

“What Can I Eat?”

Diabetes Nutrition Education for American Indian and Alaska Native Adults with Type 2 Diabetes

Train the Trainer

2 Day In-Person Training | April 22-23, 2026 | Window Rock, Arizona



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

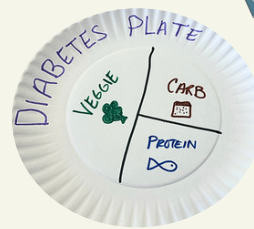


Eligible attendees received 11.75 contact hours or continuing education units for this training activity.

What is “What Can I Eat?”

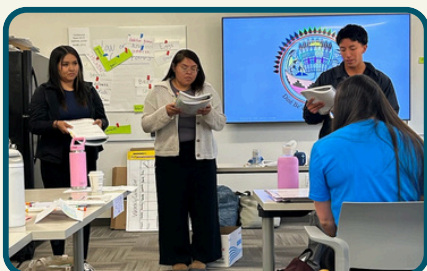
Diabetes Nutrition Education for American Indian and Alaska Native Adults with Type 2 Diabetes

- Five 90 minute sessions focused on nutrition for type 2 diabetes management and support
- Emphasis on healthful traditional foods
- Culturally tailored for American Indian and Alaska Native adults with type 2 diabetes
- 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
- Endorsed by the American Diabetes Association

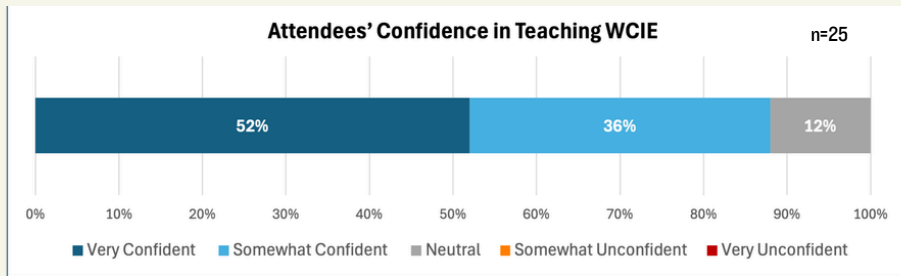
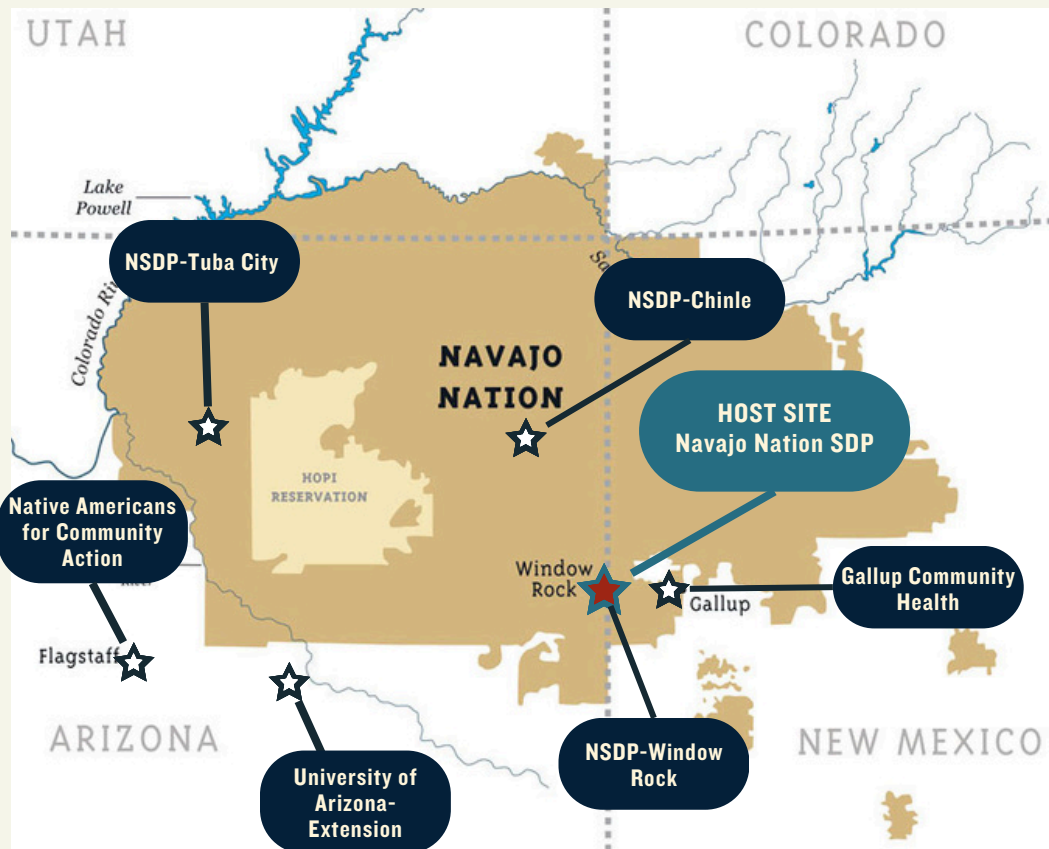
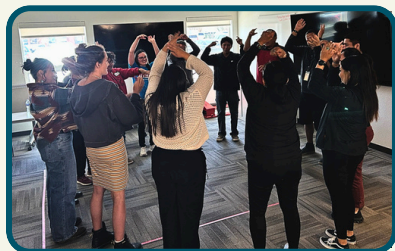
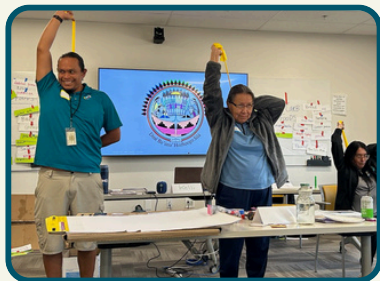


