? Identifying Hidden Disordered Eating in Diabetes Care, AADE In Practice 2019.
- Congrats! You Are Doing What Matters - Juno Active Dec 2018

Interviewed:

- Replace diet discussions with a focus on mindful eating, Endocrinology Today, 2019
- How mindful eating can transform your physical and mental health, Alethia 2019
- Should I try Mindful Eating? Time Magazine 2019

Books:

- *Discover Mindful Eating: A reference of handouts for health professionals*, 2nd edition, Skelly Publishing 2019
- *Discover Mindful Eating for Kids*, 2nd edition, Skelly Skills Publishing 2019
- *Core Concepts of Mindful Eating: Professional Edition* Megrette Publishing, 2017
- *Eat What You Love, Love What You Eat with Diabetes*, 2nd Edition, Am I Hungry Publishing, January 2018
- *Diabetes Counseling and Educational Activities: Helping Clients Without Harping on Weight*, Megrette Publishing March 2018

Education:

- **Foundations of Somatic Abolitionism**
 - Multiple-year certificate training with Resmaa Menaken started in 2022
- **Motivational Interviewing**
 - Advanced Certificate Training HETI 2018
 - Motivational Interviewing Training HETI 2015
 - Motivational Interviewing Training, Ongoing Coaching - Susan Dopart 2020
- **Certified Diabetes Care and Education Specialist**, CDCES, 2000
- **M.Ed. Nutrition Education** -- Framingham State College 1989-1991
 - Preprofessional Practice Program -- Framingham State College 1990-1991
 - A 9-month internship program required by the ADA to become a Registered Dietitian
- **B.S. Degree Nutrition** - University of Rhode Island 1983-1987

Lectures/Workshops/Teleconferences (partial listing)

5th Annual NIAC & HIV/AIDS DPG Conference: Advanced Interviewing Skills: Motivational Counseling, March 25th, 2006

Mindful Eating & Beyond

Toronto Canada: DES/CDENT Mindfulness in Diabetes Care September 12, 2008

ADA FNCE -- Bell Institute of Health and Nutrition -- Mindful Eating in a 21st Century World: ADA FNCE -- Bell Institute of Health and Nutrition, October 27, 2008: Chicago IL,

Brown University, Providence RI: Understanding Mindful Eating. February 2009:

ADA FNCE Improving Self-Management with Mindful Eating (co-presented with Michelle May, MD)
Denver CO, October 21, 2009:

Diabetes Today Conference, Improving Self-Management with Mindful Eating, Nov 6, 2009: Conway
NH,

Maine Dietetic Association State Conference: Mindful Eating As A Nutrition Counseling Tool.
(co-presented with Amy Aubertin MS, RD, LD) April 29, 2011

American Association of Diabetes Educators Annual Meeting. Diabetes and Mindful Eating: Helping
patients develop maintainable self-care behaviors by teaching in the 'Now'. Las Vegas NV, Aug 4, 2011:

American Association of Diabetes Educators Maine State Meeting. Diabetes and Mindful Eating:
Helping patients develop maintainable self-care behaviors by teaching in the 'Now.' Oct 2, 2011:

Moderator of the American Dietetic Association teleseminar: How to Eating Mindfully in a Mindless
Eating World: Helping Clients Manage Weight Effectively. Nov 2, 2011:

Using Mindful Eating to Improve Diabetes Management, The Beverage Institute. April 17, 2012,

Food Nutrition Conference and Expo, Using Mindful Eating to Improve Diabetes Management, October
7, 2012

Developing A Practice of Healthy Eating, Webinar by Academy of Nutrition and Dietetics Weight
Management DPG, March 21, 2013,

AADE National Conference, Philadelphia, PA Oct 14, 2014:

Diabetes Today Conference, Dover, NH, August 4, 2013:

Yogurt in Nutrition Conference - San Diego CA, Dannon International 2016,

Penn State Extension - Mindful Eating and Diabetes Care, July 2017

Nüton - Nutrition Forum - 2017 - December Mindful Eating in Health-

ED/RD Pro Symposium - Weight Neutral Diabetes Care March 2018

American Association of Diabetes Educators Annual Conference - How to Counsel Clients without
Triggering Disordered Eating 2018 - August

