



# Center for American Indian and Alaska Native Diabetes Translation Research

What Can I Eat? Diabetes Nutrition Education Program for AI/ANs with T2D – Experiences from Site Coordinators and Educators

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# Housekeeping

- Welcome and thank you for joining us
- Please remain on mute, add questions to the chat
- Complete survey at the end of the webinar
- [CAIANDTR eNewsletter](#)
  - Crowdsourcing opportunity
- [Pilot and Feasibility Grant](#)
- Upcoming webinar

# Upcoming Webinar

## Gestational Diabetes and Breastfeeding Patterns Among American Indian and Alaska Native women: Evidence from the Pregnancy Risk Assessment Monitoring System (PRAMS) Survey

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Dr. Lucy Hebert

CAIANH CTDR Pilot Award Grantee

Thursday, September 22

11 PT / 12 MT / 1 CT / 2 ET

Registration link in the chat

# Original American Diabetes Association “What Can I Eat?” Program

- Developed by the American Diabetes Association and is entitled “What Can I Eat? Healthy Choices for People with Type 2 Diabetes” (WCIE)
- Includes five 90-minute, in-person, interactive nutrition-specific, diabetes education lessons led by RDN which aims to answer the most common question people with diabetes ask their dietitian, “What can I eat?”
- Complements Diabetes Self-Management Education and Support (DSMES) programs



**What Can I Eat?**  
Healthy choices for people with  
Type 2 Diabetes

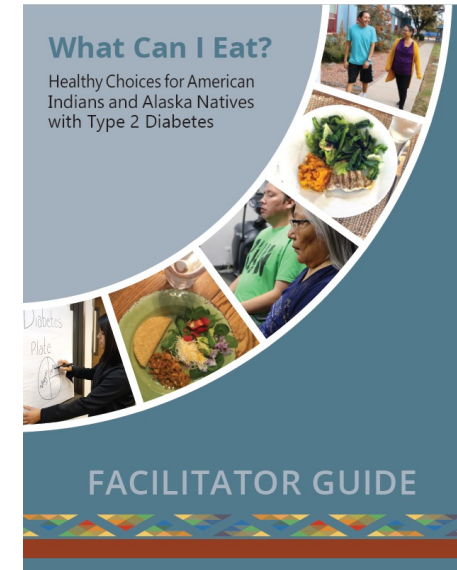


# Need for American Indian and Alaska Native (AI/AN) Version of WCIE

- Build on strengths and assets of AI/AN communities
- Limited access to RDNs
- Nutrition education shown to help improve blood sugar management for AI/AN people
- Scarcity of updated, culturally tailored diabetes nutrition education programs for AI/ANs, especially for AI/ANs who do not receive care in the Indian Health Services system
- Need for culturally relevant approaches, resources, and programs