Description of the Training Attendees (n= 25)

Type of Organization	Number of Respondents
Tribal Clinic/Health System	7
Indian Health Service Facility	1
Urban Clinic	3
Other	14
Professional Roles of Attendees (Optional Response)	
Registered Dietitian Nutritionist	1
Registered Nurse	2
Diabetes Educator	1
Public Health Professional	4
Fitness Specialist /Health Educator	2
Community Health Worker	1

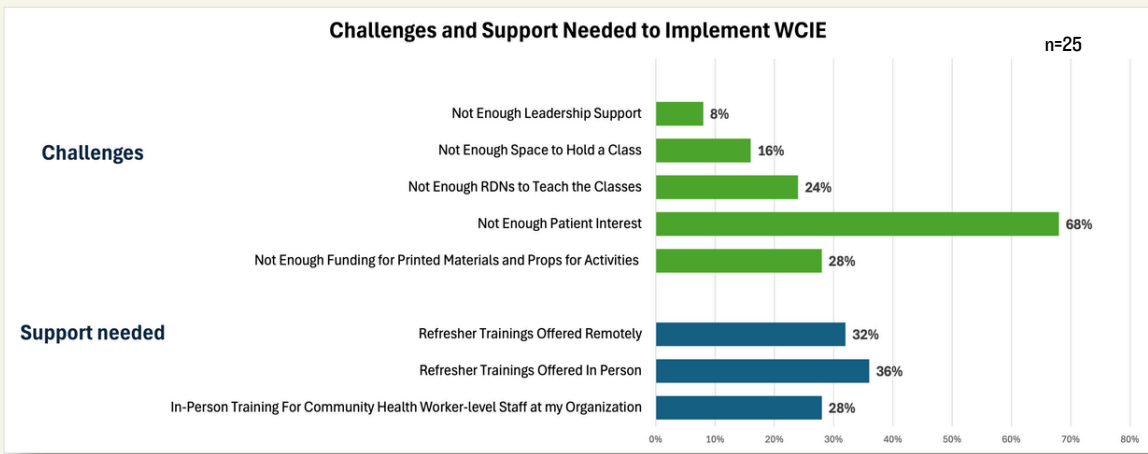


Attendees Came From Across Navajo Nation



96% of attendees were very or somewhat likely to tell another colleague about "WCIE".

84% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.



WCIE Linktree

linktr.ee/wcie

Contact wcie@mavencollectiveconsulting.com for more information.