

**Perspectives from Nutrition Educators on
“What Can I Eat? Healthy Choices for American Indian
and Alaska Native Adults with Type 2 Diabetes:
A Diabetes Nutrition Education Curriculum**

26 March 2025

**IHS Division of Diabetes Treatment and Prevention
Advances in Diabetes Webinar Series**

Meet the Presenters



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Teresa Hicks



Veronica Leahy



Jessica LaFromboise



Nick Begick



Acknowledgements and Gratitude



Community members and their families for their time and collaboration

Parent Project Principal Investigator: Dr. Kelly Moore

Project Co-Investigator and health literacy expert: Dr. Angela Brega

The WCIE Study Team:

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OKCIC WCIE Evaluation Team:

Lucy Hebert, Danielle Maestas, Teresa Hicks, Carmen Byker Shanks, Seth Berkowitz, Spero Manson, Kelli Begay, Sarah Stotz

WCIE Educators:

Susan Bogardus, Nilofer Couture, Ulela Harris, Adrienne Hefner, Kassie Massey, Jackie Nickel, Dawn Pavli, Heather Pontius, Christina Ralston, Joan Walborn

OKCIC WCIE Team:

Michelle Dennison, Jessica LaFromboise, Barbara Cunningham, Aisa Trice, Nick Begick, Jennifer Warlick

The American Diabetes Association, National Institutes of Diabetes, Digestive, and Kidney Diseases (NIDDK), and the Shakopee Mdewakanton Sioux Community for their generous support

What Can I Eat? (WCIE)

How it began



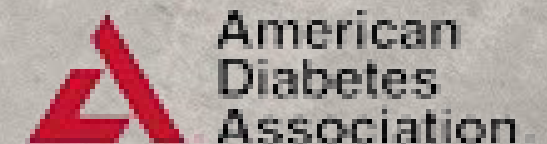
Project Overview

- Collaboration between American Diabetes Association (ADA) and Shakopee Mdewakanton Sioux Community of Minnesota
- Adapt existing diabetes nutrition education program for AIAN adults with type 2 diabetes (T2D)

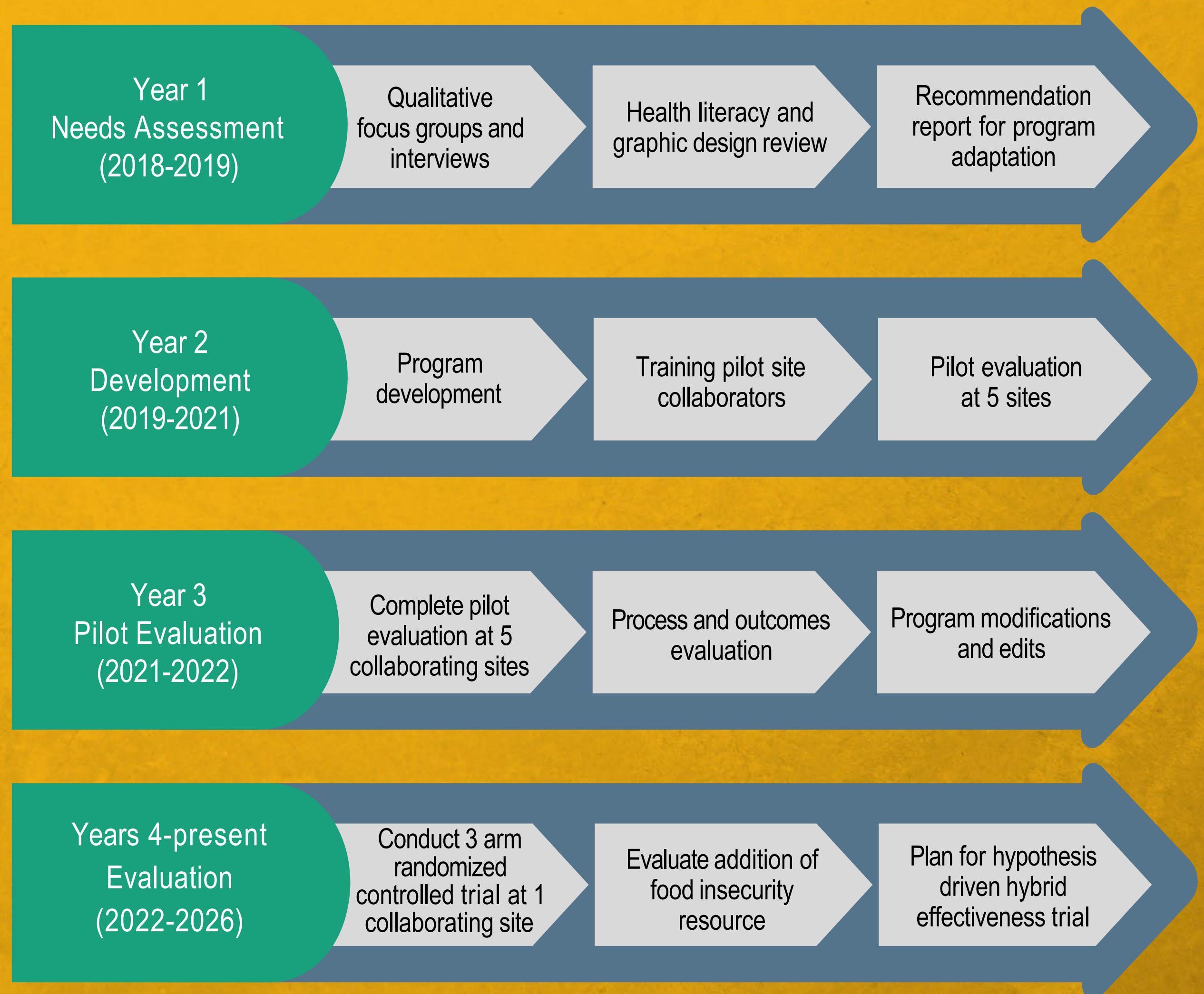


What Can I Eat?

