

# “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 | February 2025 | Maricopa County Extension Office | Phoenix, Arizona

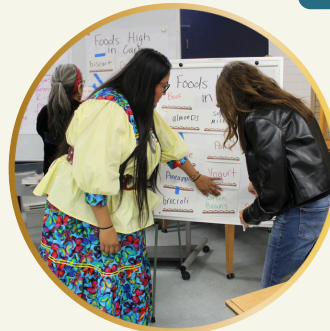
Facilitators: Kelli Begay, MS, MBA, RDN and Sarah Stotz, PhD, MS, RDN, CDCES



### Description of the Training Attendees (n= 25)

Type of Organization	Number of Respondents (n=20)
Tribal Clinic/Health System	3
Indian Health Service Facility	1
Urban Clinic	2
Extension	7
Community Health	5
Other	2

All attendees received 9.75 Continuing Professional Education Units (CPEU), CPE Level 2



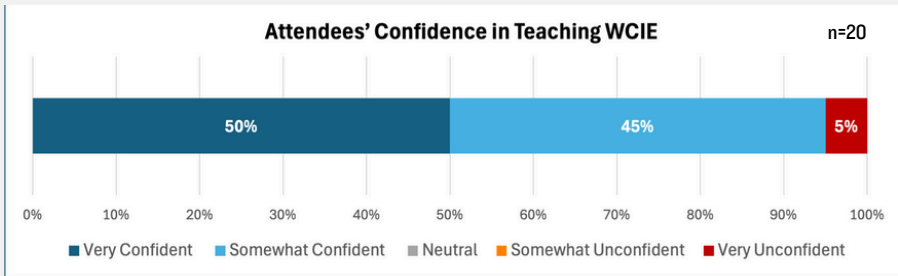
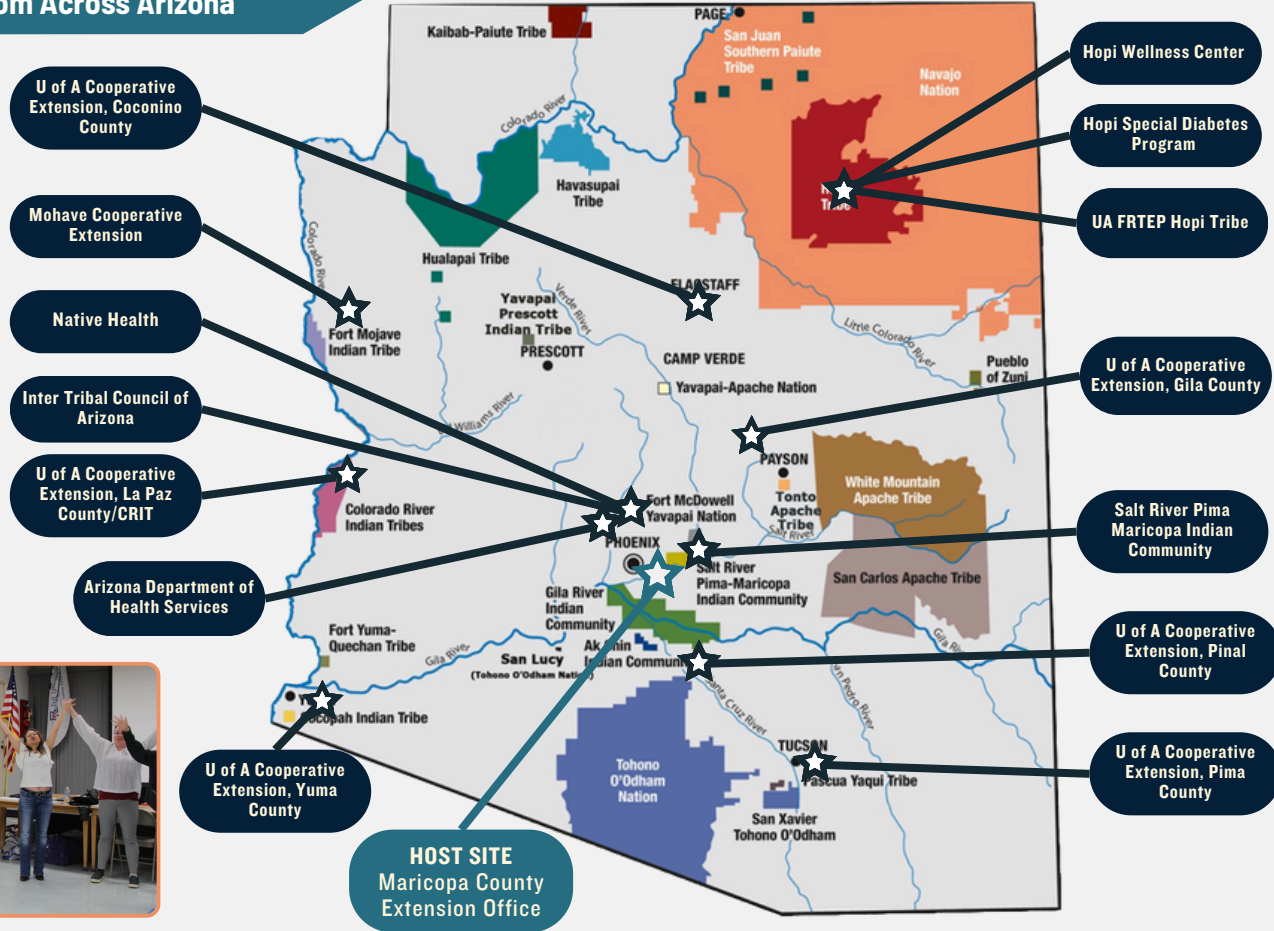
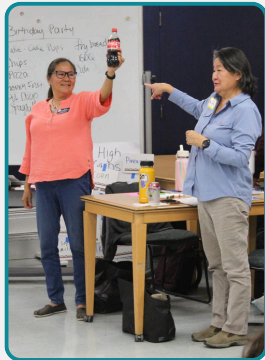
### What is “What Can I Eat?”