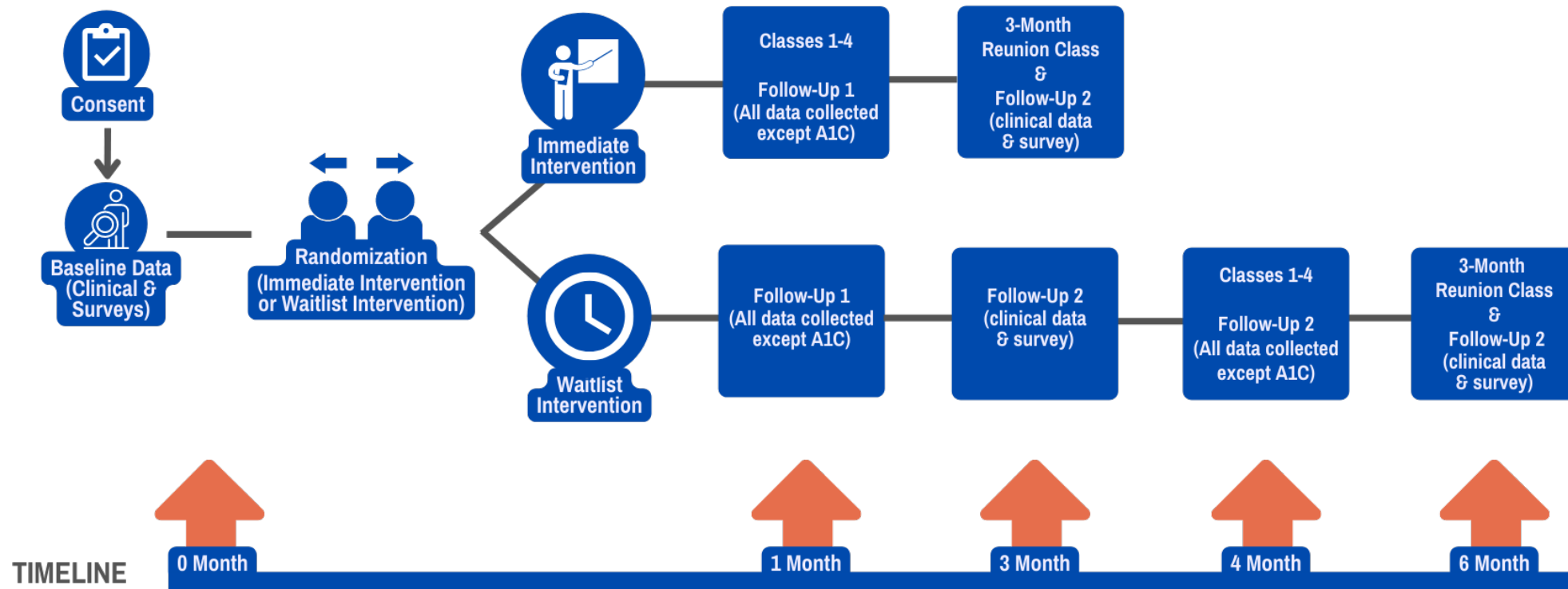
# Adapted American Indian and Alaska Native Version of “What Can I Eat?”

- Focus on traditional foods
- Scripted facilitator guide
- Community emphasis
- Mindful nutrition activity
- Interactive didactic activities