Healthy Choices for People with
Type 2 Diabetes

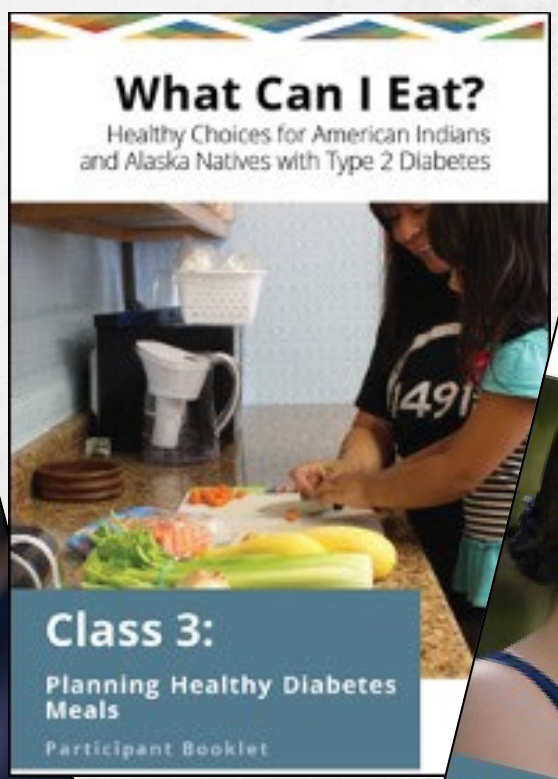
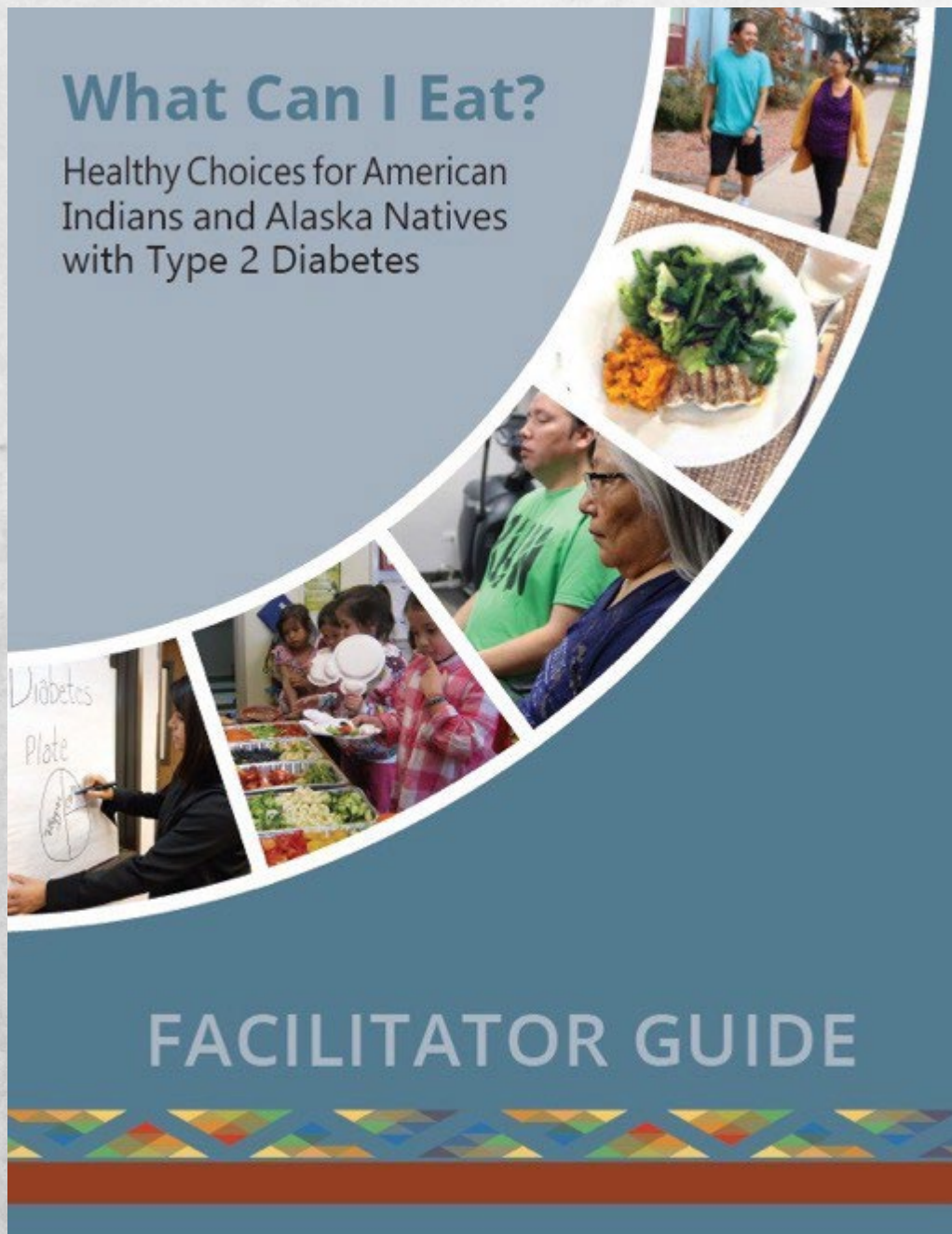


Project Overview



What Can I Eat?

Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



Unique Features of WCIE

- Community members modeled for original photos
- Scripted lessons
- How to teach WCIE: introduction section to the facilitator guide
- Emphasis on traditional foods
- Peer-to-peer learning opportunities
- Community and family-based
- Arts-based learning activities
- Emphasis on visual learning



Customizable for Each Community

- Facilitator can add local, regional, culturally-relevant food examples
- Optional lessons for older adults, people with T2D who have small kids at home, families who experience food insecurity, etc.
- Customizable lessons for various class length (e.g., 45 min vs. 90 min)



Learn From WCIE Educators



Oklahoma City Indian Clinic
Urban Indian Clinic



Wewoka Indian Health Center
IHS Clinic



Tulalip Health System
Tribal Health Organization



OKLAHOMA CITY INDIAN CLINIC



- Full ambulatory clinic serving 22,000 patients from over 200 tribes residing in and around the OKC Metropolitan Area.
- New Resource and Nutrition Center for OKCIC patients
- Over 60% of patient population is on Medicaid and experience high rates of food insecurity
- WCIE project will help deepen diabetes treatment options and support

OKLAHOMA CITY
INDIAN CLINIC BANK OF AMERICA

Native Resource & Nutrition Center

Oklahoma City Indian Clinic has partnered with Bank of America to open a Native Resource and Nutrition Center.

Services provided include:

- Free food provided by the Regional Food Bank of Oklahoma
- Clothing, shoes and blankets
- Limited supply of toiletries
- Community partners to help patients sign up for various different benefits, including:
 - SNAP
 - Employment assistance
 - Childcare and more

Contact:
(405) 948-4900 ext. 121

Hours of operation:
Monday - Friday
8 a.m. - 5 p.m.

Location:
4901 W. Reno Ave., Suite 750
Oklahoma City, OK 73127

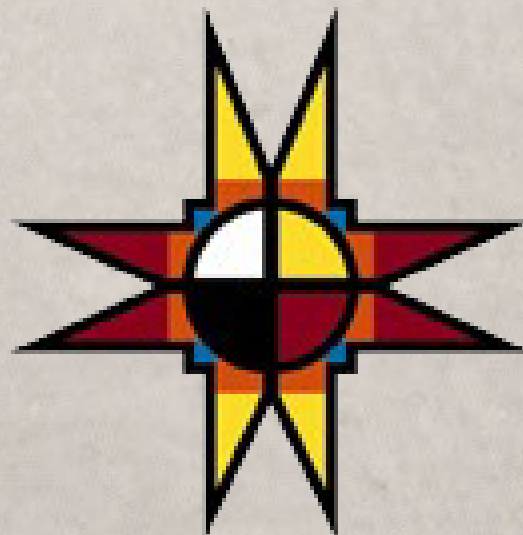
Now Open!

Oklahoma City Indian Clinic Project Site and Staff

- 11 RD positions to lead and support the WCIE program
- A fully functional demonstration and teaching kitchen
- Nationally Recognized Diabetes Self Management Program (BRAID)
- CDC Full Plus Recognized DPP Program (STAR)
- OMH Funded Type 2 Diabetes Family Centered Education and Support Program (SHINE)
- Active Leaders in the OK Diabetes Caucus and OK Intertribal Diabetes Coalition
- Contributors to the: ADA Medical Nutrition Therapy Consensus Paper
ADCES/ADA 2023 Diabetes Self Management Education Standards
AND Food and Culture, American Indian Chapter (at press)

