

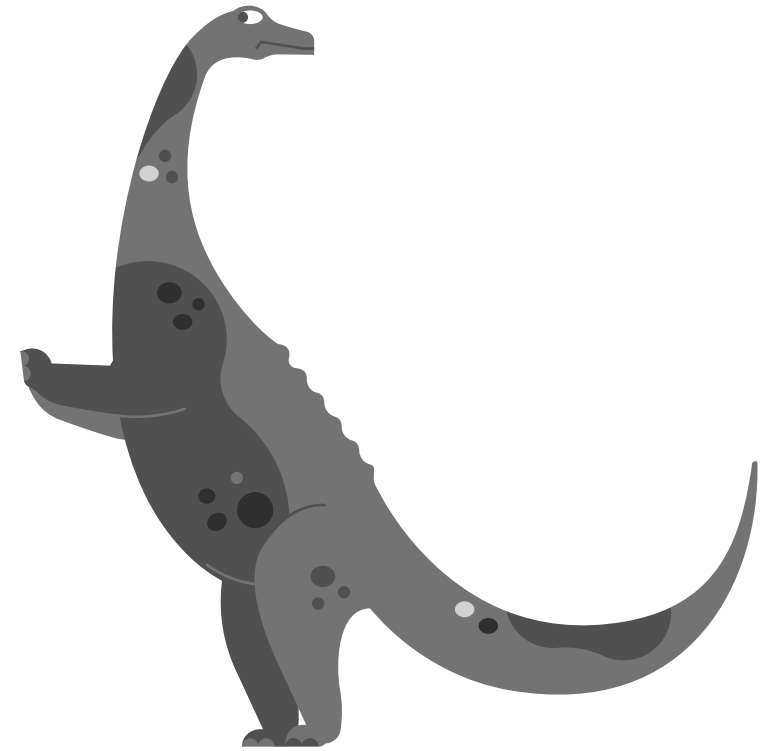
Delivering Culturally Appropriate Care: Exercising Cultural Humility in Practice

Melinda Boyd, DCN, MPH, MHR, RD, FAND

South Carolina Academy of Nutrition and Dietetics, April 2024

Disclosures:

- Various volunteer positions
- Editor-in-Chief, Nutrition Care Manual (Education, Client Education)



