

“What Can I Eat?”

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

Train the Trainer for Facilitators

2 Day In-Person Training | December 2024 | Lake County Tribal Health | Lakeport, CA



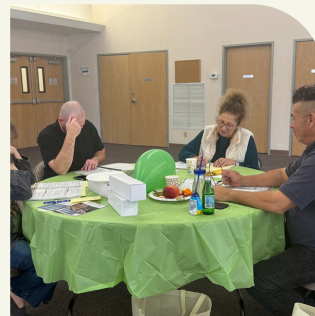
Facilitators: Kelli Begay, MS, MBA, RDN and Sarah Stotz, PhD, MS, RDN, CDCES

Description of the Training Attendees (n= 19)

Type of Organization	Number of Attendees
Tribal Clinic/Health System	17
IHS Facility	1
Other	1

Credentials of Attendees*	Number of Attendees
Registered Dietitian Nutritionist	4
Licensed Vocational Nurse	3
Registered Nurse	2
Certified Diabetes Care & Education Specialist	1
Other	7

*Select all that apply



Attendees received 9.75 Continuing Professional Education Units (CPEU)

Role in Organization

Youth Health and Wellness Specialist
Clinic Nurse
 Diabetic Assistant/MA Public/Community Health
Outpatient RDN
Program Coordinator
 Inpatient RDN Public/Community Health
Training Specialist
 Chronic Care Manager Data Manager/Research
Other Public Health Nurse
 Garden Coordinator
 Public Health Nurse

What is “What Can I Eat?”

Healthy Choices for American Indian and Alaska Native Adults with Type 2 Diabetes (T2D):

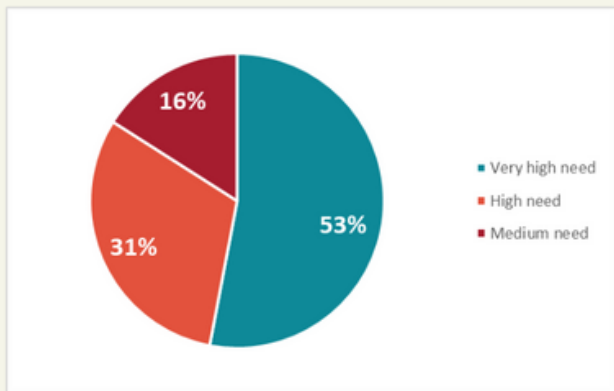
- Five 1.5 hour classes focused on nutrition for T2D management and support
- An excellent complement to DSMES programs
- Culturally tailored for American Indian and Alaska Native adults with T2D
- Group based, interactive, participatory learning
- Each lesson includes peer-to-peer learning opportunities, interactive and arts-based learning, physical activity, mindful nutrition activity, and goal setting
- Includes scripted facilitator guide and 5 participant guides





After attending the 2-day training, attendees completed a post-training survey. Here are some highlights from the survey:

Need for this type of curriculum at attendees' organization

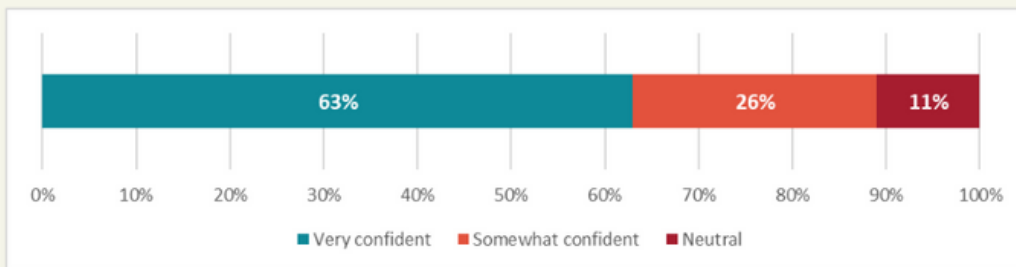


What is the need for this type of curriculum at your organization?

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

79% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.

Attendees' confidence in teaching WCIE



How confident are you in teaching WCIE classes?