

Tulalip Tribes of Washington presents in
collaboration with **American Diabetes Association-Seattle**

What Can I Eat?

*Healthy Choices of American Indians
and Alaska Natives with Type 2 Diabetes*



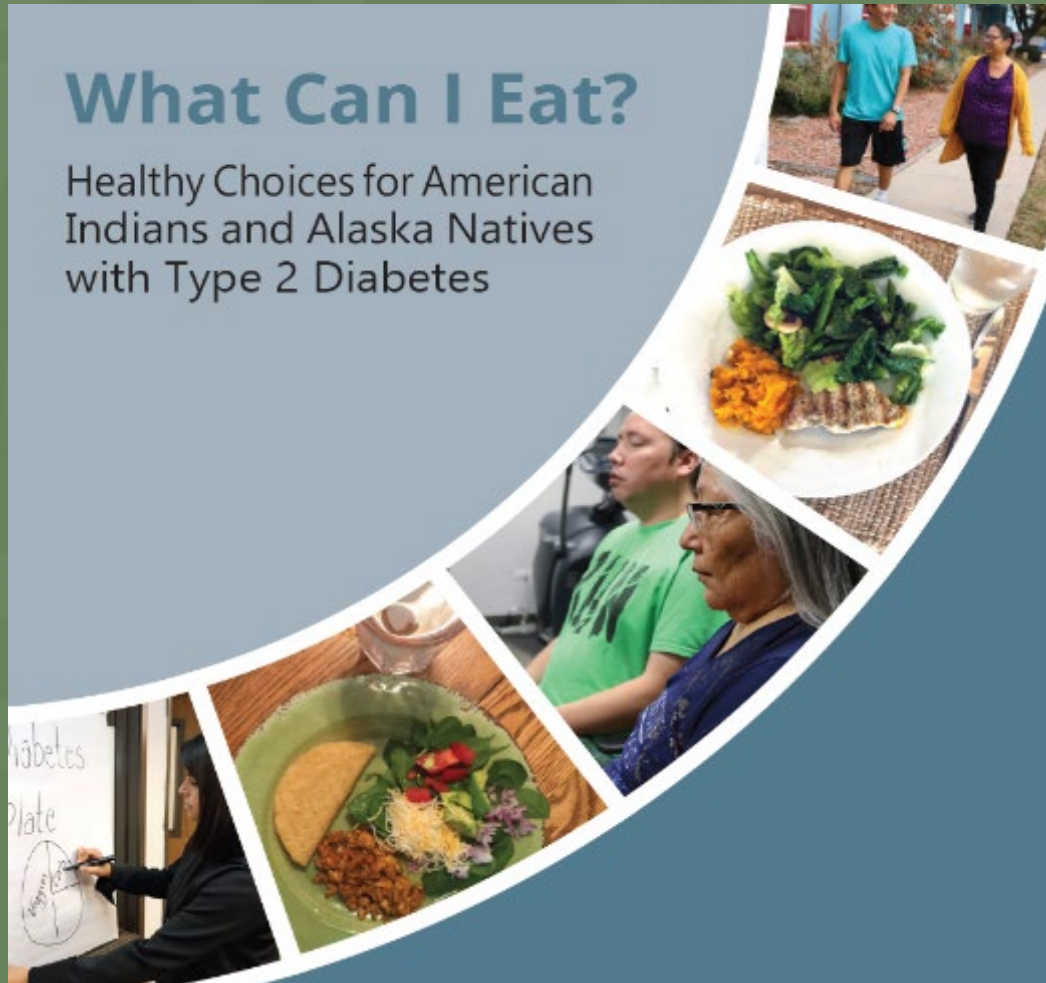
It is with good intentions for the health of all our tribal families that we at Tulalip Tribes Health System offer our support for this new teaching tool for the health and wellbeing of native people throughout Indian Country.

This curriculum for nutrition and physical activity is written and presented in a way that is culturally engaging and non-threatening to people of all ages.

Whether clinically based or community based these tools can be taught by medical providers or support staff.

My hope is each of you will find this teaching as inspirational as we did.

Program Overview (AI/AN WCIE)



- This program is a diabetes nutrition educational program for adults with type 2 diabetes
- The goal is very simple: to help Native people learn about healthy eating with diabetes
- The program includes five classes with topics on healthy nutrition, physical activity, and ways to make healthy food choices
- Participants learn the following:
 - Healthy eating skills, group discussions, hands-on activities, practice physical activity and mindful nutrition choice activities

Program's Intended Purpose

To answer the question many people with diabetes have:
What can I eat?

I believe many of us who are working with patients especially newly diagnosed people with diabetes are asked this simple question frequently.

For many of us, we may answer with a nutrition handout and a referral to the RD or the clinic's CDCES or BC-ADM we have in our practices. Often this delay in nutrition education can lead to anxiety, worry and sometimes even apathy.

Our team believes if this program is offered routinely, it can be a solution to early engagement with patients who want answers to the question, "What can I eat now that I have been diagnosed with diabetes?"

