

“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 | November 6-7, 2025 | Choctaw, Mississippi



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



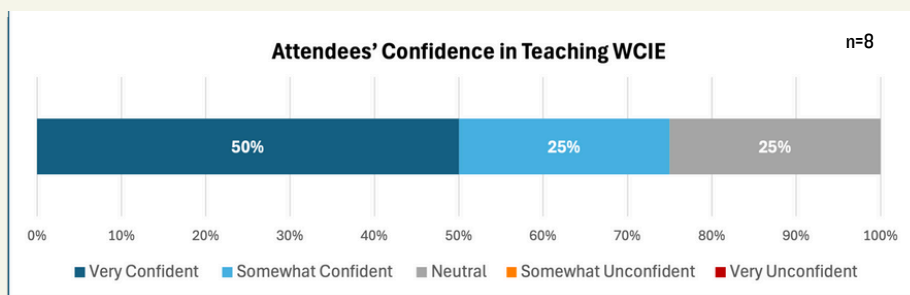
Description of the Training Attendees (n= 8)

Type of Organization	Number of Respondents
Tribal Clinic/Health System	6
Other	2
Professional Roles of Attendees	
Registered Dietitian Nutritionist	7
Student	1

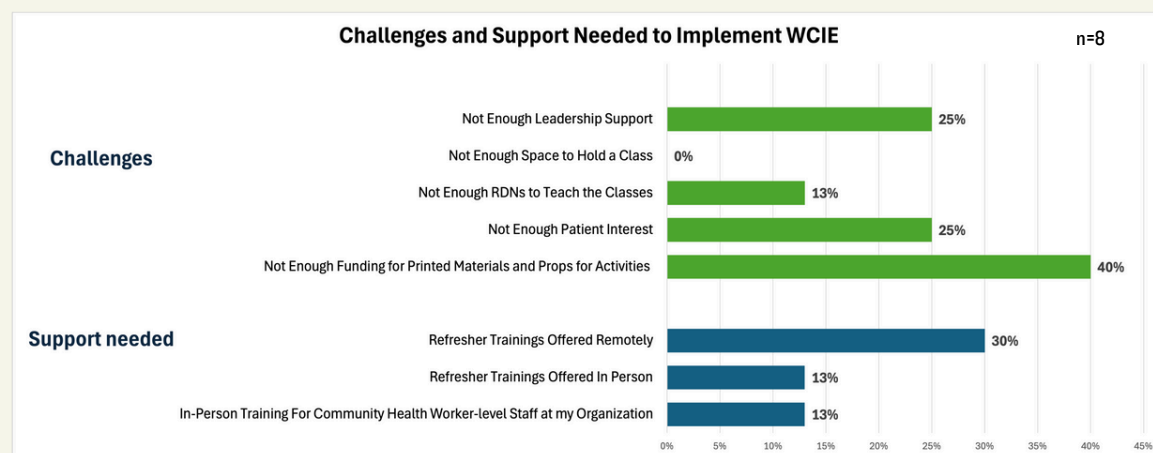


Attendees represented a range of organizations within the Mississippi Band of Choctaw Indians, fostering a collaborative, regionally synergistic approach to community-focused support.

- Choctaw Food Distribution Program (Host)
- Choctaw Health Center
- Fresenius Kidney Care



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



88% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.



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

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