

“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 | April 14-15, 2025 | Oklahoma City, Oklahoma

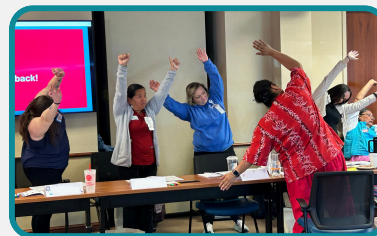
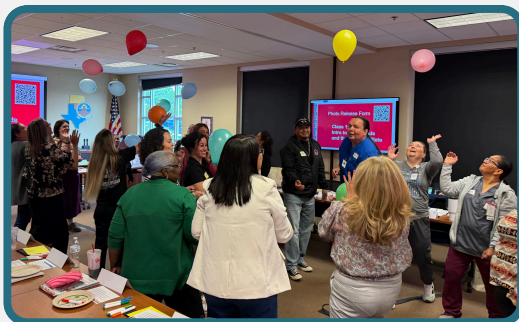
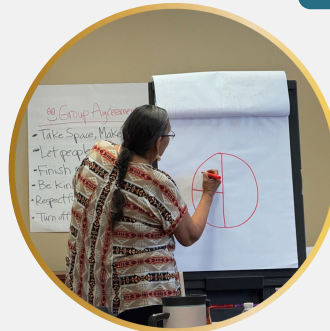
Facilitators: Kelli Begay, MS, MBA, RDN and Sarah Stotz, PhD, MS, RDN, CDCES



Description of the Training Attendees (n= 25)

Type of Organization	Number of Respondents (n=24)
Tribal Clinic/Health System	19
Indian Health Service Facility	3
Urban Clinic	2
Credentials of Attendees	
Certified Diabetes Care & Education Specialist	5
Registered Dietitian Nutritionist	7
Registered Nurse	7
Community Health Representative	3
Other	5

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



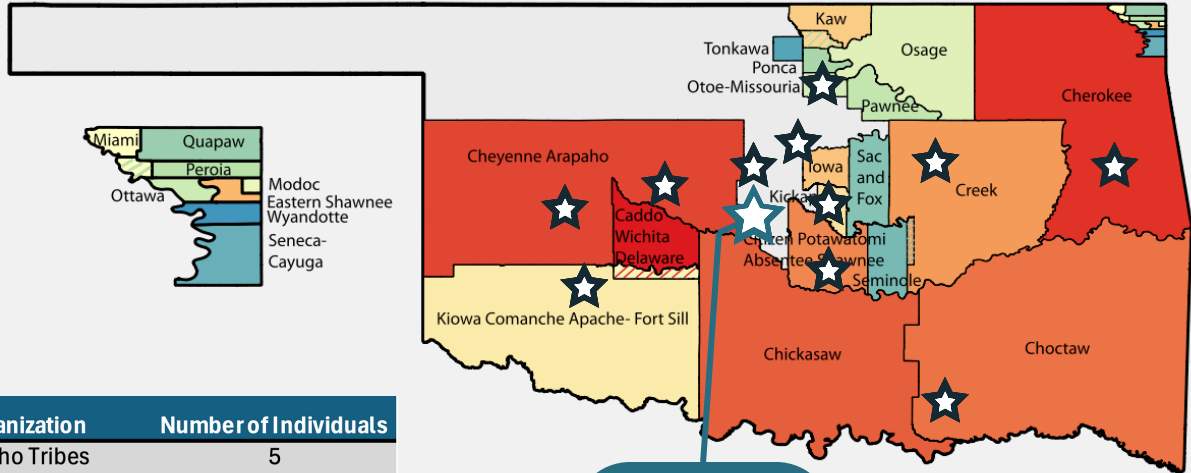
What is “What Can I Eat?”