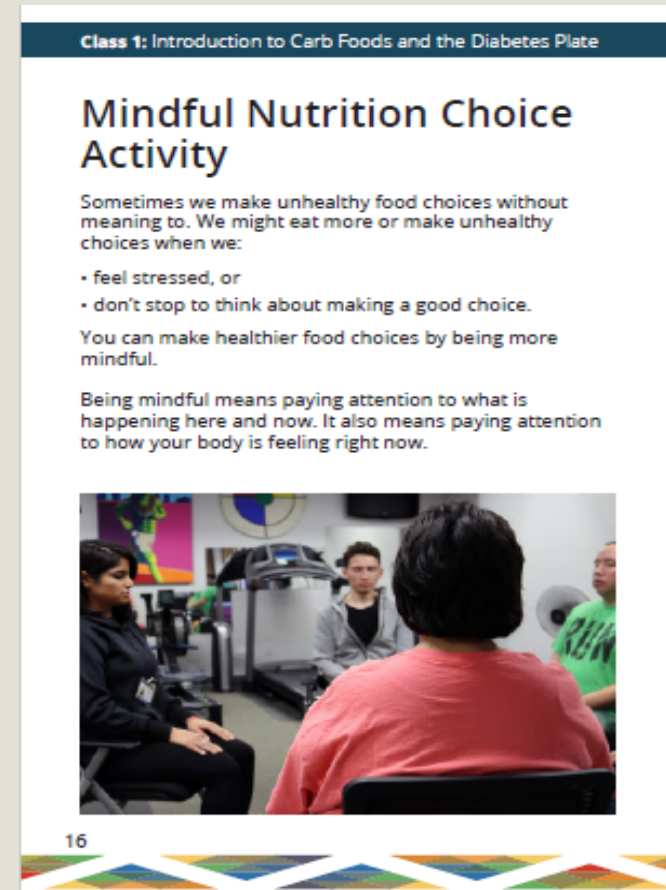
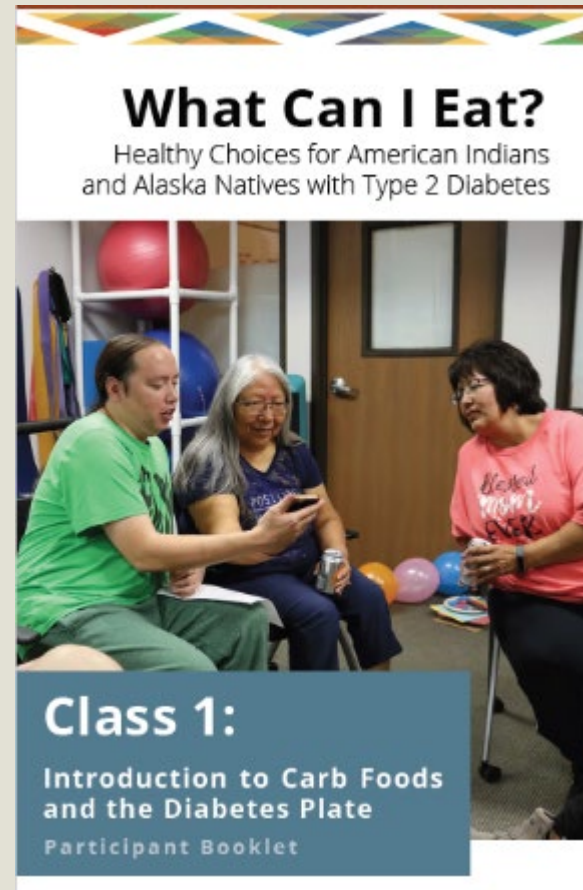
Eat one traditional food each week, if you can.



Patient Feedback on Booklets

Our participants loved the booklets.

- They enjoyed the easy to read and large print booklets through the week and even made some of the food from the recipes
- The chair exercises were easy and fun. Some said they enjoyed the games at home with their grandchildren.



These booklets are beautiful, professionally created and hold key information for each class.

Introduction to Carb Foods and the Diabetes Plate

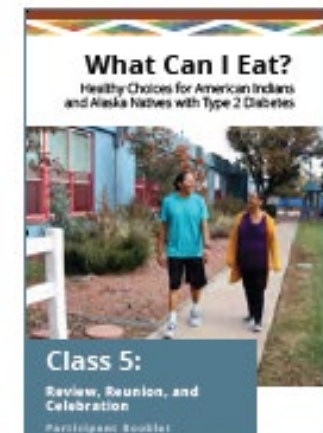
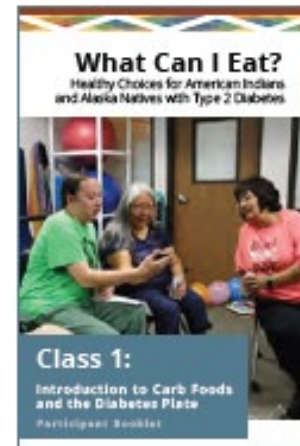
Objectives

After attending Class 1, the participant will be able to:

1. List 5 carbohydrate foods they eat on a regular basis
2. Use the Diabetes Plate to plan meals
3. Take part in 1 new physical activity
4. Take part in 1 new Mindful Nutrition Choice activity
5. Pick a healthy goal for the next class

Outline:

1. Greeting and Introduction (15 minutes)
2. Guided Group Share (15 minutes)
3. Identifying Carbohydrates: Lesson and Activity (15 minutes)
4. The Diabetes Plate: Lesson and Activity (15 minutes)
5. Physical Activity (10 minutes)
6. Mindful Nutrition Choice Activity (5 minutes)
7. Summary and Goal Setting (15 minutes)



Additional Benefits of this Program

Patients who have participated in our comprehensive conversation map diabetes classes also enjoy the interactive hands-on activity, group discussions and mindful nutrition activity. It is interactive, practical and includes multiple forms of learning.

I believe our more experienced and knowledgeable patients with diabetes can benefit from this nutrition-based format.

It is for this reason; I believe our RD and nutritionist are best suited for this educational offering however this can be taught by other members of our team.

Topics covered in this program:

- Intro to carb foods
- Diabetes plate method
- Sweet foods into an eating plan
- Planning healthy diabetes meals
- Fat, salt and healthy eating away from home
- Review, reunion and celebration

Program Structure is 90–120 minutes each session. We added a meal and farm fresh foods for take home for our participants. Our total time in delivering this service was 2.5 hours class time.

Our number of participants was 5–10. I would recommend keeping this number of class participants for everyone to feel fully heard and understood. Plus, this suggestion is based on square footage of our classroom.

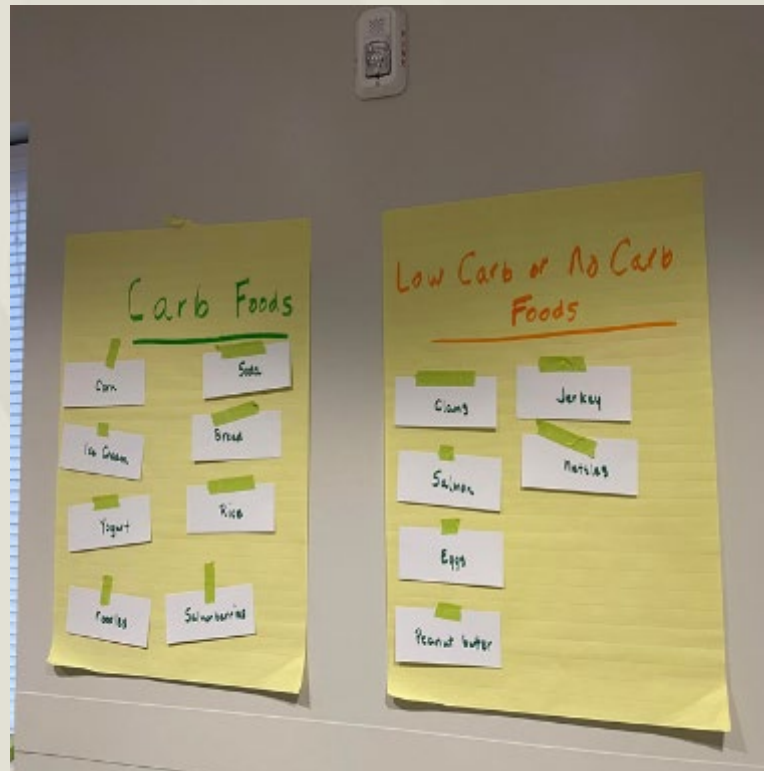
Our cost per class including meal, incentive and plant medicine giveaway was about \$23 per person.

