

# “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 | August 12-13, 2025 | Albuquerque, New Mexico

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

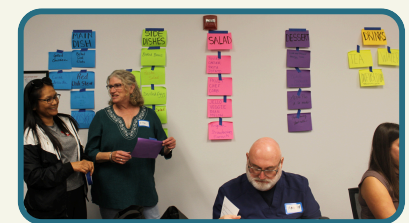


Eligible attendees received 9.75 Continuing Professional Education Units (CPEU), CPE Level 2

### 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

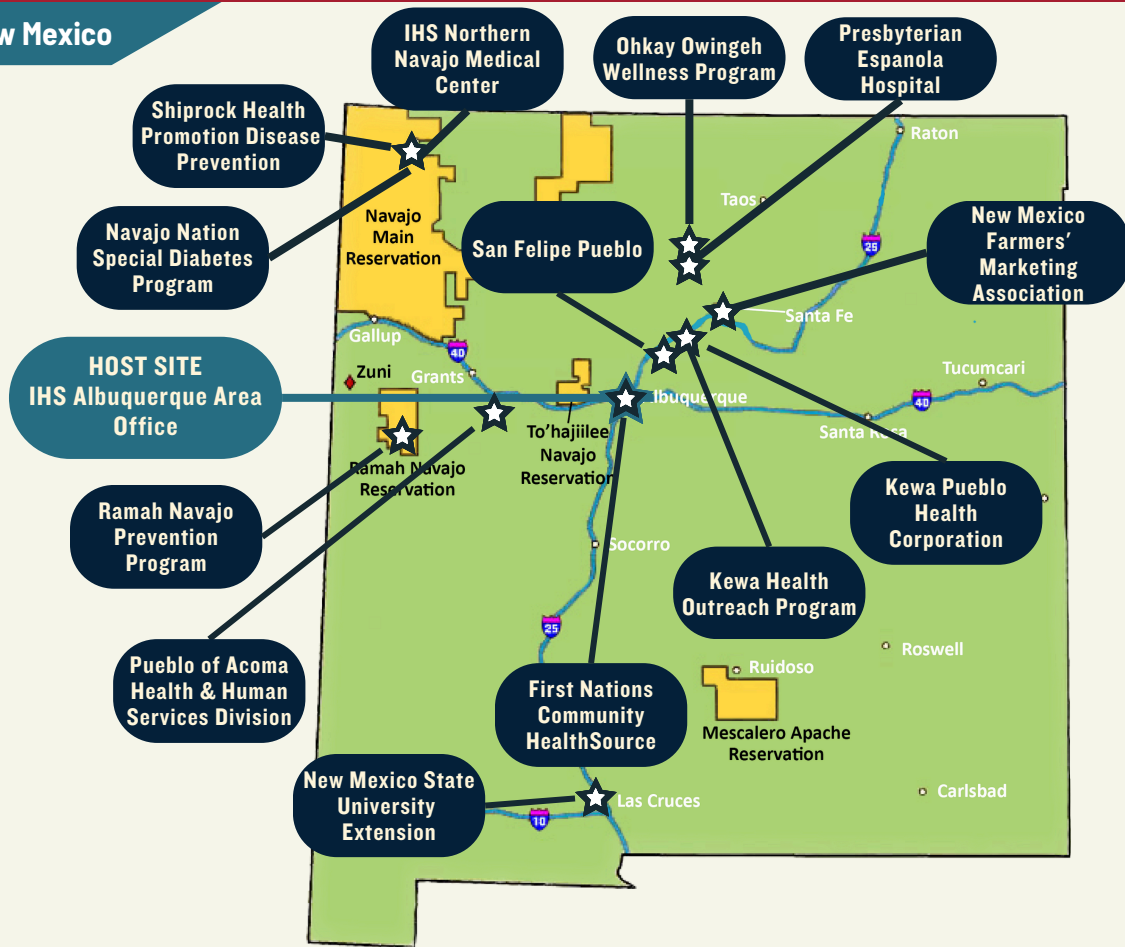
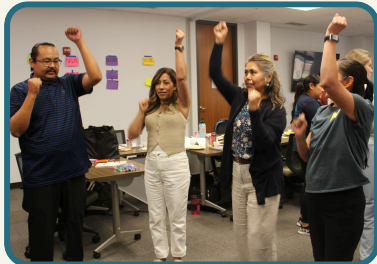


#### Description of the Training Attendees (n= 19)

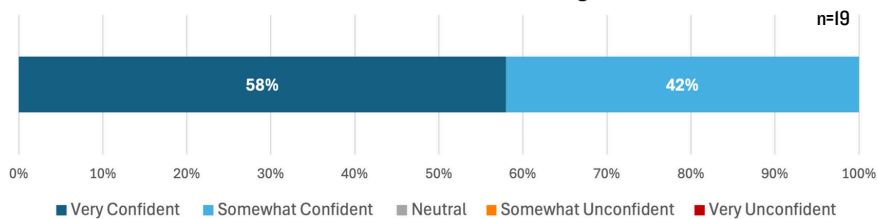
Type of Organization	Number of Respondents
Tribal Clinic/Health System	8
Indian Health Service Facility	3
Urban Clinic	1
Other	7
Professional Roles of Attendees	
Registered Dietitian Nutritionist	3
Registered Nurse	3
Certified Diabetes Educator (CDCES)	1
Health Educator	5
Pharmacist	1
Community Health Worker (CCHW/MA)	1
Other	5



## Attendees Came From Across New Mexico

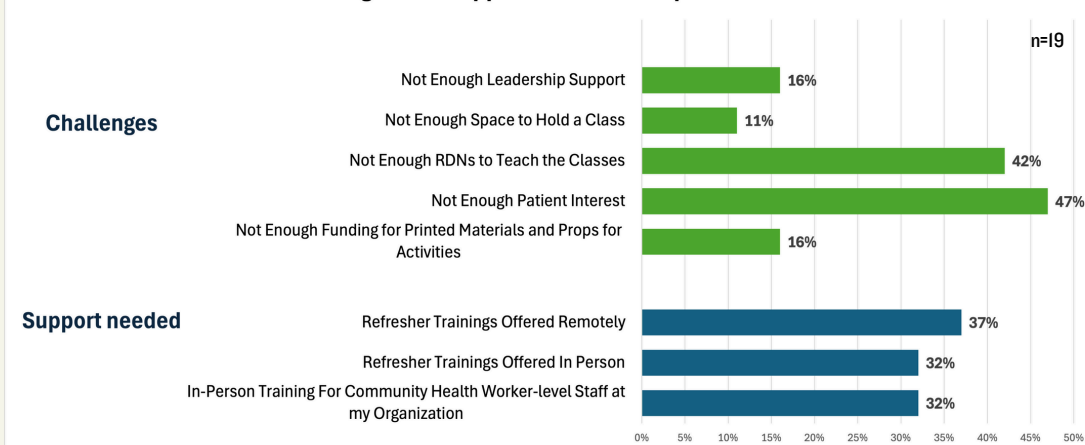


### Attendees' Confidence in Teaching WCIE



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

### Challenges and Support Needed to Implement WCIE



89% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.



Scan Here

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

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