

# “What Can I Eat?”

## Diabetes Nutrition Education for American Indians and Alaska Natives with Type 2 Diabetes

### Train the Trainer for Facilitators

2 Day In-Person Training | September 2024 | Cherokee Choices: Public Health & Human Services | Cherokee, NC



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

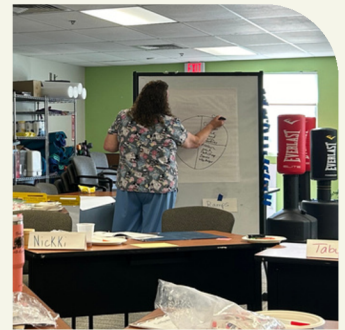


Interested attendees received 9.75 Continuing Professional Education Units (CPEU)

#### Description of the Training Attendees (n= 8)

Type of Organization Where Attendee Works	%	n
Tribal Clinic/Health System	88	7
Other	13	1
Credentials of Attendees*		
Registered Dietitian Nutritionist	25	2
Registered Nurse	13	1
Certified Diabetes Care & Education Specialist	13	1
Community Health Representative & Certified Nursing Assistant	38	3
Other	25	2
Role at Organization		
Public/Community Health	50	4
Community Health Representative	25	2
Manager	13	1
Training Specialist	13	1

\*Select all that apply

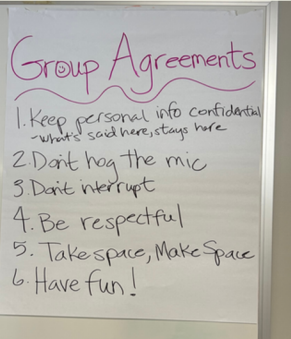
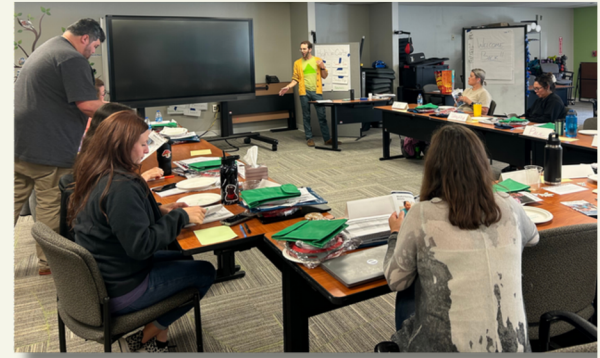
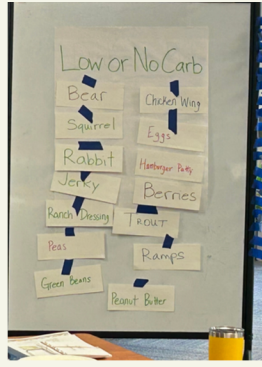


### What is “What Can I Eat?”

Diabetes Nutrition Education for American Indians and Alaska Natives with Type 2 Diabetes (T2D):

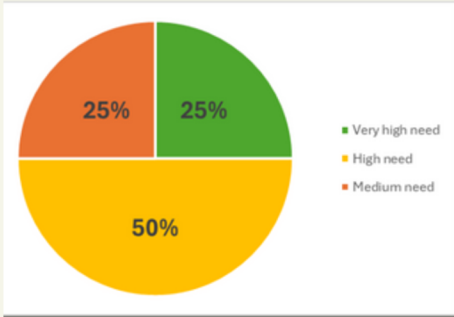
- Five 1.5 hour classes focused on nutrition for T2D management and support
- An excellent complement to DSMES programs
- Culturally tailored for American Indians and Alaska Natives with T2D
- Group based, interactive, participatory learning
- Each lesson includes peer-to-peer learning opportunities,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





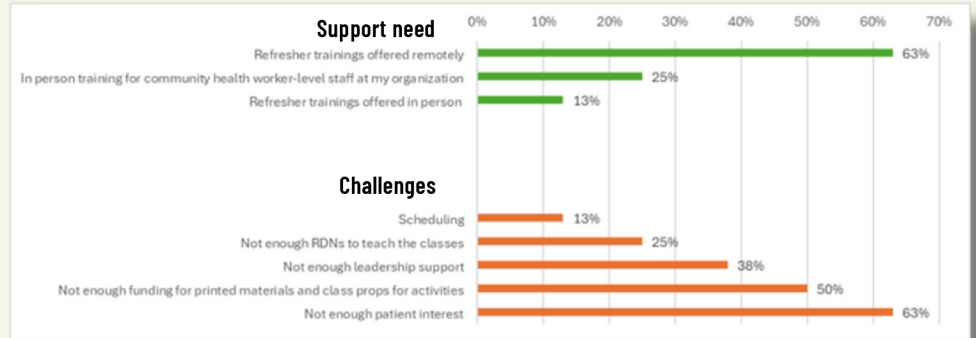
After attending the 2-day training, attendees completed a post-training survey. Here are some highlights from the survey:

**Need for this type of curriculum at attendees' organization**



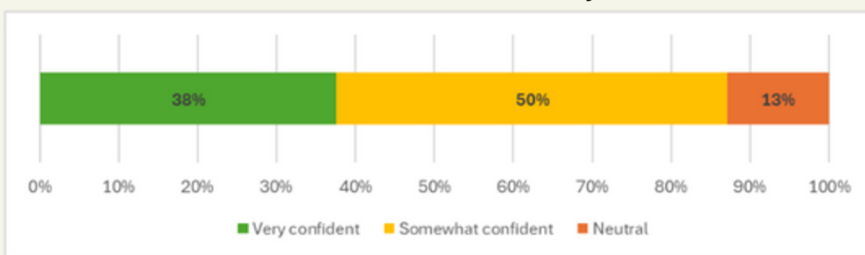
What is the need for this type of curriculum at your organization?

**Challenges and support needed to implement WCIE**



What additional support could the people who offered this "WCIE Train the Trainer" program provide? What challenges do you foresee with implementing WCIE at your organization (check all that apply)?

**Attendees' confidence in teaching WCIE**



How confident are you in teaching WCIE classes?

100% of attendees are "Very or somewhat likely" to teach WCIE classes at their organization

63% of attendees are "very likely" to tell another colleague about WCIE

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