- Farm fresh foods of; milk, eggs, organic hamburger or elk, fruit and vegetables was funded by a separate grant

Class prep, set-up and clean-up was more time consuming than expected however we were able to streamline the program after our first class. All total approximately 4 hours per class.

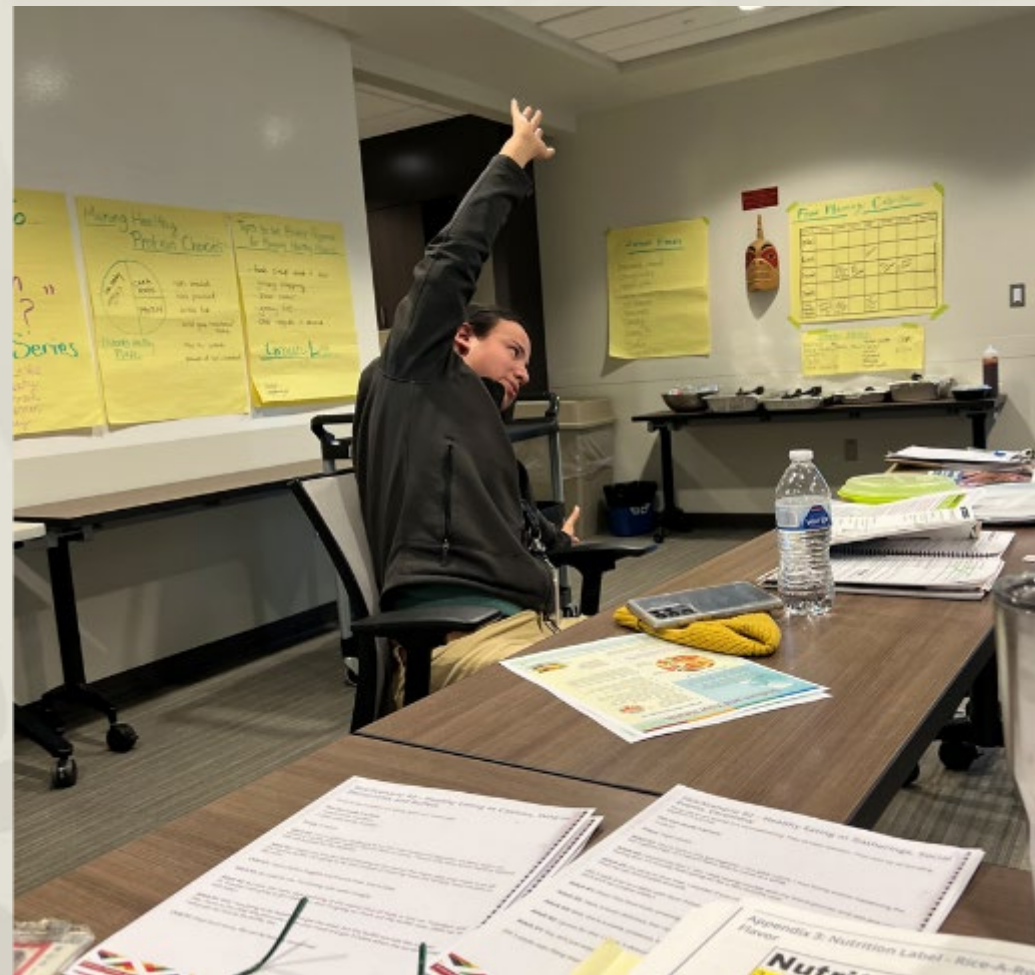
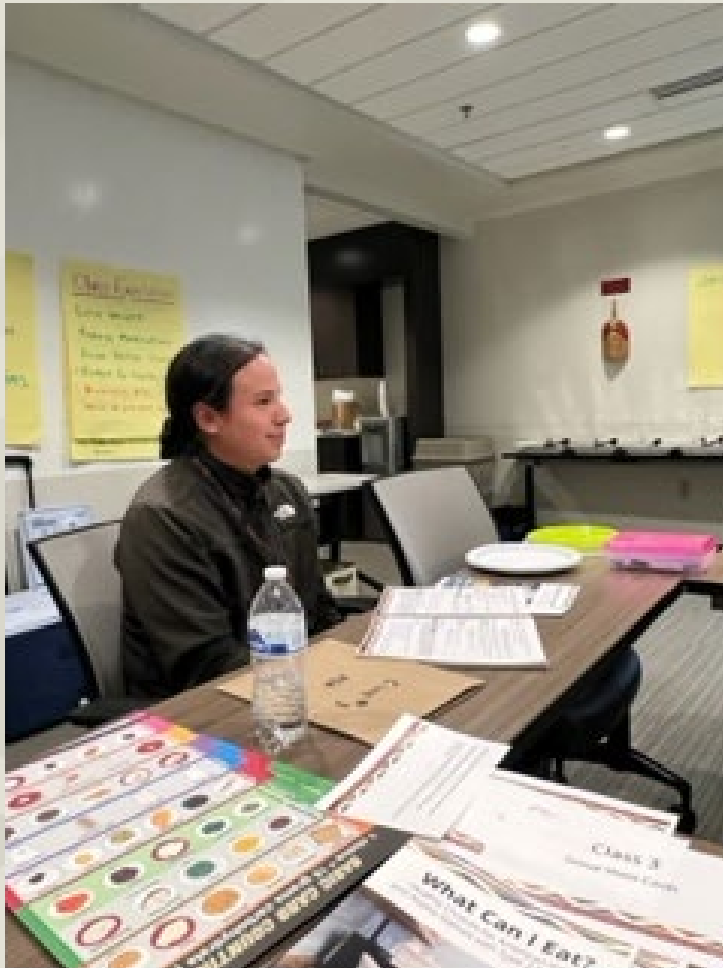
Natasha LeVee

