

“What Can I Eat?”

Diabetes Nutrition Education for American Indians and Alaska Natives with Type 2 Diabetes

Train the Trainer for Registered Dietitian Nutritionists

2 Day In-Person Training | August 2023 | Oklahoma City Indian Clinic | Oklahoma City, OK



TERESA, SARAH, DANIELLE, KELLI

Lead Facilitator: Teresa Hicks, RDN, CDCES

Assisted by: Kelli Begay, MS, MBA, RDN;
Danielle (Maestas) Duran, MS; and
Sarah Stotz, PhD, MS, RDN, CDCES

Description of the Training Attendees (n= 19)

| RDN Training Attendee Characteristics | % | n |
|---------------------------------------|----|----|
| American Indian | 53 | 10 |

Type of Organization Where Attendee Works

| | | |
|-----------------------------|----|---|
| Tribal Clinic/Health System | 42 | 8 |
| IHS Facility | 11 | 2 |
| Urban Clinic | 47 | 9 |

Credentials of Attendees

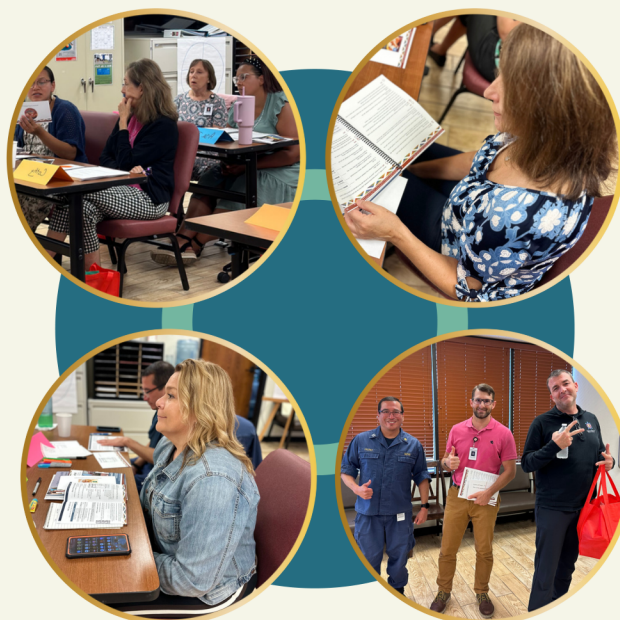
| | | |
|-------|----|----|
| RDN | 89 | 17 |
| RN | 5 | 1 |
| CDCES | 32 | 6 |

Years as RDN

| | | |
|--------------------|----|----|
| 5 years or less | 28 | 5 |
| 6-10 years | 17 | 3 |
| More than 10 years | 56 | 10 |

Role at Organization

| | | |
|-----------------------------|----|----|
| Outpatient RDN | 78 | 14 |
| Public/Community Health RDN | 22 | 4 |



All attendees received 7.5 Continuing Professional Education Units (CPEU), CPE Level 2

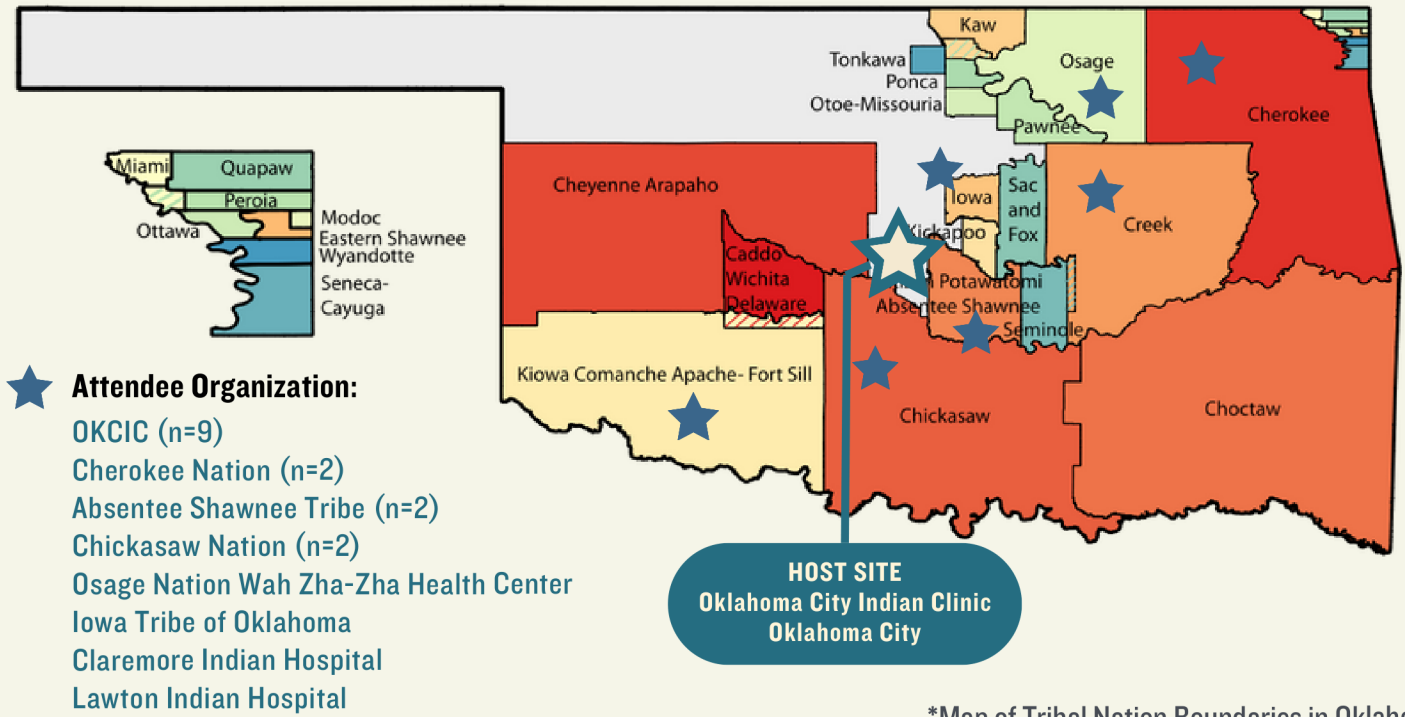
What is “What Can I Eat?”