American Association of Diabetes Educators Annual Conference - The Weight of Expectation 2019 -
August,

American Association of Diabetes Educators Maine State Conference - The Weight of Expectation
2019 - October,

ADCES Virtual Conference. Enjoyable Movement for Higher Weight Individuals, 2020 - August,

Keynote speaker Utah ADCES conference, Weight Neutral Diabetes Care, 2021 -

ADCES Conference. Co-presenter - Weight Stigma In Health Research and Practice: What Are Clinicians Missing? 2022 - August,

Retreats:

- Annually and online - Mindful Eating retreat, Aryaloka NH
- Co-leader - Creativity and the Dharma, Aryaloka NH

Websites:

www.megrette.com: This website was created by Megrette Fletcher, M.Ed., RD, CDCES., that identifies resources she and other professionals offer that explains the concept of mindful eating. Resources include Writing, Supervision for Dietitians, Workshops, and links to related websites. Megrette Fletcher contributed to this site's content, maintenance, and creation.

InclusiveDiabetesCare.com: This is a website created by Megrette Fletcher, M.Ed., RD, CDCES, that provides information, courses, and coaching for the IDC program.

2019 - Current: Volunteer researcher. Mechanisms for improvement in diabetes prevention programs: A systematic review. Protocol registered in PROSPERO; review is currently in the coding phase. **Roll:** Assists in reviewing 8700+ articles to understand what causes improvement in diabetes prevention. Working with Berman, M.I., Beach, L.B., Burla, M., Fletcher, M., Michaels, E., Martin, H., Bagley, P., Blunt, H.

2018-2020: Volunteer Position Association of Diabetes Care and Education Specialist

Roll: Inclusion and Diversity Program Chair for the annual conference. ADCES is an inter-professional membership organization dedicated to improving prediabetes, diabetes, and cardiometabolic care through innovative education, management, and support.

The Center for Mindful Eating www.tcme.org - 6/05- 2017

The Center for Mindful Eating is a non-profit, multidiscipline organization founded in 2006. The mission of TCME is to help professionals and institutions implement the principles of mindful eating into new and existing programs. **Rolls:** 2006-2017 Co-founder and President 2013-2016. Advisory Board 2017-Present.

- Created Mindful Eating Month in 2015-2020
- 2020 Module creator for Mindful Eating Certificate - Mindful Eating and Chronic Illness.

Disclosure Statement

Unpaid

2005: Co-founder, The Center for Mindful Eating, TCME.org

2007-2011 Executive Director, The Center for Mindful Eating, TCME.org

2009: Diabetes and Mindful Eating blog

2010: Resources for Mindful Eating blog

2010: Reviewer: Skelly Publishing -- CME/CPE workshops

2011: Board Member, The Center for Mindful Eating, TCME.org

2013: Workshop Before, During and After the Bite - mindful eating retreat. Aryaloka.org 2013-2016:
President, TCME.org
2017: Inclusion and Diversity Committee, ADCES. 2019-2020 current chair.
2020: ADA Scientific Session Nutrition Think Tank Committee (Weight Stigma)

Paid

2005 - DPG HIV/AIDS -- Lecture on Mindful Eating and Nutrition
2005-2010: DayOne Publishing: Discover Mindful Eating
2008: FNCE Presentation for The Bell Institute for Health and Fitness, General Mills corporation 2008:
Women's College Canada -- Lecture on Mindful Eating
2009: Brown University -- Lecture on Mindful Eating
2010: Skelly Publishing, Mindful Eating Webinar
2010: Skelly Publishing, Discover Mindful Eating Book and CPE program
2011: New Harbinger Publishing: Eat What You Love, Love What You Eat with 2021: Diabetes
2012: Co-presenter Beverage Institute with Michelle May, MD. 2012:
2016: YINI conference
2017: Penn State Extension Service
2017: Nüton Conference - Manitoba Canada
2018: ED/RD Pro Symposium
2019: West Linn Nutrition Conference
2019: WN4DC Symposium
2019: AADE Maine State Conference
2021: ADCES Presenter for Weight- Professional Training
2021-2022 Mondelēz International - Mindful Eating Expert