PharmD, BC-ADM



Dawson Amerman

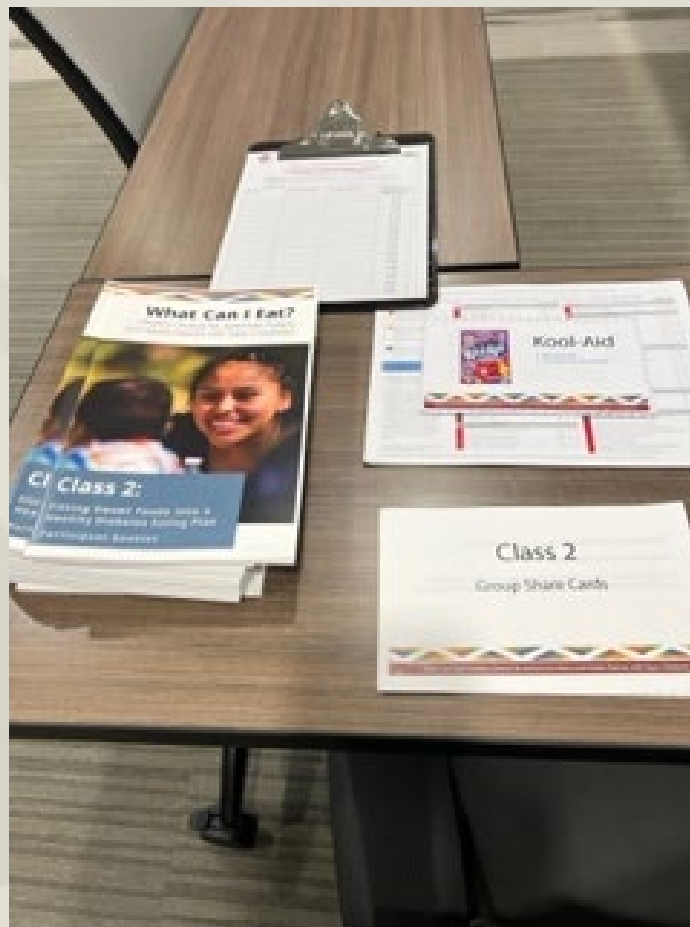
RD



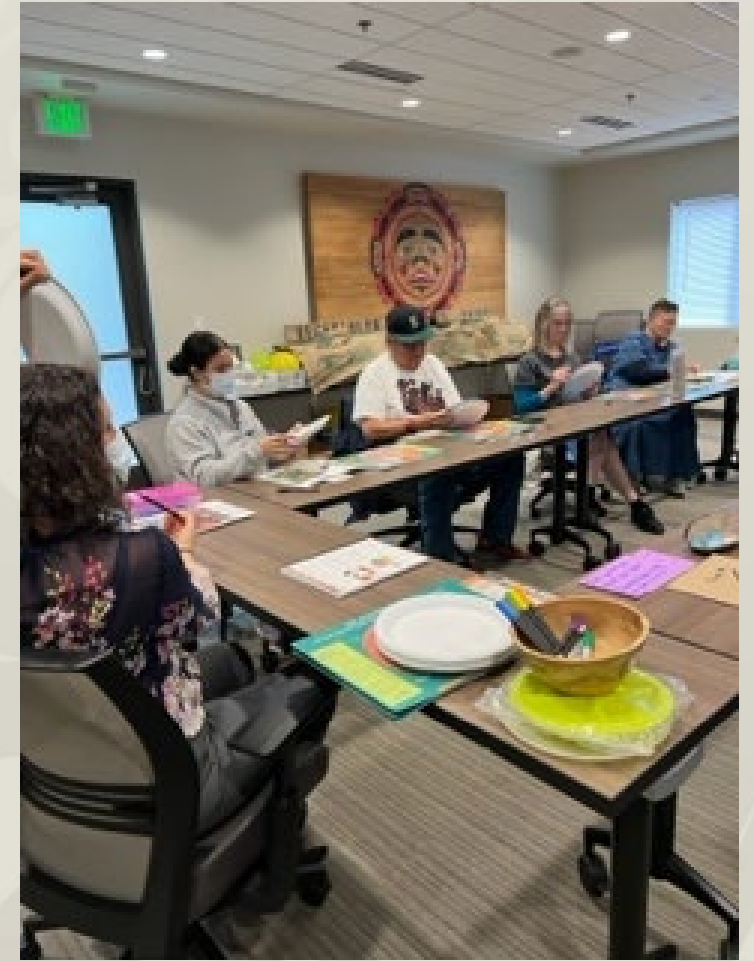
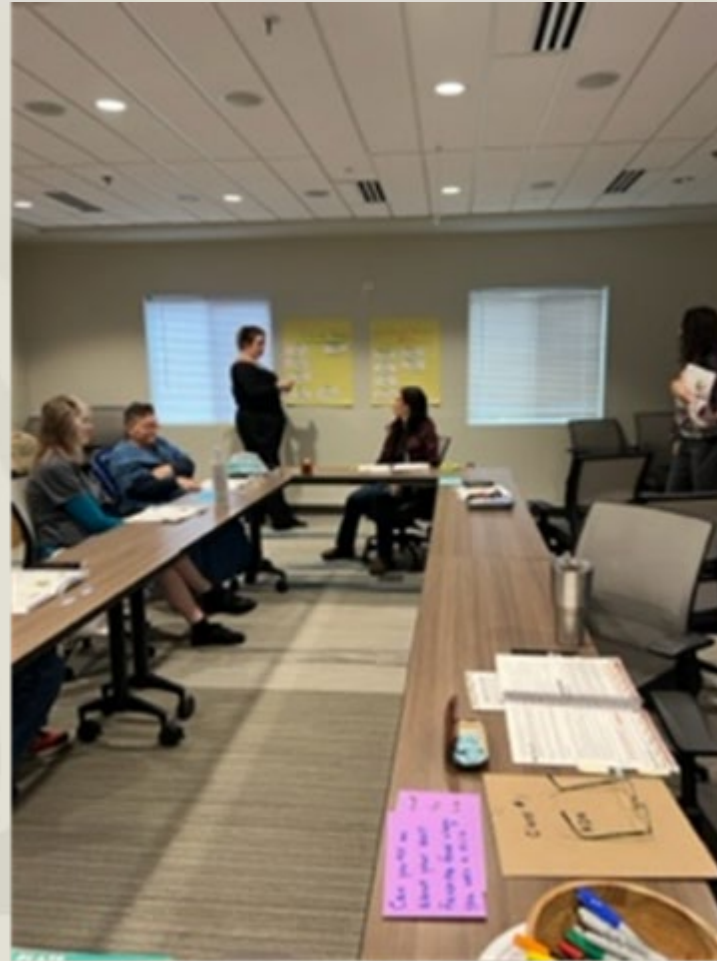
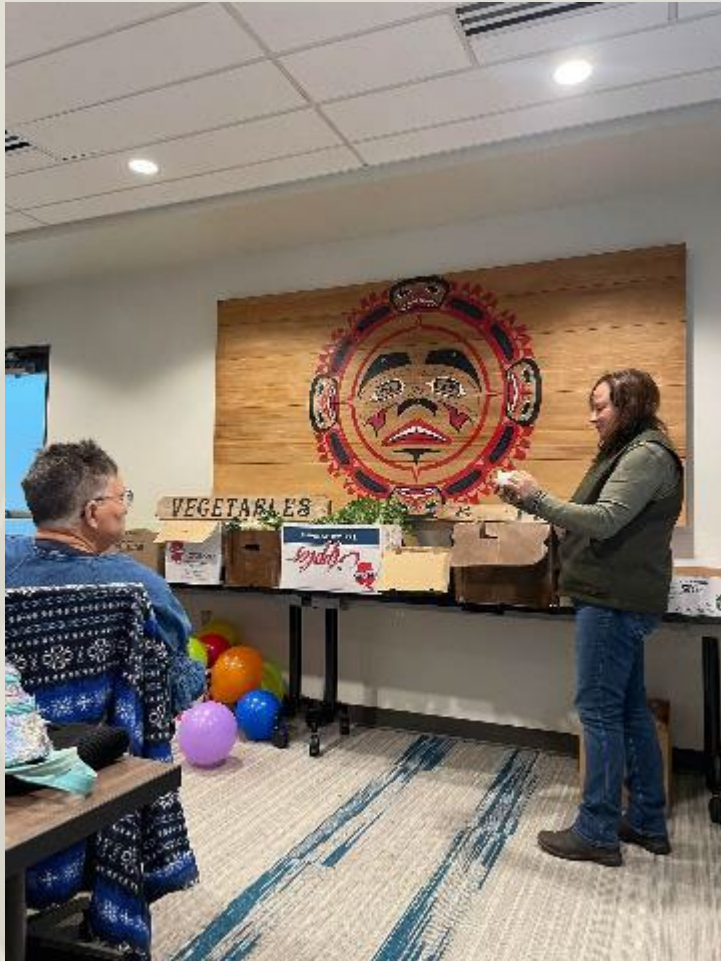
Advanced preparation
about 8–10 hours with two people



