

**Athens City-County Health Department**  
**278 West Union Street, Athens OH 45701**  
Phone 740-592-4431 ext. 225 Fax 740-594-2370

October 17, 2005

To Whom It May Concern:

I am writing this letter in support of Dr. Michelle May's program, "Am I Hungry? What to Do When Diets Don't Work." Dr. May presented her program for Athens area physicians, nurses, dieticians, social workers, counselors, and health educators. Approximately 100 health care professionals increased their knowledge and confidence in dealing with clients who struggle with their weight. Dr. May's presentation created a level of increased awareness of the responsibility health care providers have in helping their patients maintain a healthy weight to prevent chronic disease conditions. In addition to increasing the knowledge and skills of local providers, a commitment to collaborate to create a unified effort to reduce overweight in Athens, Meigs, and Washington Counties was established.

As a result of the workshop, local collaborators are interested in receiving the training program that Dr. May and her cohorts have established to put the "Am I Hungry?" principles into practice. Just as other professionals are creating strategies to reverse the trends that are affecting the life expectancy of our community members and especially our youth, we need to provide support for life style interventions that produce long lasting results. We believe Dr. May's program is an effective strategy that can reverse chronic disease development and prevent onset. Teaching clients to achieve wellness by helping them relearn their innate sense of well-being is key to self care.

It has been a pleasure to learn from Dr. May's knowledge and experience. Her visit to Athens County has opened a door for additional learning. We are grateful to have had this opportunity to grow and set our feet upon the path to our own personal wellness so that we too can be teachers.

Sincerely,

*Ruth Dudding*

Ruth Dudding, Health Educator  
Cardiovascular Health Prevention Program Coordinator  
Athens City-County Health Department  
dudding@health.athens.oh.us