BRAID

BEING RESPONSIBLE AMERICAN INDIANS WITH DIABETES



STAR

STEPS TO ACHIEVE RESULTS



Learn From WCIE Educators



Oklahoma City Indian Clinic
Urban Indian Clinic



Wewoka Indian Health Center
IHS Clinic



Tulalip Health System
Tribal Health Organization

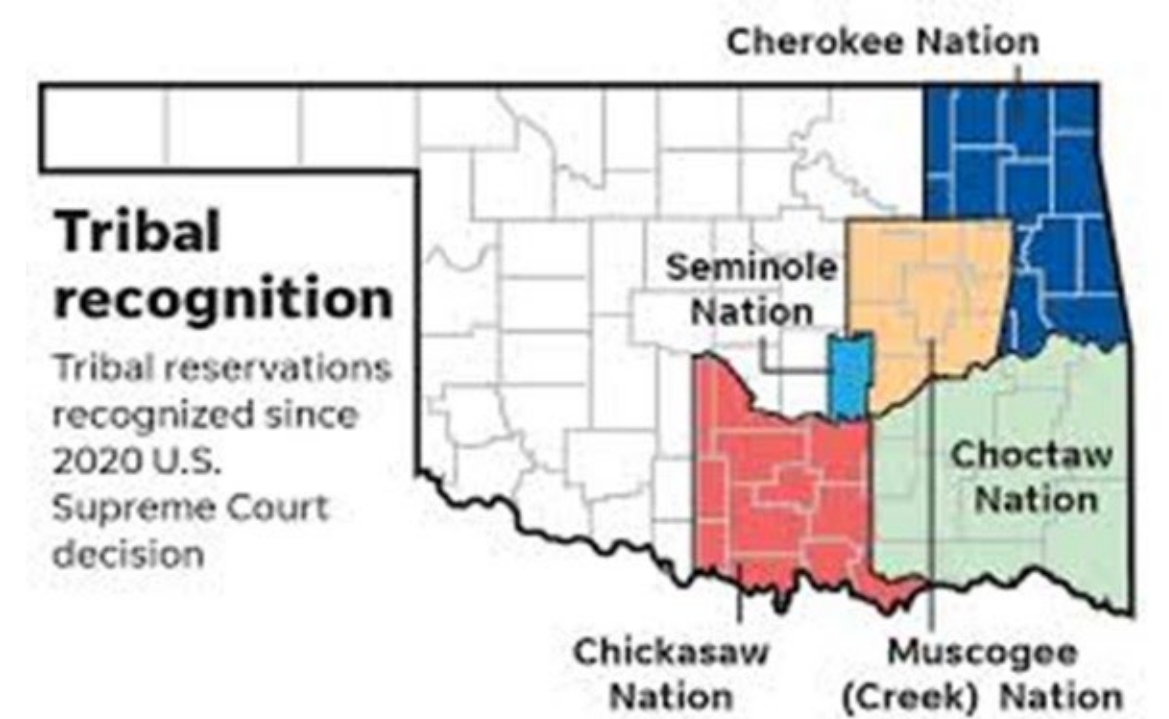




Wewoka Service Unit - Oklahoma City Area

we-wo-ka means "barking water" in the Mvskoke (Seminole) language

Approximately 10,000 patients comprise the patient user population with the majority of these patients residing in Seminole, Pottawatomie, Pontotoc, and Hughes counties. However, any eligible Native American can access services regardless of residency or tribal affiliation.



Community Health Department - WIHC

Adult Programs

- ADCES (DEAP) Diabetes Self Management Accredited Program- Wellness Warriors
- Diabetes Support Group
- CDC Diabetes Prevention Program
- Walking Program
- Elder's Program
- *What Can I Eat? DM2 Nutrition Education Program – WCIE?*

Youth Programs

- Jump Rope Program
- Kid's in the Kitchen Program
- School Wellness Initiatives
- Colorectal Cancer Screening Project
- Fitness Classes
- Cooking Demonstration

WCIE? DM2 Program Comparison at 2 Different Sites		
	Oklahoma City Indian Clinic	Wewoka Indian Health Center
Community	Urban Indian Organization	Indian Health Service – Run Facility
Program Dates	September 2023-Present	January 2025-Present
Recruitment	<ul style="list-style-type: none"> • iCare list of DM2 in the past 6 months • Email blast • Flyers in Wellness Center • Phone Calls 	<ul style="list-style-type: none"> • iCare list of DM2 patients dx in 2024 • Used list of patients that completed DSME in 2024 • Recruitment calls • Mailers
Enrollment	<ul style="list-style-type: none"> • Online application • Linked to spreadsheet 	<ul style="list-style-type: none"> • Call department to sign up • Spreadsheet
Assessments	<p>Quantitative: A1C,BP, and Weight @ various points in program</p> <p>Qualitative: provided from researchers</p>	<p>Quantitative: A1C pre/post</p> <p>Qualitative: Self-awareness, current knowledge, FFQ</p>
Supplies/tools	Provided from researchers	Ordered curriculum paper material through local native-owned business and tools ordered online
Class Location	Large cooking Demonstration Kitchen	WIHC Conference Room; moved tables and chairs for more room for physical activity
Curriculum	Followed curriculum (no modifications)	Modified some aspects of the curriculum

WCIE? Curriculum Structure

- 12 week program

- Meet in-person a total of 5 classes

- ✓ 2 hour classes (WIHC)

- ✓ 8 week check-in appointment one-on-one with RD (WIHC)

- ✓ Program schedule with topics covered and dates (WIHC)

WCIE Nutrition Lessons and Activity

Identifying Carbohydrates (Session 1)



The Diabetes Plate (Session 1)



WCIE Nutrition Lessons and Activity

Sweet and Sugary Foods (Session 2)



Sugary Drinks and Tasting Unsweetened Drinks (Session 2)