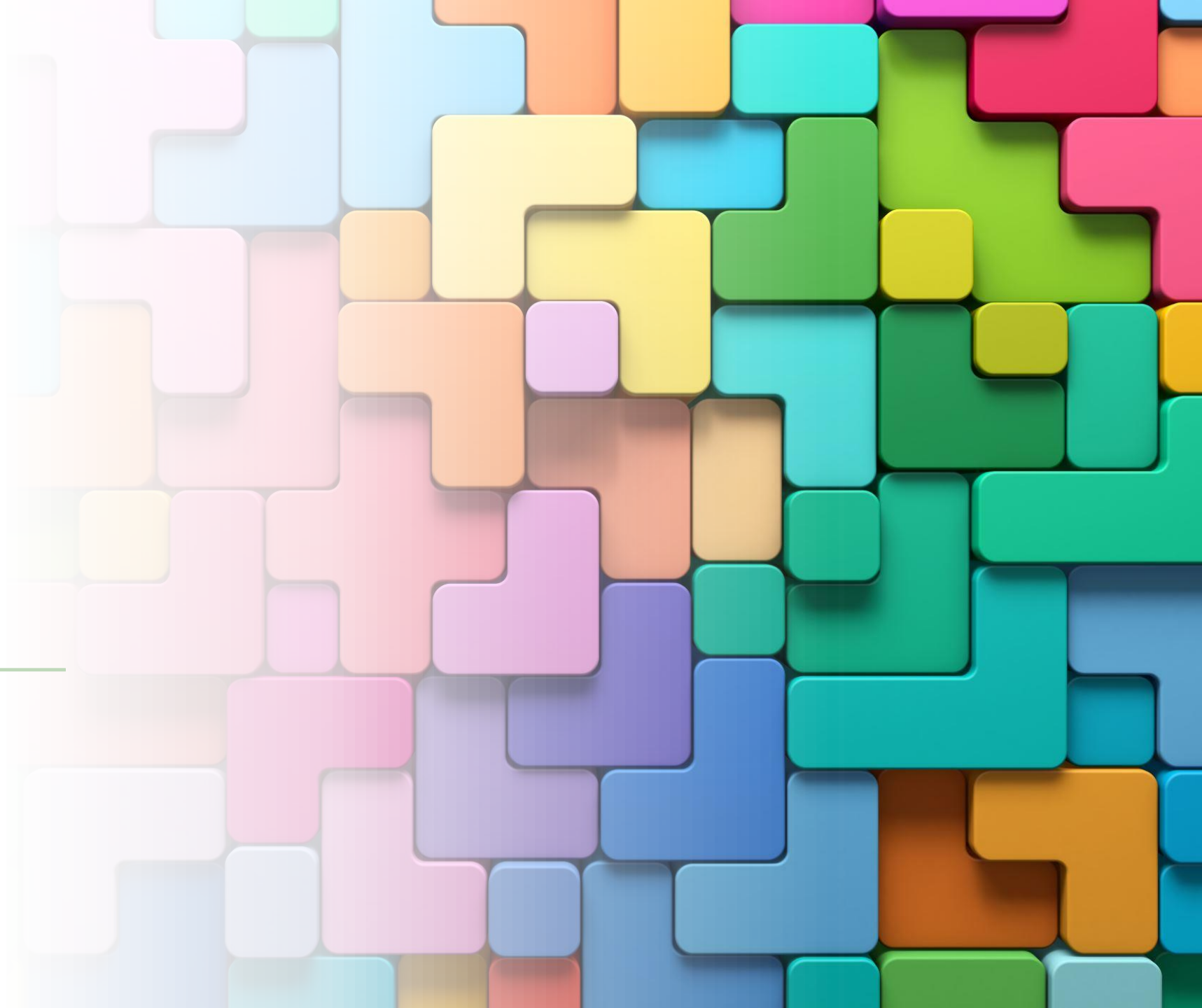


At the end of this presentation, attendees will be able to...

1. Identify ways to personally develop cultural humility
2. Understand how to incorporate a patient's cultural beliefs into evidence-based practice
3. Develop strategies to implement culturally appropriate care in their own practice



