Culturally Tailoring a Nutrition Education Program for

Tribal and Urban AIAN Communities

Focus Group and Key Informant Interview Moderator Guide

**Key Informant Interview Questions**

1. As someone who is not familiar with your community, it would be helpful if you can tell me how people in your community **learn** about diabetes and how to stay healthy with diabetes?

(probes: location, experts, lacking, funding, current classes/program/curricula, IHS *Balancing Your Food Choices: Nutrition and Diabetes*, guidance from the literature/documentation of evaluation/based on existing program)

1. How do people think about Native traditional foods in your community? (*For the researcher interviewees the question is: How do you think Tribes view food?)*

(probes: foods, cultivating, growing, cooking, acquisition, *differences between communities)*

1. What kinds of things make it harder for people with diabetes to actually eat in a healthy way?

(probes: family, access, cost, transportation, education)

1. What kinds of things make it easier for people with diabetes to eat in a healthy way?

(probes: family, support, education, community, resources)

1. How do you think people in the community tend to learn best about things like diabetes and healthy eating?

(probes: online, classes, flyers, recipe books, format of classes (duration, length, location))

1. As I mentioned earlier, we are adapting this existing diabetes nutrition education program for Native people. What sorts of things should we make sure to include/exclude/revise?

(probes: images, colors, examples, foods, recipes, traditions, content, guidance from the literature/documentation published)

1. The existing program involves 5 in-person classes, that normally take place at a clinic or other community location. Do you think that is the best approach to teaching people with diabetes about healthy eating in your community?

(probes: attendance, attrition, incentives, barriers to attending, alternatives to in-person classes)

1. Do you think using technology, like websites or apps, would useful to information about healthy eating with people in your community?

(probes: Internet access, typical Internet habits, devices used)

**Focus Group Participant Questions**

1. Can you tell me what it’s like to take care of your diabetes? (or family member with diabetes)

(probes: emotion, physical, support, medications, cost)

1. Can you tell me about traditional foods or traditional cooking in your community?

(probes: types of food, cooking style, meal pattern, names of typical dishes)

1. Can you tell me about any experiences where you have learned about healthy eating and diabetes?

(probes: location, format of class/education, educator, topics of special interest )

1. How do you learn best about things like diabetes and healthy eating?

(probes: online, classes, flyers, details on classes: length, location, duration, size)

1. We’ve talked about how you prefer to learn about diabetes and healthy eating. Now, I would like to know what it is like to actually eat in a healthy way. What makes it hard to eat healthy when you have diabetes? (or family member has diabetes?)

(probes: cost, transportation, education, cooking skills, access to food/traditional food)

1. Since we are adapting this ADA WCIE program for American Indian/Alaska Native people, what should we make sure to include/exclude/revise?

(probes: images, colors, examples, foods, recipes, traditions)

1. Beyond what is included in this program, what else would you like to learn about for healthy eating and diabetes?

(probes: cooking, budget friendly, carbohydrates/sugar, portions)

1. As I mentioned, the existing program involves 5 in-person classes, that normally take place at a clinic or other community location. Do you think that is the best approach to teaching people about healthy eating in your community?

(probes: attendance, attrition, incentives, barriers to attending, alternatives to in-person classes)

1. Do you think using technology, like websites or apps, would be useful to share information about healthy eating with people in your community?

(probes: Internet access, typical Internet habits, devices used)