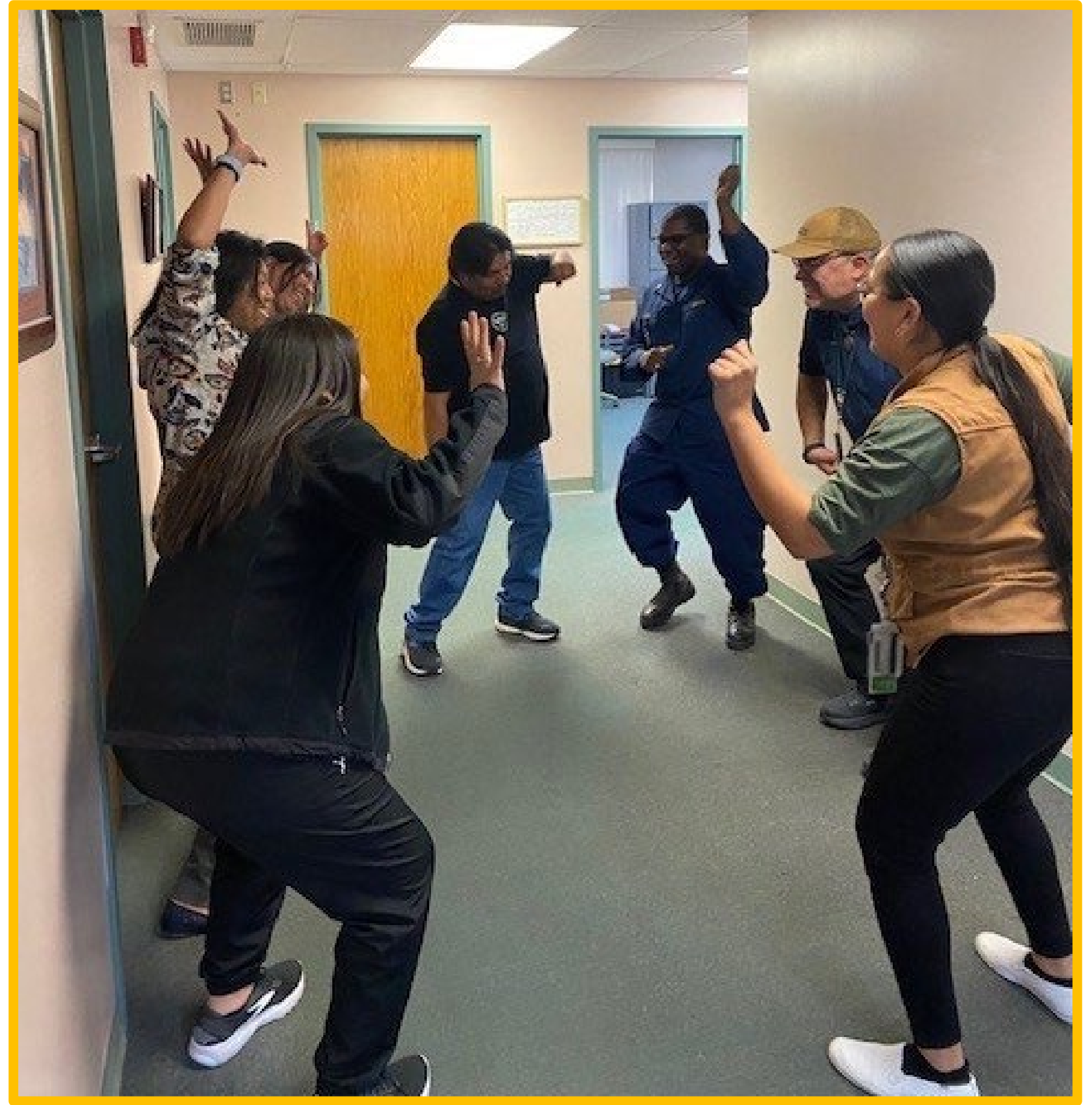


WCIE Physical Activity

Balloon Activity (Session 1)



Create a Group Dance (Session 5)



Class 3: Planning Healthy Diabetes Meals

Mindful Nutrition Choice Activity

We live in a pretty fast-paced world. Lots of people think of grocery shopping and cooking as a chore that they want to get done as quickly as possible. But our ancestors got and prepared food much differently.

Today, we go to the store to get food. In the past, our ancestors got their food through hunting, fishing, gathering, and raising plants and animals. The process of getting food and cooking it took a lot more time than it does now.

There are benefits to slowing down and taking more time to grow, gather, prepare, and cook our food. Slowing down to make the weekly meal planning calendar is just 1 tool you can use.



Class 5: Review, Reunion, and Celebration

Mindful Nutrition Choice Activity



Often, we don't really pay attention to what we eat. Sometimes, we eat while watching television or talking on the phone. When we do that, we don't really pay attention to our food. When we pay more attention to our food and its flavors, textures, and smells, we tend to:

- Feel full with less food
- Eat less
- Make better food choices

WCIE Goal Setting



Goal Planner

To be successful in changing behaviors and learning new skills, it is helpful to make goals. Planning out the details of your goal can help you to achieve it.

1. Choose a goal listed below, or make a goal of your own.
2. Prepare for your goal.

Choose A Goal

Please choose a goal and fill in the blanks. Or, you can write a different goal related to class that isn't listed.

Choose one change you can make for the next week.

Be more physically active.

I will be physically active on _____ days next week.

I will be physically active for _____ minutes each time.

A good time of day for me to be active is _____.

The activity I would like to try first is _____.

Use the Diabetes Plate to reduce how many carbs I eat.

I will try using the Diabetes Plate _____ times this week.

I can start on this day _____ with this meal _____.

Class 1: Introduction to Carb Foods and the Diabetes Plate

Teach a family member or friend how to use the Diabetes Plate to reduce the amount of carbs they eat.

A person I would like to teach is: _____.

Use the mindful breathing exercise to help me make healthy food choices.

A good time for me to practice mindful breathing is: _____.

Other:

This is a goal to help with:

Food Choices Drink Choices

Being Active Being Mindful

Other _____

Goal Details: _____

What days of the week will I do this goal? Monday Tuesday Wednesday Thursday Friday Saturday Sunday (circle all that apply).

Prepare for Your Goal

What do you need to do to get ready for your goal? For example, will you need to go to the grocery store? Will you need to have a family meeting?

The steps I need to take to prepare for my goal:

Tell someone about your goal.

I will tell _____ about my goal.

For next week, please:

- 1. Work on your **goal**.
- 2. **Bring in a food item** that represents a time you or your family made a healthy food choice. You can also bring in a photo of a food item.

Learn From WCIE Educators



Oklahoma City Indian Clinic
Urban Indian Clinic



Wewoka Indian Health Center
IHS Clinic



Tulalip Health System
Tribal Health Organization



We are the Tulalip Tribes of Washington State
a Coast Salish Tribe successors to the 5 allied tribes and bands
and signatory to the 1855 Treaty of Point Elliott



Our reservation is located in Snohomish County, WA. Our tribal population is 5100 people, our clinic provides healthcare and social services on our 22,000 acre reservation. We currently have 450 patients within our diabetes and pre-diabetes registries. SDPI funding helps to support education, medical technologies, medicine, and outreach support. We specialize in promoting wellness and balance of mind, body and spirit.