# AI/AN WCIE Evaluation Study Design

## STUDY DESIGN





# AI/AN WCIE Evaluation Study Design

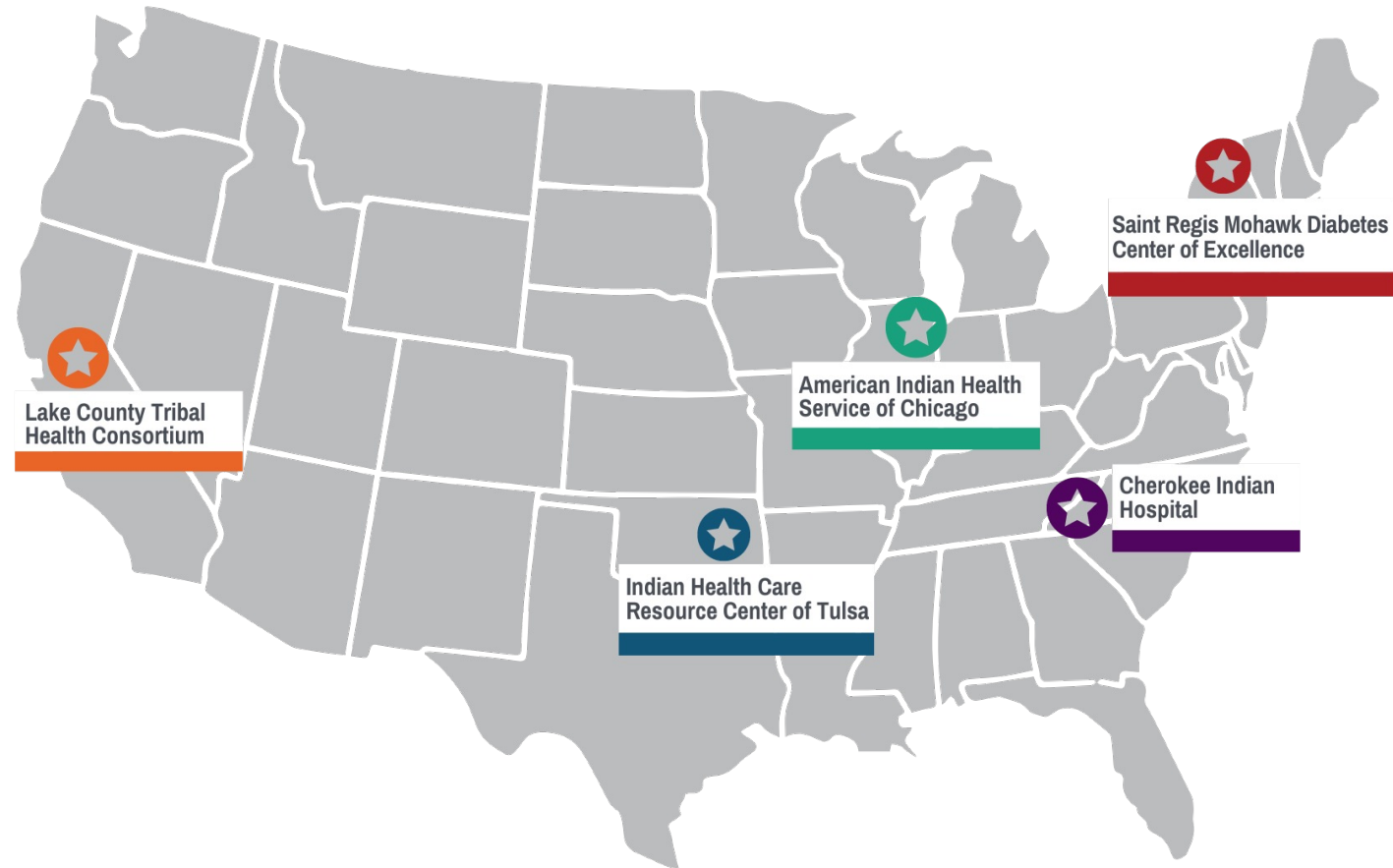
- 4 weekly classes were taught synchronously via Zoom at 5 reservation-based tribal or urban inter-tribal clinical sites nationwide between January 2021 – December 2021
- 5<sup>th</sup> class offered 3 months after class #1
- Classes were taught by RDNs using a scripted facilitator guide
- Topics included the diabetes plate, sugar sweetened beverages, healthy protein and fat choices, sodium food label reading, healthy eating on the go, and mindful eating
- Each class included didactic sessions, hands-on interactive learning, physical activity, mindful eating, and SMART goal setting



# Data Collected for Evaluation

- Body weight, blood pressure, HbA1c
- Satisfaction surveys
- Diabetes nutrition-related behavior surveys
- Diabetes nutrition-related self-efficacy surveys

