

# 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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University of Colorado  
Anschutz Medical Campus



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# | 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)

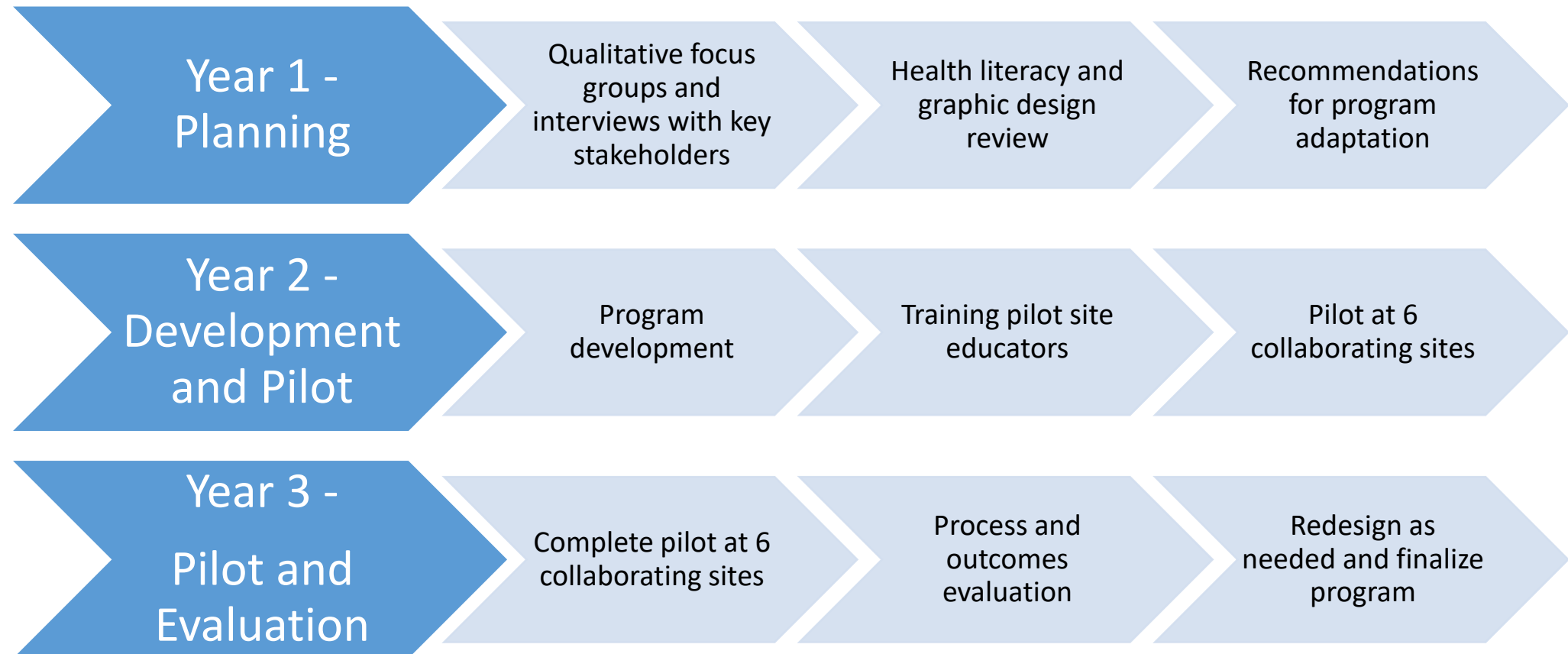
## What Can I Eat?



# Need for AI/AN Version of the Diabetes Nutrition Education Program



# Project Timeline





# | 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



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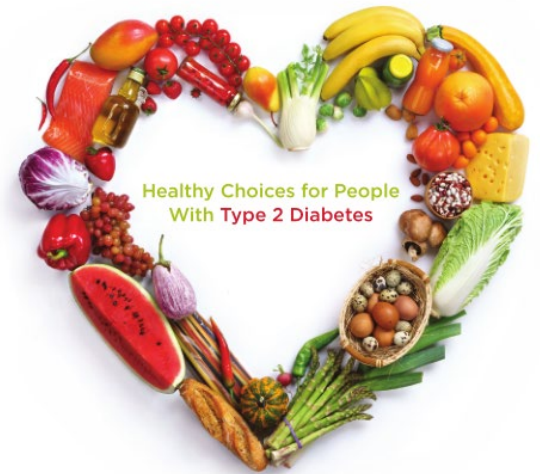


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# What Can I Eat?