Diabetes Nutrition Education for American Indian and Alaska Native Adults with Type 2 Diabetes

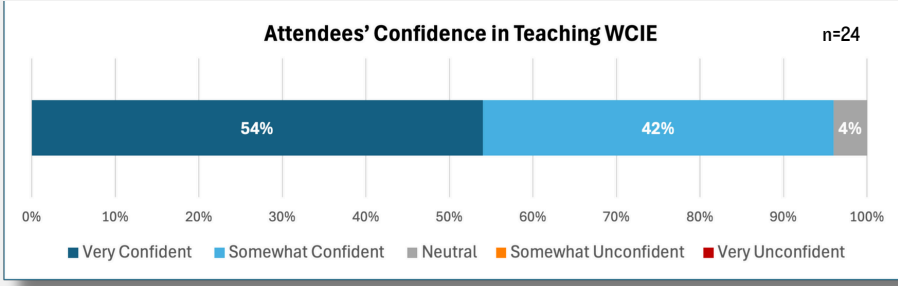
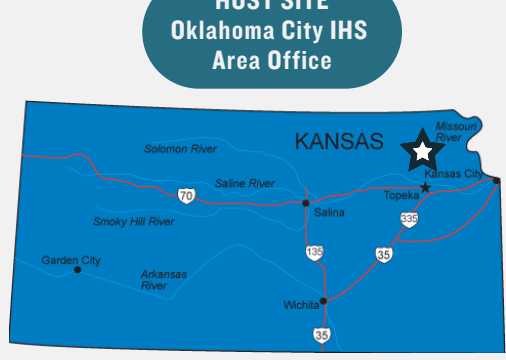
- Five 90 minute sessions focused on nutrition for type 2 diabetes management and support
- Emphasis on healthful traditional foods
- Culturally tailored for American Indian and Alaska Native adults with type 2 diabetes
- Group-based, interactive, participatory learning
- Each lesson includes peer-to-peer 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



Attendees Came From Across Oklahoma, Kansas and Texas

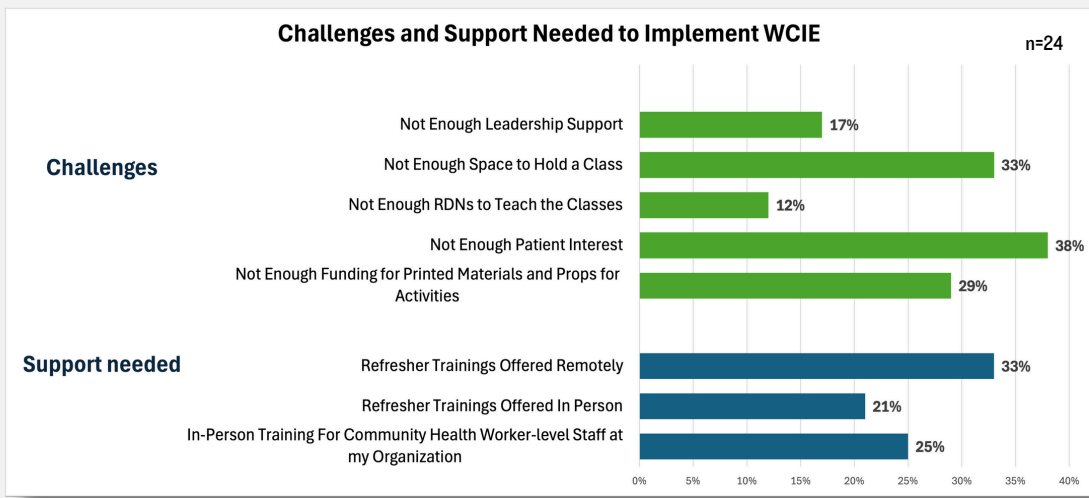


Attendee Organization	Number of Individuals
Cheyenne and Arapaho Tribes	5
Muscogee Creek Nation	5
Cherokee Nation	3
Clinton Indian Health Center	2
Otoe-Missouria Tribe	2
Absentee Shawnee Tribe	1
Choctaw Nation	1
Kickapoo Tribal Health Center	1
Kiowa Tribe	1
Oklahoma City Indian Clinic	1
Prairie Band Potawatomi Nation	1
Southern Plains Tribal Health Board	1



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.



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