

# “What Can I Eat?”

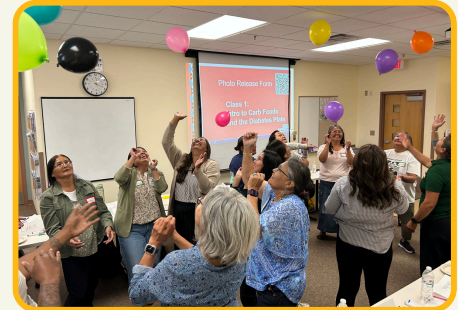
## Diabetes Nutrition Education for American Indian and Alaska Native Adults with Type 2 Diabetes

### Train the Trainer

2 Day In-Person Training | July 23-24, 2025 | Piñon, Arizona



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

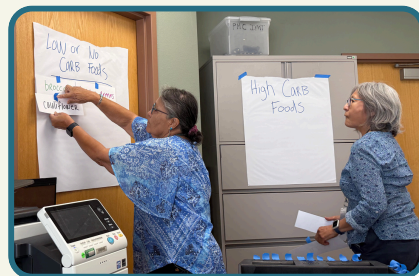


Eligible attendees received 9.75 Continuing Professional Education Units (CPEU), CPE Level 2

### 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



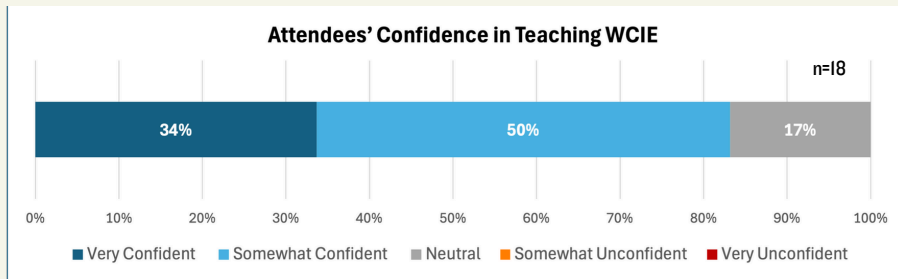
#### Description of the Training Attendees (n= 18)

Type of Organization	Number of Respondents
Tribal Clinic/Health System	7
Indian Health Service Facility	9
Other	2

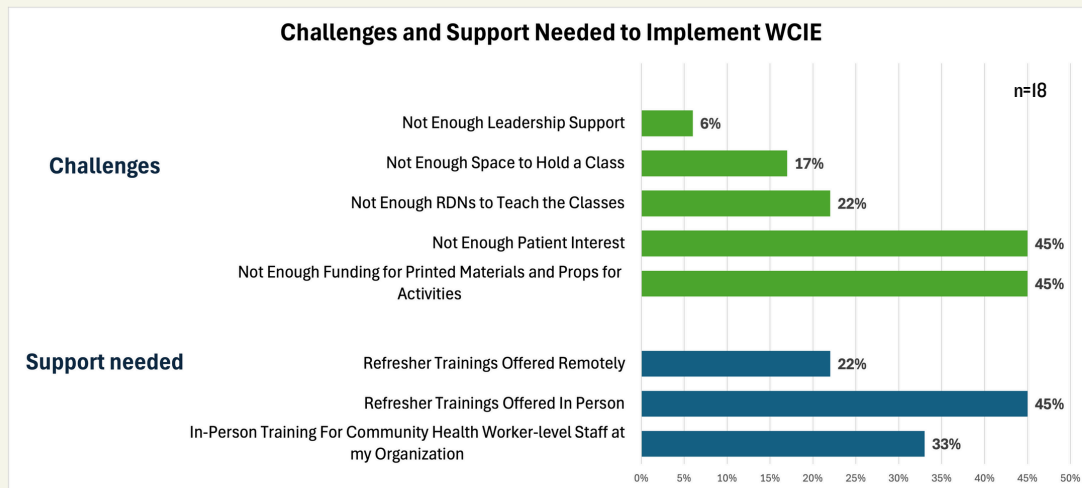
#### Professional Roles of Attendees

Registered Dietitian Nutritionist	2
Registered Nurse	1
Doctor of Pharmacy	1
CHR/CHW/Health Tech/MA	8
Program Support Role	6

## Attendees Came From Across Navajo Nation



100% of attendees were very or somewhat likely to tell another colleague about "WCIE".



83% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.



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

For Free Access to WCIE Curriculum