# Collaborating Sites

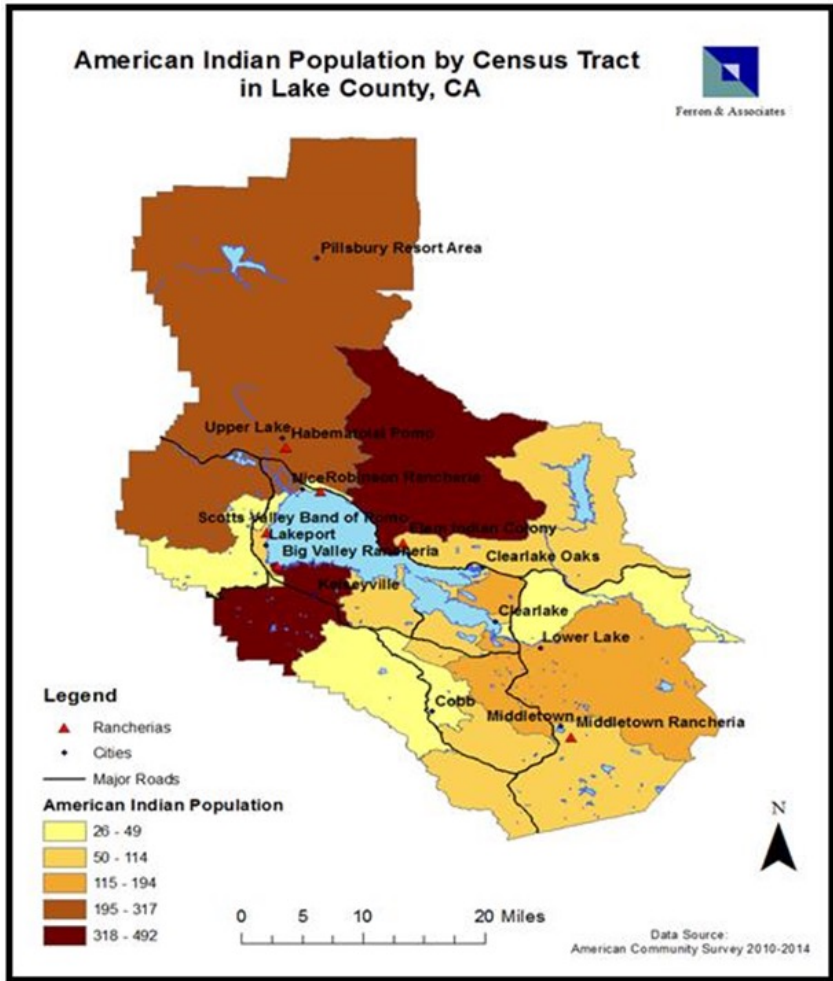


# Let's Get Healthy – Diabetes Center for Excellence



- Akwesasne, NY
- Saint Regis Band of Mohawk
- Unique geographic location: ~ 16,640 square acres of wetland, agricultural land, woodland and light commercial development
- Enrolled Tribal Members: 15,949
- Health Services User Population: 5,345
- Diabetes Prevalence: ~16%

# Lake County Tribal Health



- Rural Lake County, located about 100 miles north of San Francisco
  - Mountains, lakes, bad roads, and distances isolate residents
- 6 local federally-recognized tribes
- Members from over 100 other recognized tribes live in Lake County
  - uniquely diverse tribal community
- 25% of county residents live below the Federal Poverty Level (“FPL”)
- About half (46%) of low-income households are food insecure

# Cherokee Indian Hospital



- The primary medical home for 12,146 members of the Eastern Band of Cherokee Indians
- Provides over 18,000 yearly primary care provider visits and includes 5 dietitians imbedded with the interdisciplinary primary care teams including pediatrics
- Includes a 72-bed nursing facility with a skilled nursing and Alzheimer's unit
- Has 2 satellite clinics along with a Recovery Center and a Residential Treatment Center
- 65% of the user population is overweight or obese
- Diabetes prevalence: 22.5%



# Indian Health Care Resource Center of Tulsa

- Indian Health Care Resource Center of Tulsa is a non-profit, ambulatory medical clinic serving over 14,000 active patients in the Tulsa area
- Offer extensive range of services, from pre-natal, pediatrics, and adult care to behavioral health, wellness programs, pharmacy, and vital clinical services such as radiology, dental, and optometry
- Serve all federally recognized tribal members; currently 112 tribes are represented
- IHCRC is accredited by AAAHC and is a certified Medical Home
- Diabetes prevalence: 9%







QUESTIONS?

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For questions about pilot funding or the Center:

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To learn more about CAIANDTR:

<https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/caianh/projects/CAIANDTR>