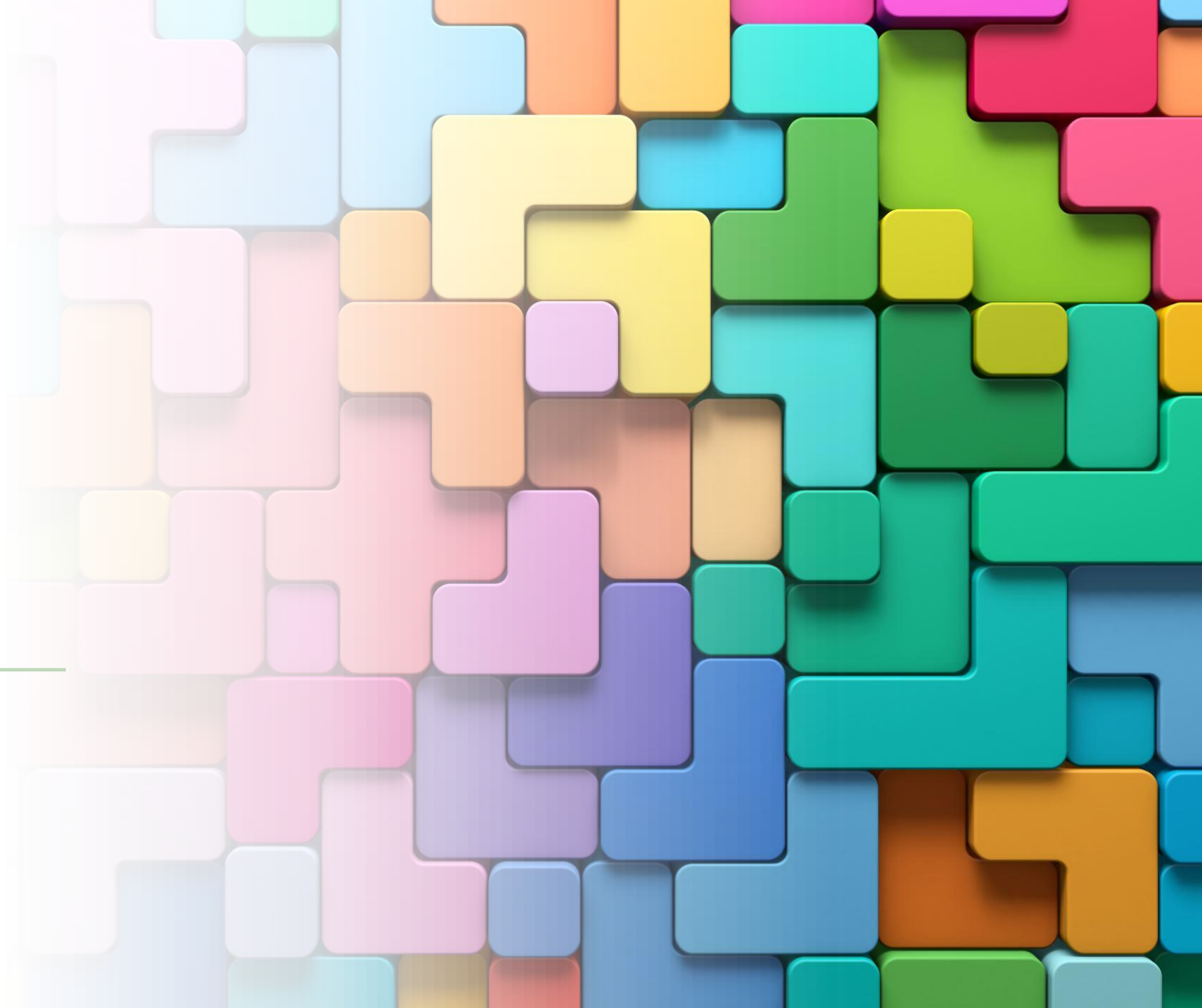
Background





Personal Journey

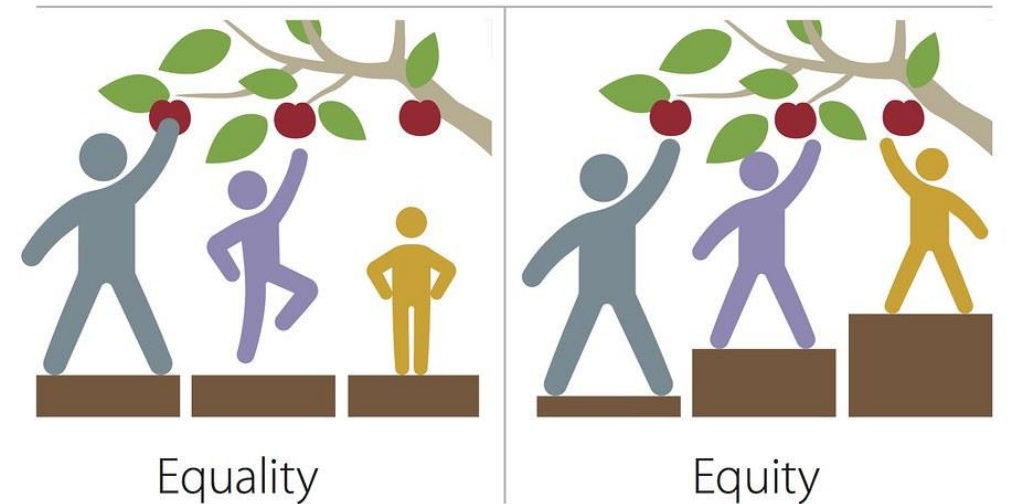
- Military Spouse abroad for 9 years
- RD experience in US, Japan, and UK
- Leadership roles, International Affiliate of the Academy of Nutrition and Dietetics
- IDEA Committee Member
 - Academy of Nutrition and Dietetics
 - ADCES



Introduction

Key Terms

- IDEA= Inclusion, Diversity, Equity, Access
- Equality \neq Equity
- Microaggression
- Implicit Bias
- Health Disparities***





Cultural...

Competence

Awareness

Humility

Culturally Appropriate Care



Care that responds to the
needs of diverse
individuals, family and
caregivers

(Academy Definition List)