Prep before class begins about 60 minutes with one person

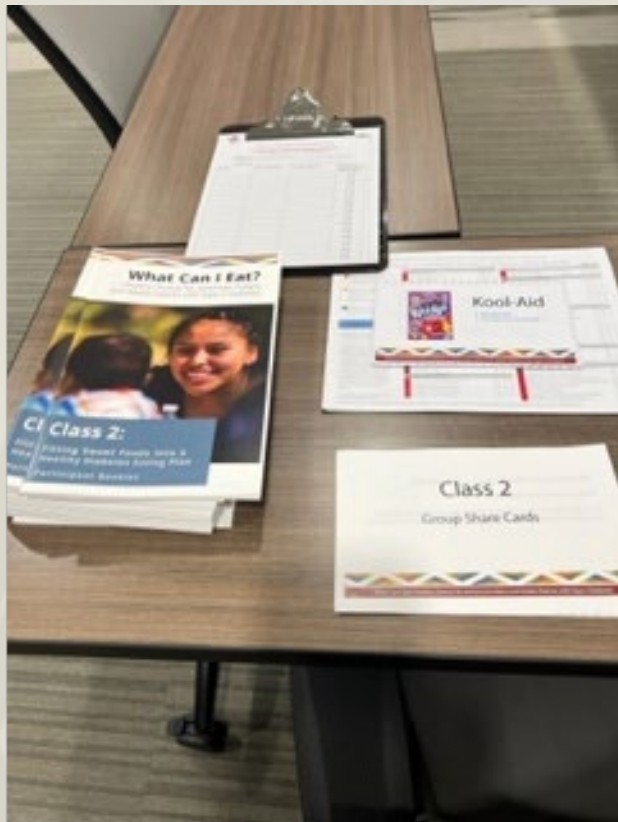


Class time



Goal setting as a group activity









VEGETABLES

& FRUIT

THANK YOU FOR SUPPORTING OUR SMALL FAMILY FARMS

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Recipes using our Klesick Family Farm food boxes for our class participants

Leek & Potato Soup

A nutrient dense, flavorful soup with seasonal ingredients!



Ingredients

- 1 large Leek
- 4 medium golden potatoes
- 1-2 yellow onions
- 4-5 garlic cloves
- 4 cups vegetable broth
- 2 Tbsp. Olive Oil
- 2 Tbsp. Butter
- 1 cup Half n Half
- Salt and pepper to taste
- Culinary Sage (optional)
- Mushrooms (optional)

Directions

1. Thoroughly wash all of the produce.
2. Dice up the leeks, onions and garlic cloves into small pieces.
3. Peel the potatoes and dice into small pieces. Allow potatoes to soak in a large bowl of water for 20-30 minutes. This will allow the extra starch to be removed, creating a creamier soup texture.
4. Add olive oil, butter, leeks, onions and garlic into a large soup pot. Saute for 10 - 15 minutes or until golden brown.

Baked Kabocha Squash Chili



Ingredients:

1. One large Kabocha Squash (also known as Japanese Pumpkin) Any type of winter squash will work with this recipe.
2. 2 cans diced tomatoes
3. 1 large onion
4. 6 cloves of garlic
5. 1 can of kidney beans
6. 1 can of black beans
7. 1. Pepper of choice (hot or mild).
8. 1 lb. of ground beef, turkey or venison.
9. 1 Tbsp. Smoked Paprika
10. 1 Tbsp. Cumin
11. Salt & Pepper to taste.
12. ¼ cup worcestershire sauce
13. 2 cups of water or broth.
14. ½ cup olive oil.

Directions:

1. Take a very sharp and thick knife. Cut the Kabocha squash in half. Be extra cautious when doing this. There will be seeds inside - remove them. You can roast these and make pumpkin seeds if desired.

Recipes using our Klesick Family Farm food boxes for our class participants

Fennel & Fruit Green Salad



Ingredients : Servings 6-8

1. 3 cup mixed greens
1. 3 cup chopped lettuce
2. 1 large fennel
3. 1 red apple
4. 1 asian pear
5. 2 small carrots or 1 large
6. 1 cucumber
7. 1 avocado
8. Red Wine Vinegar
9. Balsamic Vinaigrette
10. Salt + Pepper

Directions:

1. First things first, rinse all produce with warm water.
2. In preparation for the fennel, first cut off the top green section. For this recipe we will be using the white fennel bulb. Dice the fennel bulb in half and cut it into thin slices.