Establishing Class Expectations is essential to the learning experience

Class Expectations

1. Acceptance of new life with Diabetes
2. Making a plain diet more flavorful
3. Growing your own herbs, spices, veggies
4. Learning the basics of nutrition

Class Expectations

Loose weight

Reduce Medications

Proper Portion sizes

✓ Budget for healthy eating

Managing A1C

How to prevent diabetes

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

Our Coast Salish Foods and Farm and Garden Fresh Foods





VEGETABLES

& FRUIT

THANK YOU
FOR SUPPORTING OUR
SMALL FAMILY FARMS

THANK YOU
FOR SUPPORTING OUR
SMALL FAMILY FARMS

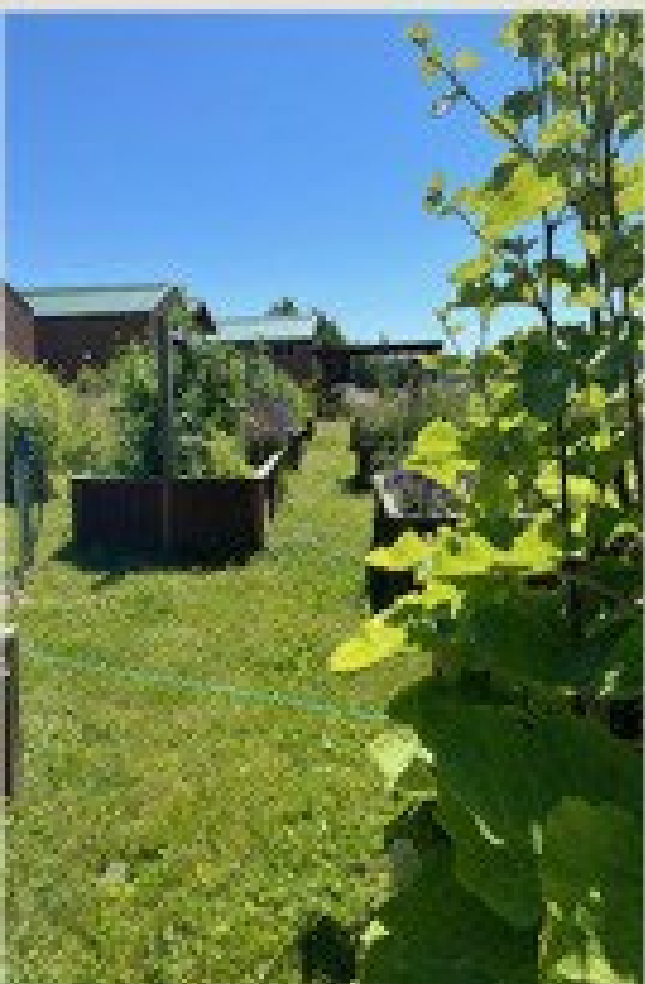
THANK YOU
FOR SUPPORTING OUR
SMALL FAMILY FARMS

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



REFERENCES AND CONTACT INFORMATION

- 1.) <https://www.tulaliphealthsystem.com/MedicalCare/DiabetesProgram>
- 2.) <https://www.tulaliphealthsystem.com/Base/File/THS-Diabetes-Prevention-Program-2022-2023-Newsletter-20240213>



THS Diabetes
Garden



Plants, Our First
Teachers

OUR MENTORS AND TEACHERS:

Under the direction of our tribal elders past and present, we have created our diabetes team as a circle of continuous care for our people who choose us to assist them with their healthcare needs.

As a result, we embrace our people to take action in their healthcare, educating themselves to keep their body strong, following our cultural teachings and experiencing individual spirituality on the road to healing and wellness.

Veronica Leahy, DCES - Program Coordinator: 360-716-5642 vleahy@tulaliptribes-nsn.gov

Train the Trainer for WCIE Facilitators

- Not required to use WCIE
- 2-day training (~6 hours each day)
- Interactive, activity and discussion-based training
- Led by 2-3 of the developers of WCIE
- Continuing education credits offered at no charge

Attendees Came From Across Oklahoma*

Attendee Organizations:

- DKCIC (n=9)
- Cherokee Nation (n=2)
- Absentee Shawnee Tribe (n=2)
- Choctaw Nation (n=2)
- Drage Nation Wah Zha-Zha Health Center
- Isare Tribe of Oklahoma
- Claremont Indian Hospital
- Lawton Indian Hospital

Challenges and Support Needed to Implement WCIE

Challenge	Percentage
Not enough time to teach the class	32%
Not enough resources to build a class	32%
Not enough training for facilitators	32%
Not enough support for attendees	32%
Not enough funding for materials and supplies for attendees	32%
Not enough funding for materials and supplies for facilitators	32%
Not enough funding for materials and supplies for both	32%

What is "What Can I Eat?"

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

- 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

Funded by American Diabetes Association (Grant Number 15-22-HCFN-30 PI: Sarah Stetz) and National Institutes of Health Grant Number: K12DK128023 PI: Sarah Stetz

"What Can I Eat?"
Healthy Choices for American Indian and Alaska Native Adults with Type 2 Diabetes

Train the Trainer for Facilitators
2 Day In-Person Training | December 2024 | Lake County Tribal Health | Lakeport, CA

Description of the Training Attendees (n=19)

Type of Organization	Number of Attendees
Tribal Clinic/Health System	17
IHS Facility	1
Other	1

Credentials of Attendees*

Registered Dietitian Nutritionist	4
Licensed Vocational Nurse	3
Registered Nurse	2
Certified Diabetes Care & Education Specialist	1
Other	7

Role in Organization

Clinic Nurse	17
Public/Community Health	1
Program Coordinator	1
Training Specialist	1
Other	7

Attendees received 9.75 Continuing Professional Education Units (CPEU)

What is "What Can I Eat?"

