What Can I Eat?
Healthy Choices for People with Type 2 Diabetes

Culturally Tailoring a Diabetes Nutrition Education Program for Tribal and Urban American Indian and Alaska Native Communities

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What Can I Eat?
Healthy Choices for People with Type 2 Diabetes
Learner Objectives

As a result of attending this session, attendees will be able to:

1. Describe the American Diabetes Association’s "What Can I Eat?" diabetes nutrition education program

2. Describe key findings being used to adapt an existing diabetes nutrition education program for the unique needs of American Indian/Alaska Native (AI/AN) adults with type 2 diabetes
Nutrition Education and Diabetes Self Management Support

• Improved blood sugar management
• Improved blood pressure management

• Decreased food insecurity
• Prevention and management
Project Overview

• Collaboration between American Diabetes Association (ADA) and Shakopee Mdewakanton Sioux Community of Minnesota

• Adapt existing diabetes nutrition education program for American Indian/Alaska Native (AI/AN) adults with type 2 diabetes (T2D)
Need for AI/AN Version of the Diabetes Nutrition Education Program
Project Timeline

Year 1 - Planning
- Qualitative focus groups and interviews with key stakeholders
- Health literacy and graphic design review
- Recommendations for program adaptation

Year 2 - Development and Pilot
- Program development
- Training pilot site educators
- Pilot at 6 collaborating sites

Year 3 - Pilot and Evaluation
- Complete pilot at 6 collaborating sites
- Process and outcomes evaluation
- Redesign as needed and finalize program
Original “What Can I Eat?” Program

• Existing program, developed by the American Diabetes Association, is entitled “What Can I Eat? Healthy Choices for People with Type 2 Diabetes”

• Includes five 90-minute, interactive, nutrition-specific, diabetes education lessons led by a registered dietitian

• Aim to answer the most common question people with diabetes ask their dietitian “What Can I Eat?”

• Complements Diabetes Self-Management Education and Support programs
What Can I Eat?
Healthy choices for people with Type 2 Diabetes
Needs Assessment and Formative Methods

- Comprehensive literature review
- Qualitative needs assessment with key stakeholders
- Comprehensive health literacy review of participant materials
- Recommendation report to ADA and Shakopee Mdewakanton Sioux Community of Minnesota
Qualitative Methods

- Focus groups
- Community-based key informant interviews
- Content expert interviews
Interview and Focus Group Questions

1. Can you tell me what it’s like to take care of your diabetes?
2. Can you tell me about traditional foods or traditional cooking in your community?
3. Can you tell me about any experiences where you have learned about healthy eating and diabetes?
4. How do you learn best about things like diabetes and healthy eating?
5. What makes it hard to eat healthy when you have diabetes?
Focus Groups
Let’s Get Healthy – Diabetes Center for Excellence

- Akwesasne, NY
- Saint Regis Band of Mohawk
- Unique geographic location: ~16,640 square acres of wetland, agricultural land, woodland and light commercial development
- Enrolled Tribal Members: 15,949
- Health Services User Population: 5,345
- Diabetes Prevalence ~16%
# Interviews & Focus Groups

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<tr>
<th>Site</th>
<th>Focus Group AI/AN Adults with T2D</th>
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Key Qualitative Findings and Recommendations

Heterogeneous Audience
Key Qualitative Findings and Recommendations (cont.)

Strengths and Facilitators to Healthful Eating
Key Qualitative Findings and Recommendations (cont.)

Social Norms and Tradition
Key Qualitative Findings and Recommendations (cont.)

- Barriers to Healthful Eating
  - Environmental
  - Lack of Nutrition Education
  - Lack of Time
Key Qualitative Findings and Recommendations (cont.)

Class Format
Acknowledgments

• Community members and their families for their time and participation in focus groups and interviews
• Content expert interviewees for their time and participation
• The American Diabetes Association and Shakopee Mdewakanton Sioux Community for their generous support
• Site Coordinators:
  • Tulsa Indian Health Care Resource Center - Nancy O’Banion
  • American Indian Health Service of Chicago - Danielle Bellinger
  • Saint Regis Band of Mohawk – Heather Garrow
  • Lake County Tribal Health Consortium Lakeport, CA – Gemalli Austin
• Project Co-Investigator and health literacy expert: Dr. Angela Brega
• Graphic designer: Sarah Roman
Thank You