Quinoa Stuffed Bell Peppers



Ingredients

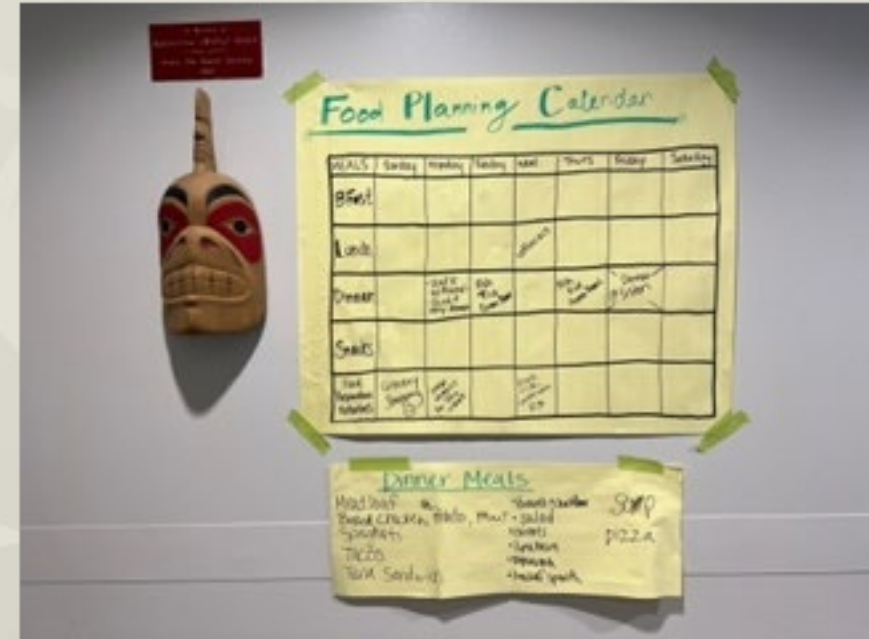
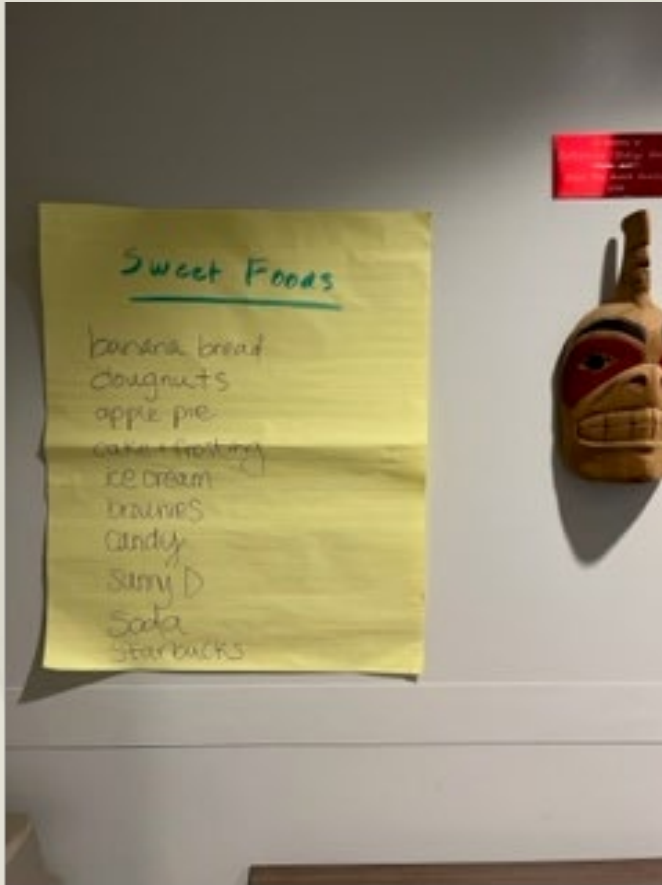
- 2-3 Bell Peppers (any color)
- 1 cup quinoa
- 1 cup water
- 1 lbs. of ground beef
- ½ onion chopped
- 2-3 garlic cloves chopped
- 2 carrots
- (any other veggies you'd like to throw in)
- Salt and Pepper to taste
- Paprika & any other herbs or spices you enjoy.

Directions

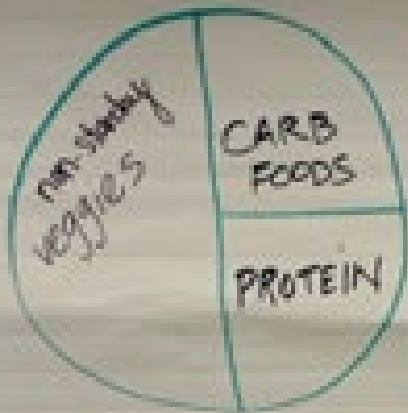
1. Cut bell peppers in half. Remove the stem and white excess from the inside. This should create a bowl-like shape to fill with the quinoa stir fry.