#### 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

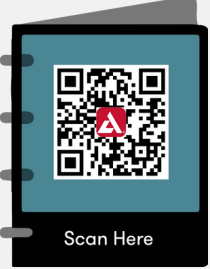
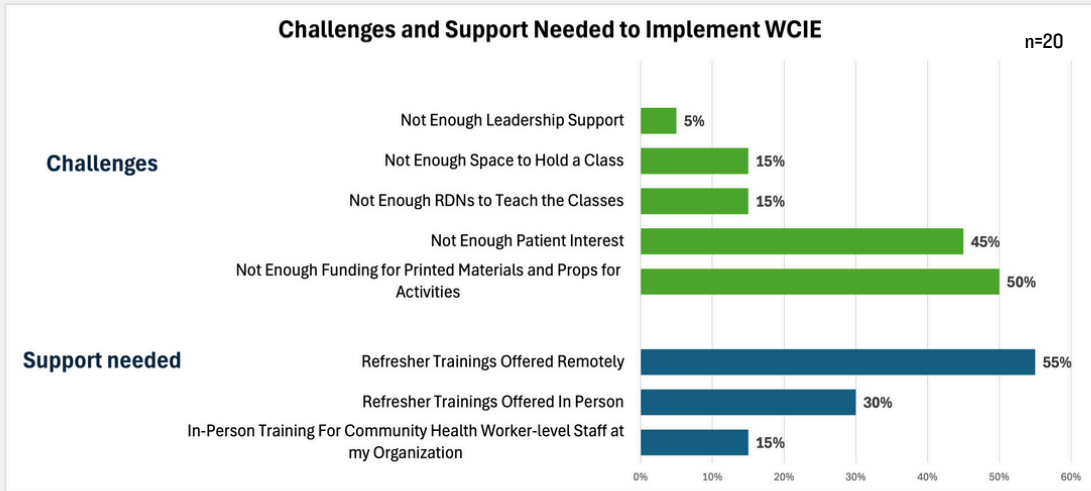


## Attendees Came From Across Arizona



95% of attendees were very or somewhat likely to tell another colleague about "WCIE".

90% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.



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