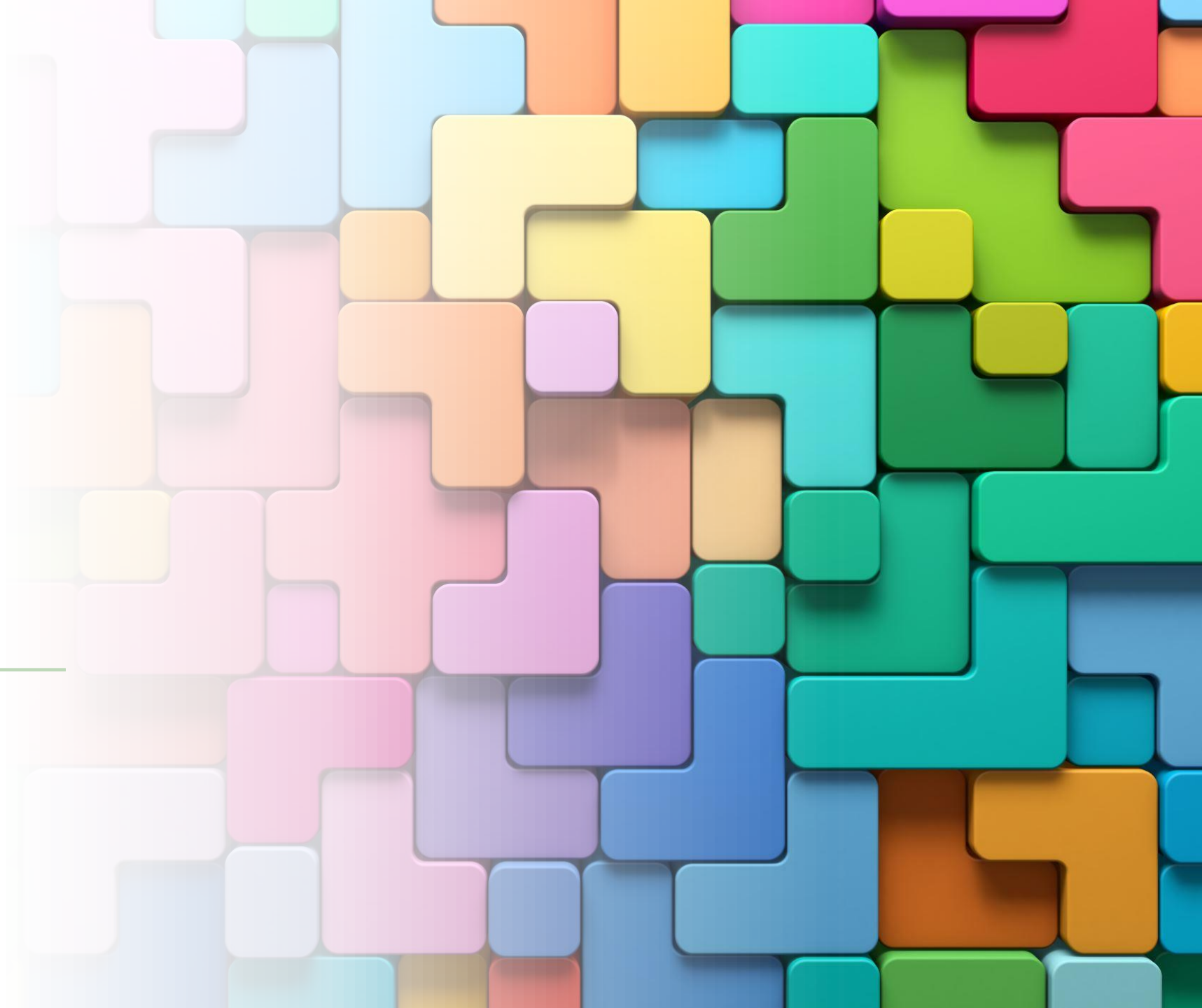
Also called culturally relevant, culturally responsive, or culturally competent care

Health Disparities

- ✓ Differences in health or health outcomes
- ✓ Incidence or prevalence greater or lesser than another group
- ✓ Can occur with disease risk, severity, and mortality
- ✓ May be due to race, ethnicity, gender, sexual orientation, geography, socioeconomic status, education level, disability, age
- ✓ May also be due to structural or social inequalities



Culturally Appropriate Care





“Cultural [*sic*] influences more than merely *what* we eat; it affects *how* we eat, *when* we eat, *where* we eat, *who* we eat with, and (perhaps most importantly) *why* we eat. It also influences our beliefs and behaviors about obtaining food, food preparation, and physical activity.”