Group sharing



Making Healthy Protein Choices



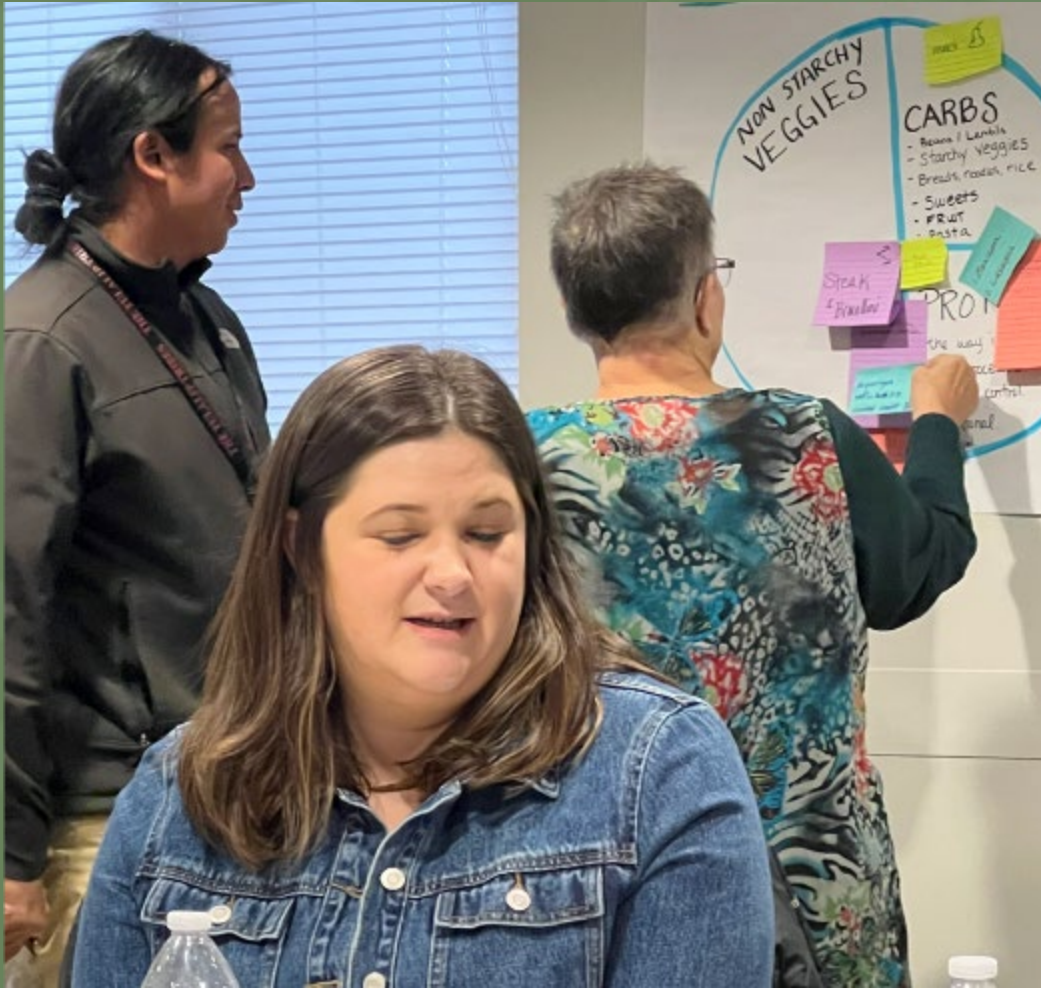
Diabetes Healthy Plate

- NON breaded
- NON processed
- Grass fed
- wild game / traditional foods
- How it's cooked
- Amount of fat / cholesterol

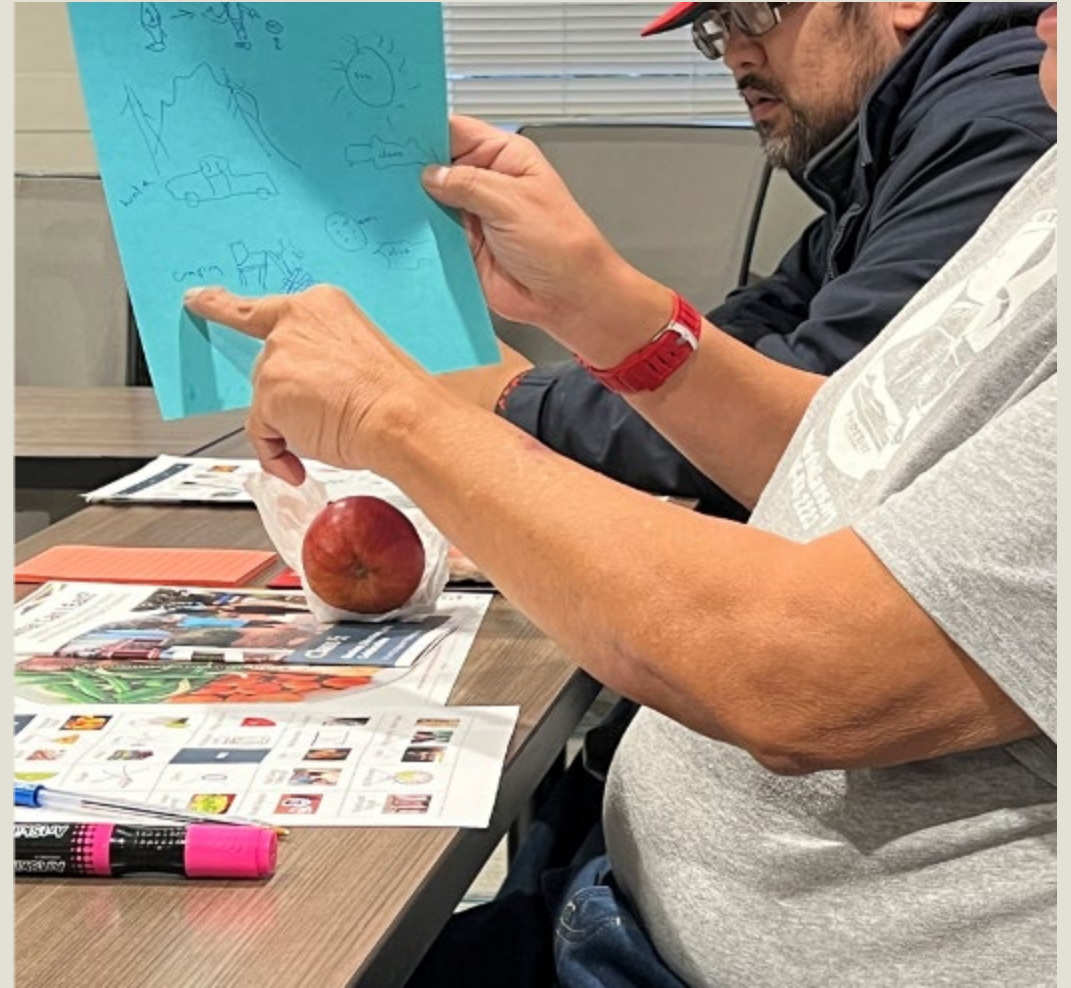
Tips to be Better Prepared for Planning Healthy Meals

- food prep ahead of time
- grocery shopping
- slow cooker
- grocery list
- chop veggies in advance