Healthy Choices for American Indian and Alaska Native Adults 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 Indian and Alaska Native adults with T2D
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- 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

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

79% of attendees were very or somewhat likely to teach "WCIE" classes at their organization

93% of attendees completed a post-training survey. Here are some highlights from the survey:

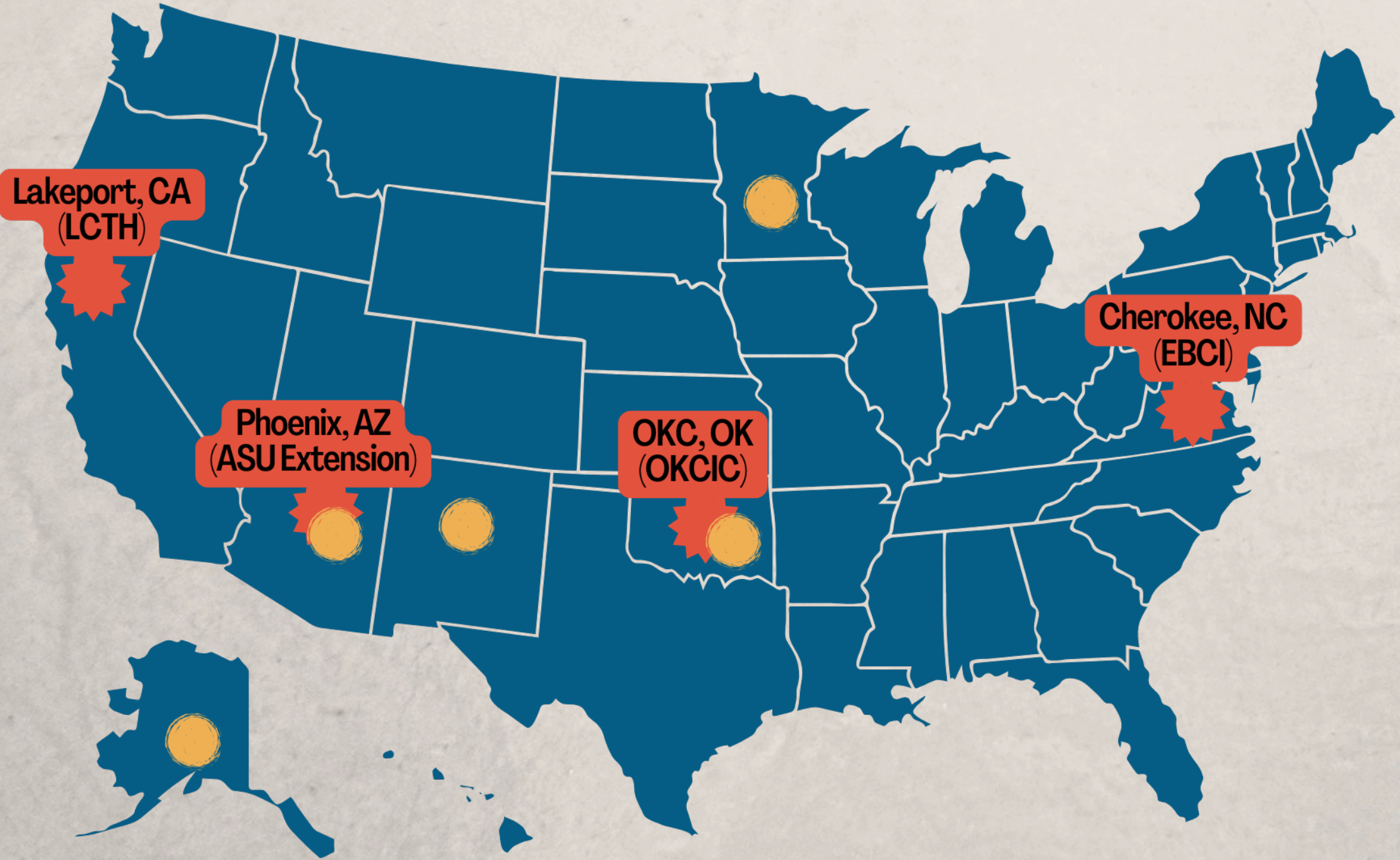
Confidence in teaching WCIE

Confidence Level	Percentage
Very confident	24%
Somewhat confident	69%
Not confident	7%

Contact Sarah Stetz@calstate.edu for more information.

Train the Trainer for WCIE Facilitators

Previous (labeled)



Upcoming

- April 14-15, 2025 - Oklahoma City, OK (OKC IHS Area Office)
- April 23, 2025 – Anchorage, AK (Alaska Native Tribal Health Consortium)
- May 14-15, 2025 - Cloquet, MN (Fond du Lac Tribe)
- August 12-13, 2025 - Albuquerque, NM (Hosted by American Diabetes Association)
- September 26-27, 2025 - Phoenix, AZ (Phoenix Indian Medical Center)



“What Can I Eat?” for American Indians and Alaska Natives with T2D is free through the American Diabetes Association

Standards of Care Meetings Clinical Support Professional Development Journals & Resources Education Recognition Program Research & Grants Membership

Home > What Can I Eat? (WCIE) Healthy Choices for American Indians and Alaska Natives (AI/ANs) with T2D

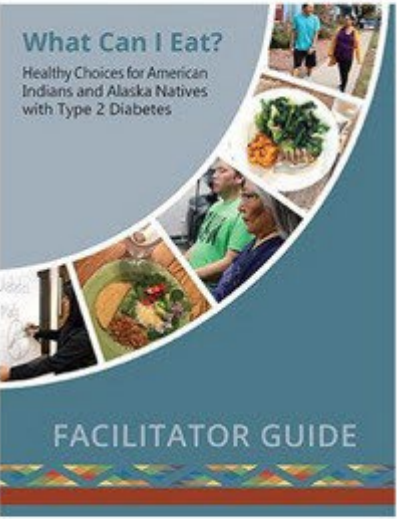
What Can I Eat? (WCIE) Healthy Choices for American Indians and Alaska Natives (AI/ANs) with T2D

What Can I Eat? (WCIE?) Healthy Choices for American Indians and Alaska Natives (AI/ANs) with type 2 diabetes is a 5-lesson diabetes nutrition education program culturally adapted for AI/ANs with type 2 diabetes.