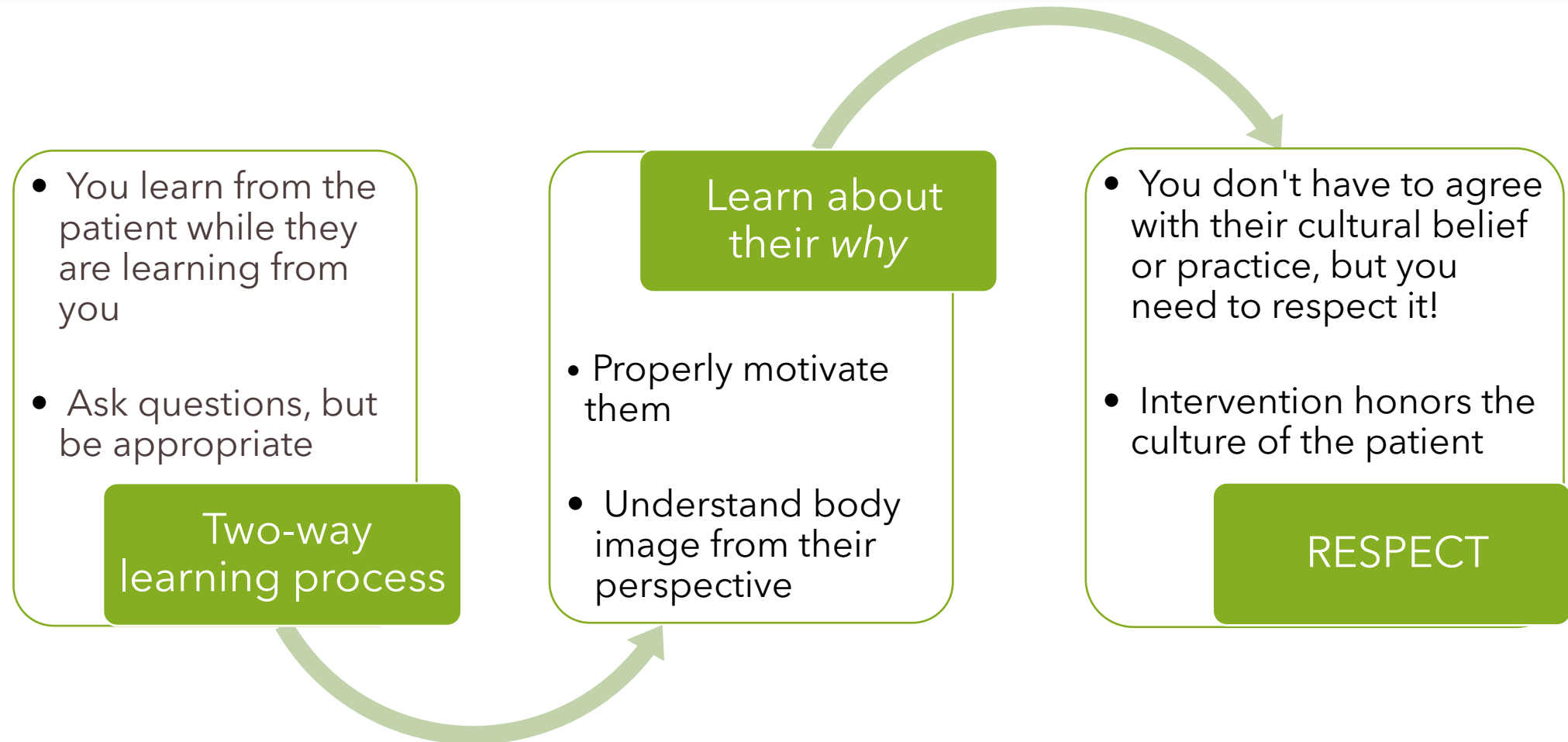
-Kumar (2020), Adolescent Nutrition textbook

What this means to me...