Diabetes Nutrition Education for American Indians and Alaska Natives with Type 2 Diabetes (T2D):

- Five 1.5 hour classes focused on nutrition for T2D management and support
- An excellent complement to DSMES programs
- Culturally tailored for American Indians and Alaska Natives with T2D
- Group based, interactive, participatory learning
- Each lesson includes peer-to-peer learning opportunities, interactive and arts-based learning, physical activity, mindful nutrition activity, and goal setting
- Includes scripted facilitator guide and 5 participant guides

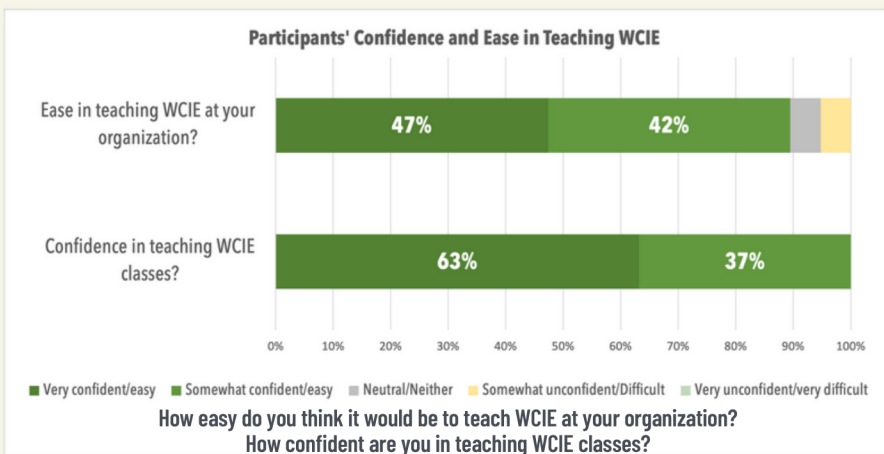
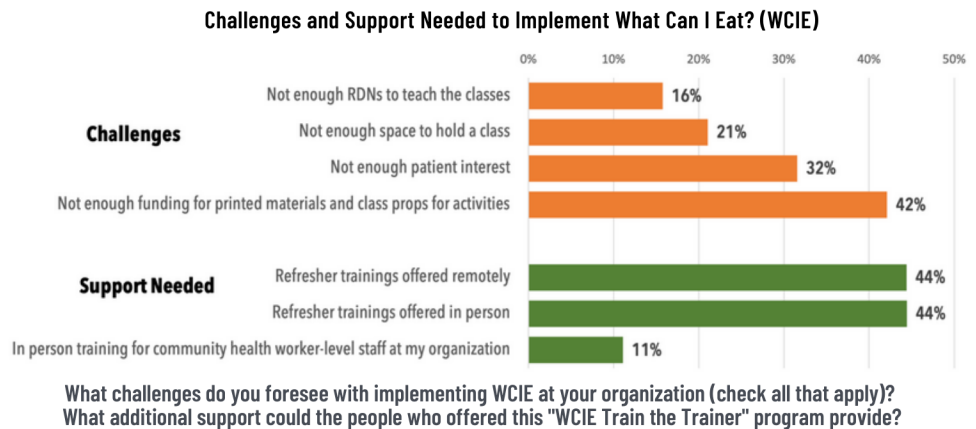
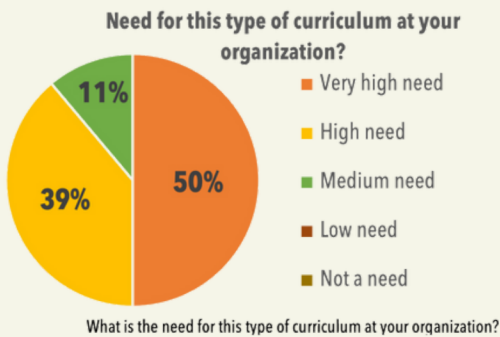


RDN Training Attendees Came From Across Oklahoma*



*Map of Tribal Nation Boundaries in Oklahoma

After attending the 2 day training, RDN participants completed a post-training survey. Here are some highlights from the survey:



89% OF ATTENDEES ARE "LIKELY TO TEACH WCIE CLASSES AT THEIR ORGANIZATION"

99% OF ATTENDEES WOULD "TELL ANOTHER RDN ABOUT WCIE"

Funded by American Diabetes Association (Grant Number 11-22-ICTSN-10 PI: Stotz) and National Institutes of Health (Grant Number K01DK128023 PI: Stotz)

Contact Sarah.Stotz@colostate.edu for more information.