WCIE? AI/AN will be available to all AI/AN serving health care organization at no cost because of the generosity of the American Diabetes Association, Genentech and Shakopee Mdewakanton Sioux Community of Minnesota. This includes Indian Health Service, Urban Indian Health Organizations and Tribes, as well as Special Diabetes Program for Indians grant programs.

The curriculum consists of a scripted facilitator guide, a participant guide and group share questions for each class.

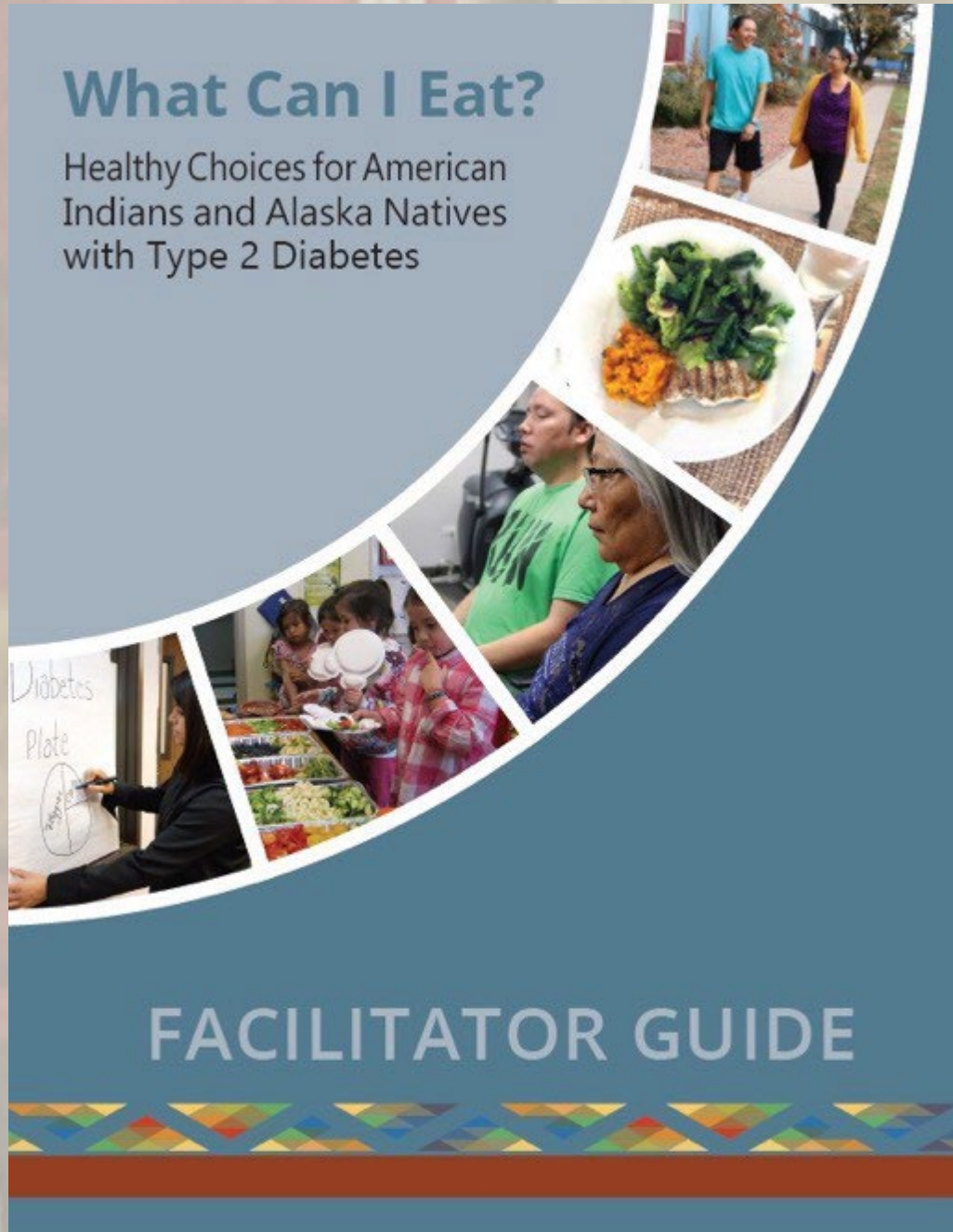
If you are interested in obtaining this curriculum please send an email to wcienativeamerican@diabetes.org for approval to download this curriculum at no cost.



wcienativeamerican@diabetes.org

What Can I Eat?

Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes



What Can I Eat?
Healthy Choices for American Indians and Alaska Natives with Type 2 Diabetes

Class 1:
Introduction to Carb Foods and the Diabetes Plate
Participant Booklet

Class 2:
Adding Sweet Foods into a Healthy Diabetes Diet
Participant Booklet

Class 3:
Planning Healthy Diabetes Meals
Participant Booklet

Class 4:
Fat, Salt, and Healthy Eating Away from Home
Participant Booklet

Class 5:
Review, Reunion, and Celebration
Participant Booklet

Thank You