

"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 4-5, 2026 | Rapid City, South Dakota

Host: Rosebud Sioux Tribe Diabetes Program

Facilitators: Kelli Begay, MS, MBA, RDN and 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

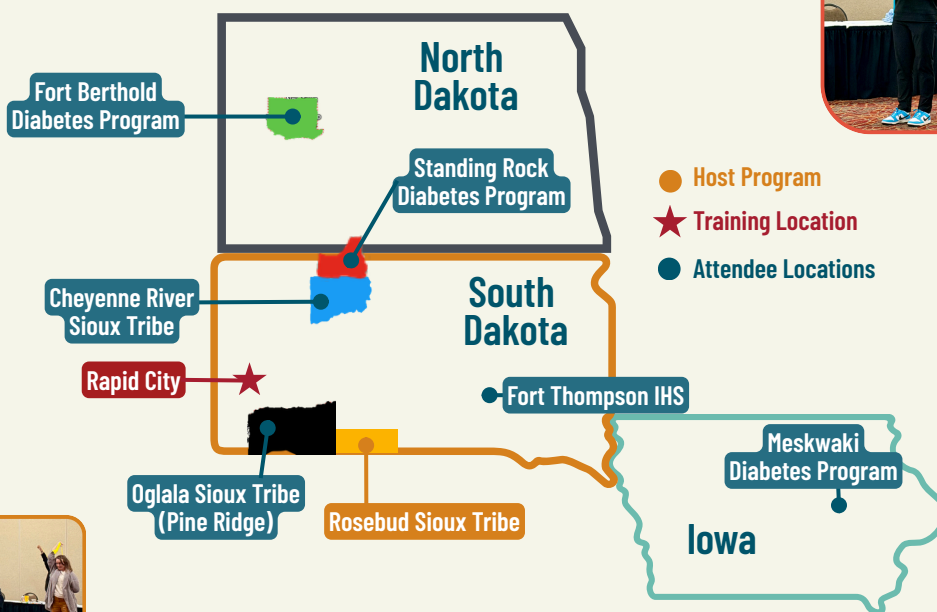
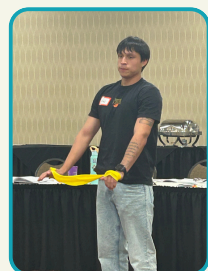
- Five 90 minute sessions focused on nutrition for type 2 diabetes management and support
- Emphasis on healthful traditional foods
- Culturally tailored for American Indian and Alaska Native adults with type 2 diabetes
- Group-based, interactive, participatory learning
- Each lesson includes peer-to-peer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



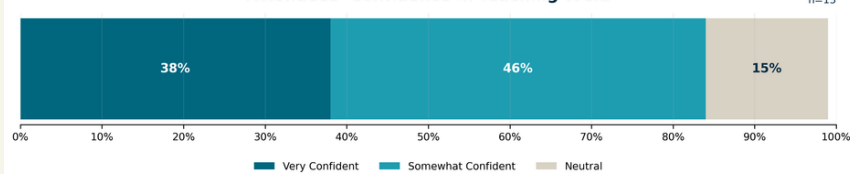
Description of the Training Attendees (n= 19)

Type of Organization	Number of Respondents
Tribal Clinic/Health System	18
Indian Health Service Facility	1
Other	0
Professional Roles of Attendees	(Optional Response)
Registered Dietitian Nutritionist	3
Registered Nurse	1
Diabetes Educator	1
Community Health Representative	13
Coordinator/Director	1

Attendees Came From South Dakota, North Dakota, and Iowa

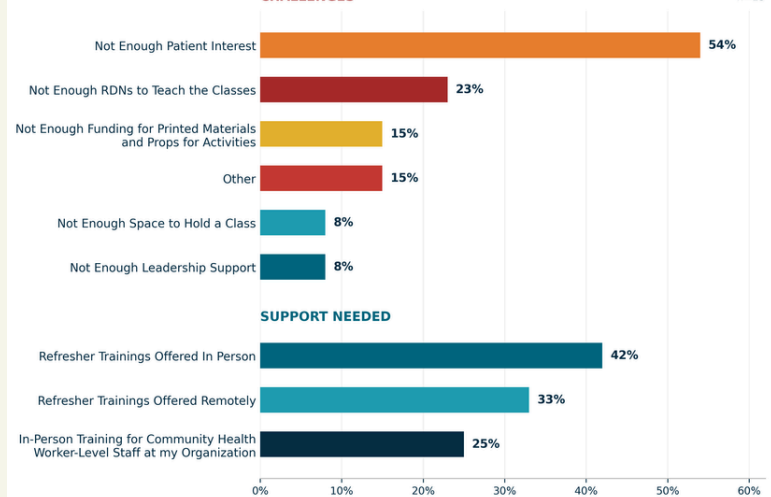


Attendees' Confidence in Teaching WCIE



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

Challenges and Support Needed to Implement WCIE



75% of attendees were very or somewhat likely to teach "WCIE" classes at their organization.

WCIE Linktree



linktr.ee/wcie

Contact wcie@mavencollectiveconsulting.com for more information.