

"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 | September 26-27, 2025 | Phoenix, Arizona



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

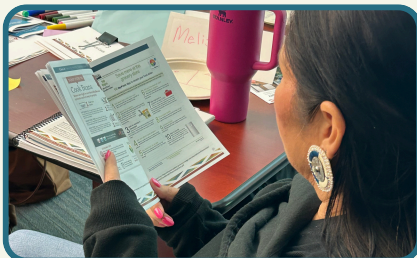
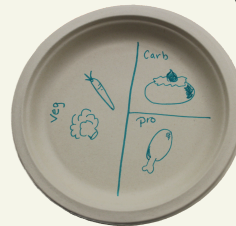


**Eligible attendees received 11.75 contact hours
or continuing education units for this
training activity.**

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

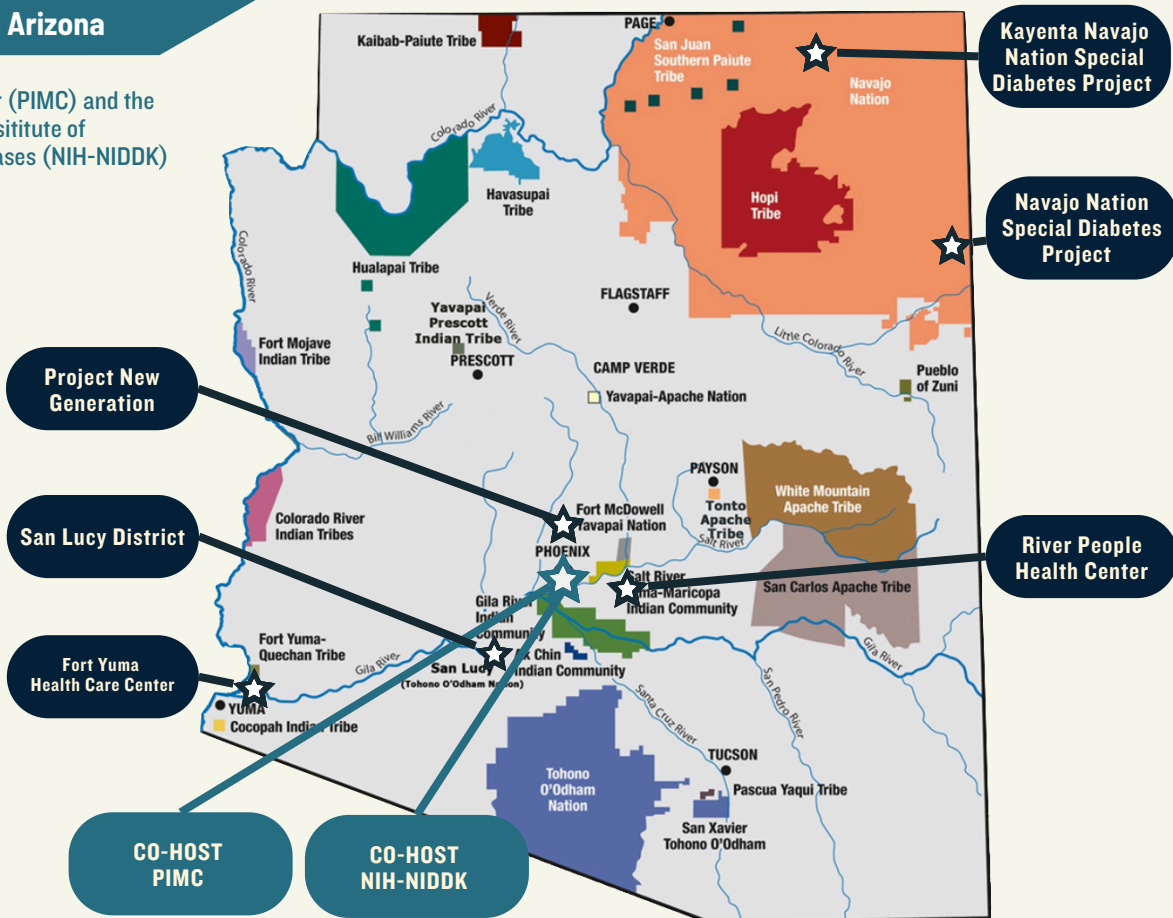
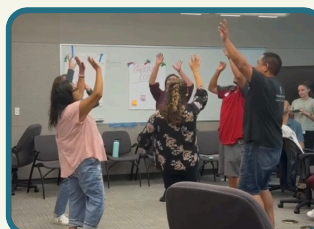
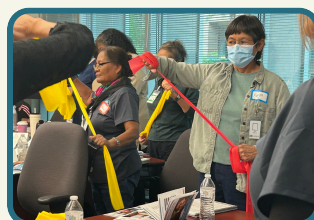


Description of the Training Attendees (n= 24)

Type of Organization	Number of Respondents
Tribal Clinic/Health System	8
Indian Health Service Facility	12
Urban Clinic	1
Other	3
Professional Roles of Attendees	
Registered Dietitian Nutritionist	7
Registered Nurse/FNP	7
CDCES	5
Doctor of Pharmacy	1
Diet Tech/MA	2
Program Support Role	2

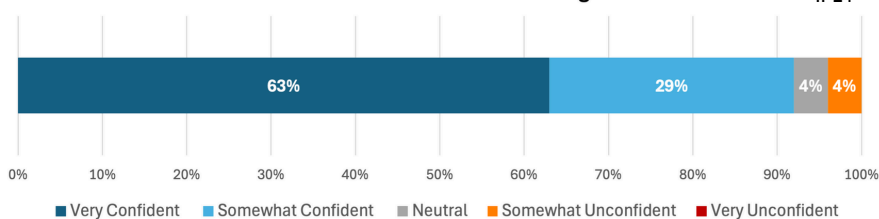
Attendees Came From Across Arizona

Co-hosts: Phoenix Indian Medical Center (PIMC) and the National Institutes of Health National Institute of Diabetes and Digestive and Kidney Diseases (NIH-NIDDK)



Attendees' Confidence in Teaching WCIE

n=24



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

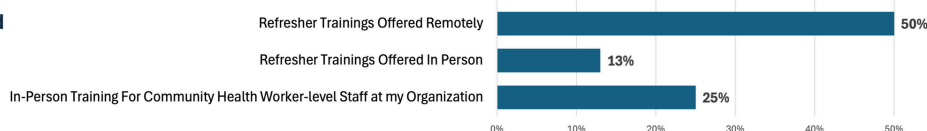
Challenges and Support Needed to Implement WCIE

n=24

Challenges



Support needed



63% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.



Scan Here

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

For Free Access to WCIE Curriculum