Interactive lessons

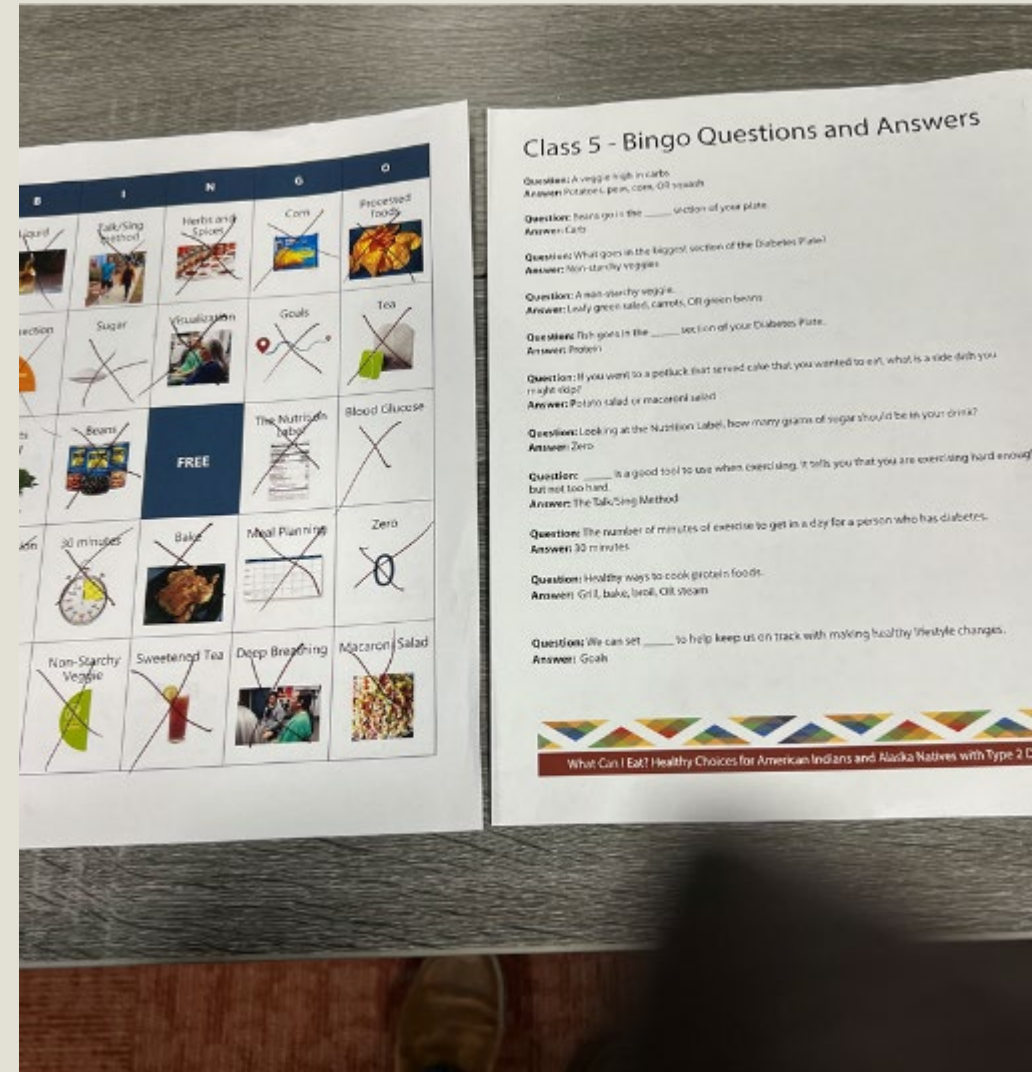


Elders sharing stories of their foods and activity



Everybody loves bingo but skits? They enjoyed it all!

- There are four skits our patients choose to stay seated rather than acting out the skit.
- The teaching in the skits was beneficial and produced good **dialogue**.
- We were surprised everyone seemed to enjoy an opportunity to read.





Physical Activity

These teachings were provided by either one of our physical therapists, RD and nutritionist.

Participants enjoyed this time together whether it was using stretch bands, walking, stretching, body weight exercises, enjoying balloon activities together or dancing.

The theme from this teaching was “try to do at least 30 minutes every day. You can break this up into just 5 or 10 minutes of activity at a time.”

The overall feedback was “the physical activity was doable, and I didn’t feel overwhelmed by it”.

Sacred plant medicines for our final gift offering at the last celebration class #5



What did you like most about the classes?

- “I enjoyed these classes because people have same problems as me. I liked hearing how they help themselves. I felt motivated to learn new things”
- “I feel I can have a healthier lifestyle and improve my health with what I choose to eat everyday”

What were the key learning points in the class?

- I can have sugar and salt in the right amount
- Carb awareness at each meal
- Drink more flavored water
- It’s doable and I can create new, better habits
- I can feel satisfied with new food choices
- Liked class size for interactions and more personal and friendly
- Think about starches more now

Patient Testimonies in Their Own Words

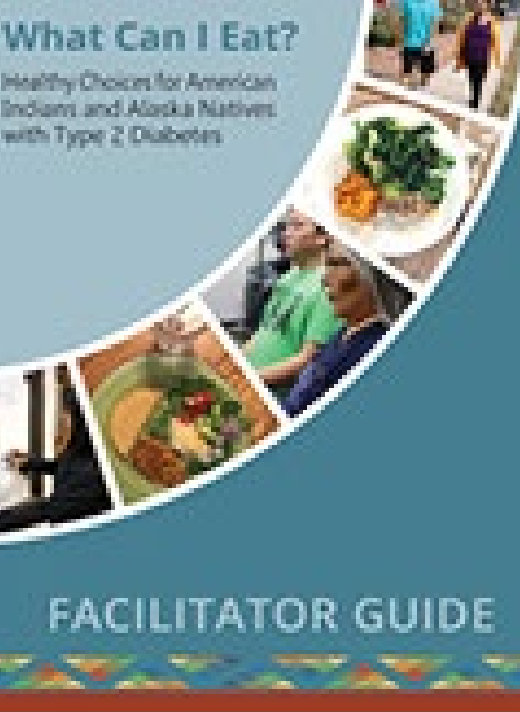
Patient Testimonies and Staff Comments

What improvements can we make in the future?

- Offer cooking demonstrations at a follow-up class
- Schedule with RD to personalize newly learned information.
- More in depth nutrition information
- It was the right amount of physical activity in the class—no more work-out than what is the booklet

Staff comments

- We could see ourselves offering more visual demonstrations with oils, fats. Incentives could be purchased with these healthier alternatives
- We will begin a database and include participants in harvesting field trips for plant medicines and u-pick farm days
- Enroll patients in our other comprehensive diabetes classes



Facilitator Guide and Licensing Agreement

Facilitator Guide

- We followed the guide and respected fidelity
- We found some of the recommended time frames difficult to follow especially on the meal planning in Class #3
- All participants liked listening to the reading
- Everyone enjoyed the creative interactive activities with the plate teaching
- Exercises were fun and easy for everyone we offered modification alternatives
- Overall the guide was well written

Licensing Agreement

We agreed to the following terms in this agreement:

- Primary population served ANI peoples
- Main the quality of the programs materials, services and facilitating staff delivering the program including the qualifications of instructional staff
- Other standard licensing agreement terms and conditions



In summary, our team would highly recommend this curriculum for clinically based educational programs or community-based programs.

We would like to thank all the contributors at the American Diabetes Association who put their good energy and positive words into this teaching tool for all our AI/AN people.

For further information please contact:
Caitlyn Edwards
Senior Manager of Nutrition
cedwards@diabetes.org