Healthy Choices for People  
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# | 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

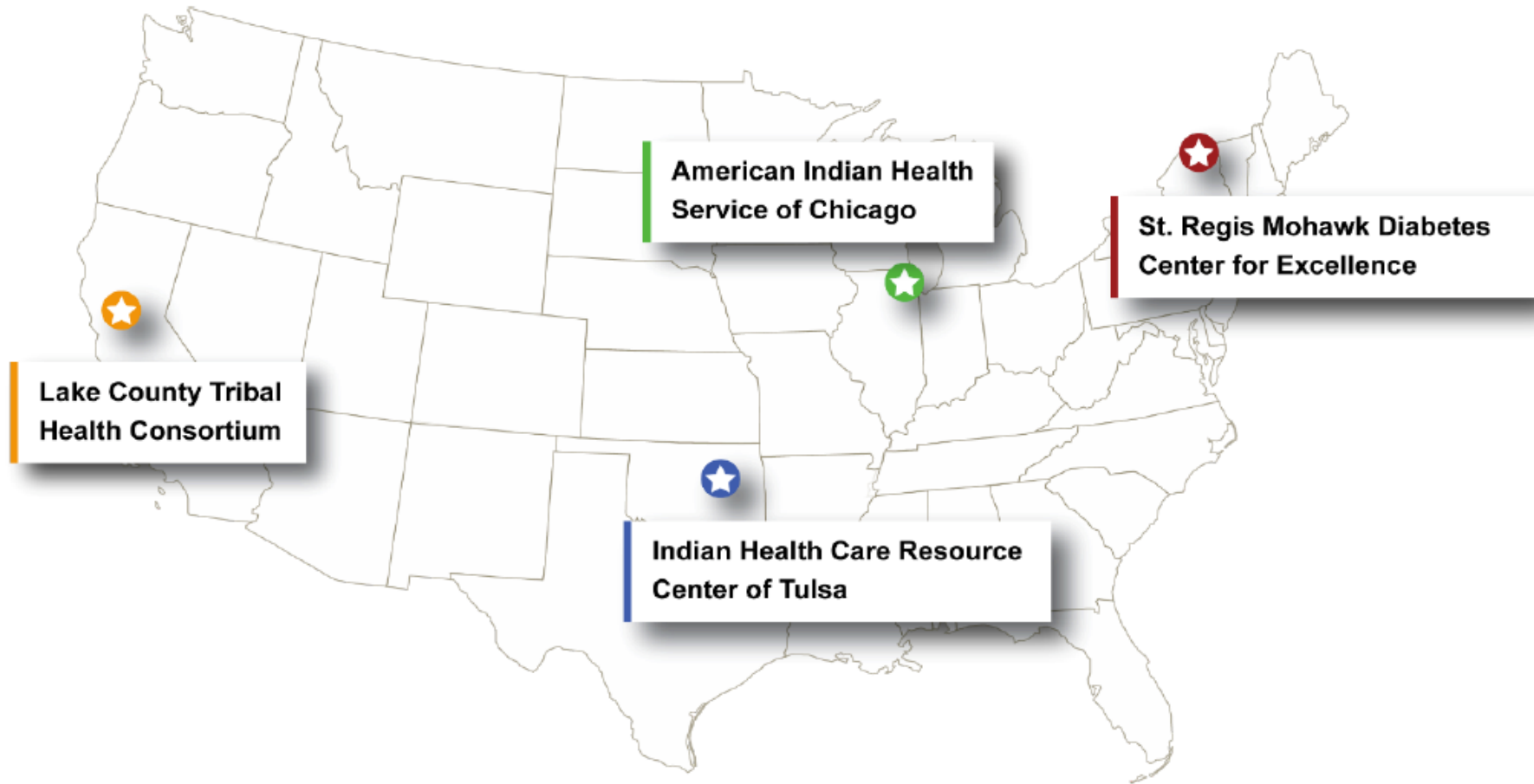
## Interview and Focus Group Questions



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

Site	Focus Group AI/AN Adults with T2D	Focus Group AI/AN Adult Family Members	Community-Based Key Informants	Key Expert Informants
Akwesasne, NY	7	5	3	-
Tulsa, OK	6	6	2	-
Chicago, IL	5	5	2	-
Lakeport, CA	11	6	3	-
Nationwide	-	-	-	9
<b>Total</b>	<b>29</b>	<b>22</b>	<b>10</b>	<b>9</b>

# | Key Qualitative Findings and Recommendations





# Key Qualitative Findings and Recommendations (cont.)



## Strengths and Facilitators to Healthful Eating





# Key Qualitative Findings and Recommendations (cont.)



## Social Norms and Tradition



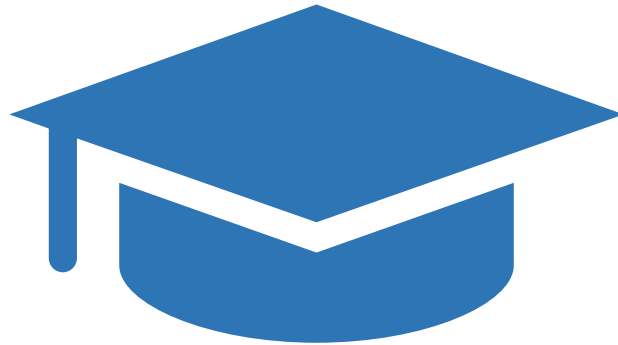
## Key Qualitative Findings and Recommendations (cont.)



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
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  - 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*