

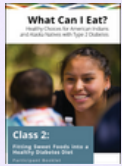
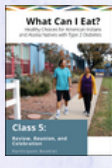
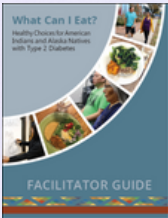
TRAIN THE TRAINER

What Can I Eat? Healthy Choices for
American Indian and Alaska Native Adults with Type 2 Diabetes

July 23-24, 2025
Pinon, AZ

Pinon Health Center
Main Education Room

Day 1: 10am - 4pm | Day 2: 9am - 3pm



“What Can I Eat?” Healthy Choices for American Indian and Alaska Native Adults with Type 2 Diabetes:

- Five classes focused on nutrition for T2D management and support
- Culturally tailored for American Indian and Alaska Native adults with T2D
- Group based, interactive, participatory learning
- An excellent complement to DSMES programs
- Each lesson includes: peer-to-peer learning opportunities, interactive and arts-based learning, emphasis on traditional foods, physical activity, mindful nutrition activity, goal setting
- Includes scripted facilitator guide and 5 participant guides
- Endorsed by the American Diabetes Association

Register by July 9, 2025

No cost for training | Limited space | Lunch provided

Who Should Attend?

- Health Educators
- Community Health Representatives
- Anyone providing diabetes or nutrition education in Tribal communities
- Registered Dietitian Nutritionists
- Nurses
- Pharmacists

Registration Link & QR Code

<https://forms.gle/84hGcEmKNiFw3NFaA>



Train the Trainer Registration - Pinon
Health Center

docs.google.com

For more information, contact:



Samantha.Smith@ihs.gov



928-725-9676

LCDR Samantha Smith, MPH, RDN
Supervisory Dietitian
Pinon Health Center

Lead Facilitator: Teresa Hicks, RDN, CDCES

Co-Facilitators: Kelli Begay, MS, MBA, RDN and Sarah Stotz, PhD, MS, RDN, CDCES

What Can I Eat? (WCIE) Train the Trainer

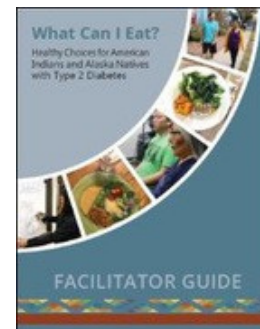
Healthy Choices for American Indian and Alaska Native Adults with Type 2 Diabetes

July 23-24, 2025 | Pinon, AZ | Day 1: 10:00 am – 4:00 pm MDT

Day 2: 9:00 am – 3:00 pm MDT

Presenters: Sarah Stotz, PhD, MS, RDN, CDCES, Assistant Professor, Colorado State University; Teresa Hicks, RDN, CDCES, Contractor, Colorado State University; and Kelli Begay, MS, MBA, RDN, Nutrition Specialist – Contractor, IHS Division of Diabetes Treatment and Prevention and Colorado State University

Target Audience: Registered Dietitian Nutritionists, Nurses, and those providing diabetes or nutrition education in Tribal communities The *What Can I Eat? Healthy Choices for American Indian and Alaska Native Adults with Type 2 Diabetes* curriculum teaches practitioners working in communities and healthcare sites with American Indian and Alaska Native people on management of type 2 diabetes through nutrition education. The curriculum provides culturally tailored recommendations to help increase long-term positive behavior changes.



OUTCOMES/OBJECTIVES:

As a result of attending this activity, the participants will be able to:

1. Develop and plan WCIE? training sessions for community or clinical site nutrition and nurse educators.
2. Apply behavior change theories and techniques within American Indian and Alaska Native diabetes nutrition education curriculum.
3. Incorporate culturally appropriate counseling and facilitation skills into American Indian and Alaska Native diabetes nutrition education.

To claim CPEU CDR and CNE credits, you must sign in to verify attendance, attend the activity in its entirety, and complete the course evaluation. For questions, please contact Kelli Begay at kelli@mavencollectiveconsulting.com.

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.

Nurses

This activity is designated 9.75 contact hours for nurses.

Dietitians

This activity is designated 9.75 contact hours for dietitians.

	<p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).</p> <p>If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).</p> <p>RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.</p>
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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 the existence of all financial relationships with ineligible companies within the prior 24 months. Safeguards against commercial bias have been 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.