Recognizes the differences between you and the patient

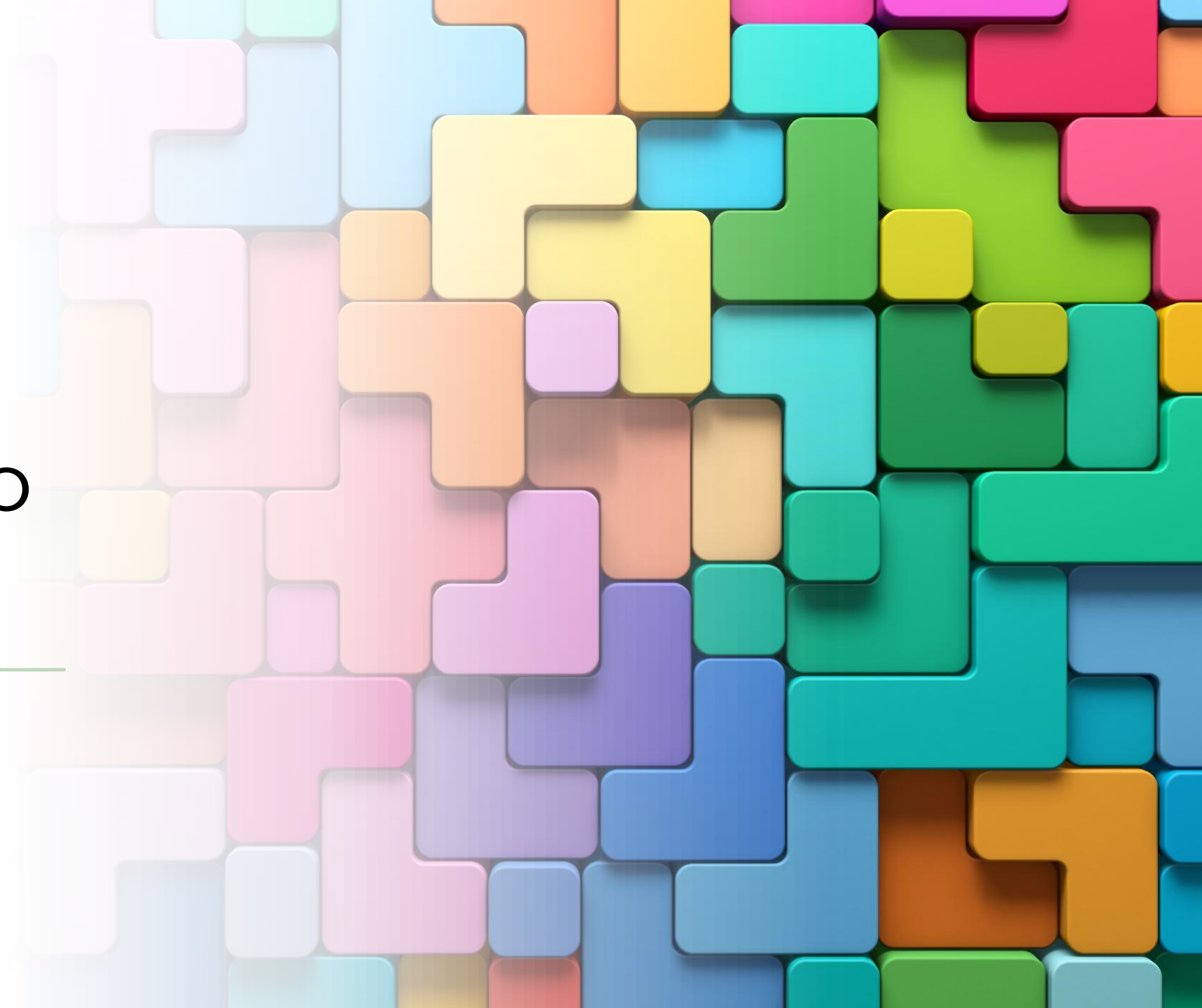
What this means to me...





Reasons To Practice Culturally Appropriate Care

- Forms a better relationship with the patient
- Helps develop mutual respect (not all about the provider and their world view)
- Allows you to be a better provider for that patient
- Has the power to improve health outcomes, meeting goals, and reduce health disparities



Putting it into Action

Skill Building

Culturally Appropriate Care Toolbox

- Identify which cultures you are most likely to have as your patients
- Identify your own bias
 - Journal/reflect after counseling a patient who is different from you
- Learn a little about a lot of cultures
 - Avoid stereotypes!



Culturally Appropriate Care Toolbox



Visit

Visit local culture specific grocery stores

- Investigate products
- Check out labels
- Purchase foods to try at home



Ask

Don't be afraid to ask questions

- Do they have pictures of foods they cook/eat?
- It's ok to pause and research common foods they may be consuming



Talk

Gain experience talking with people who are different from you

- Builds confidence
- Identify Bias

Culturally Appropriate Toolbox

Recognize

Recognize harmful stereotypes of foods from different countries

- Foods consumed in “ethnic” restaurants likely aren’t the traditional foods cooked at home
- Don’t use negative terms to describe foods

Adapt

Adapt your materials to accommodate the patient’s culture

- Help them identify where traditional foods fit on the American MyPlate model
- Use culturally relevant education tools

Learn

Learn a few basic words in the languages you will encounter most often

- Politeness goes a long way!
- Food words are helpful

Position Specific Implementation

Clinical Manager

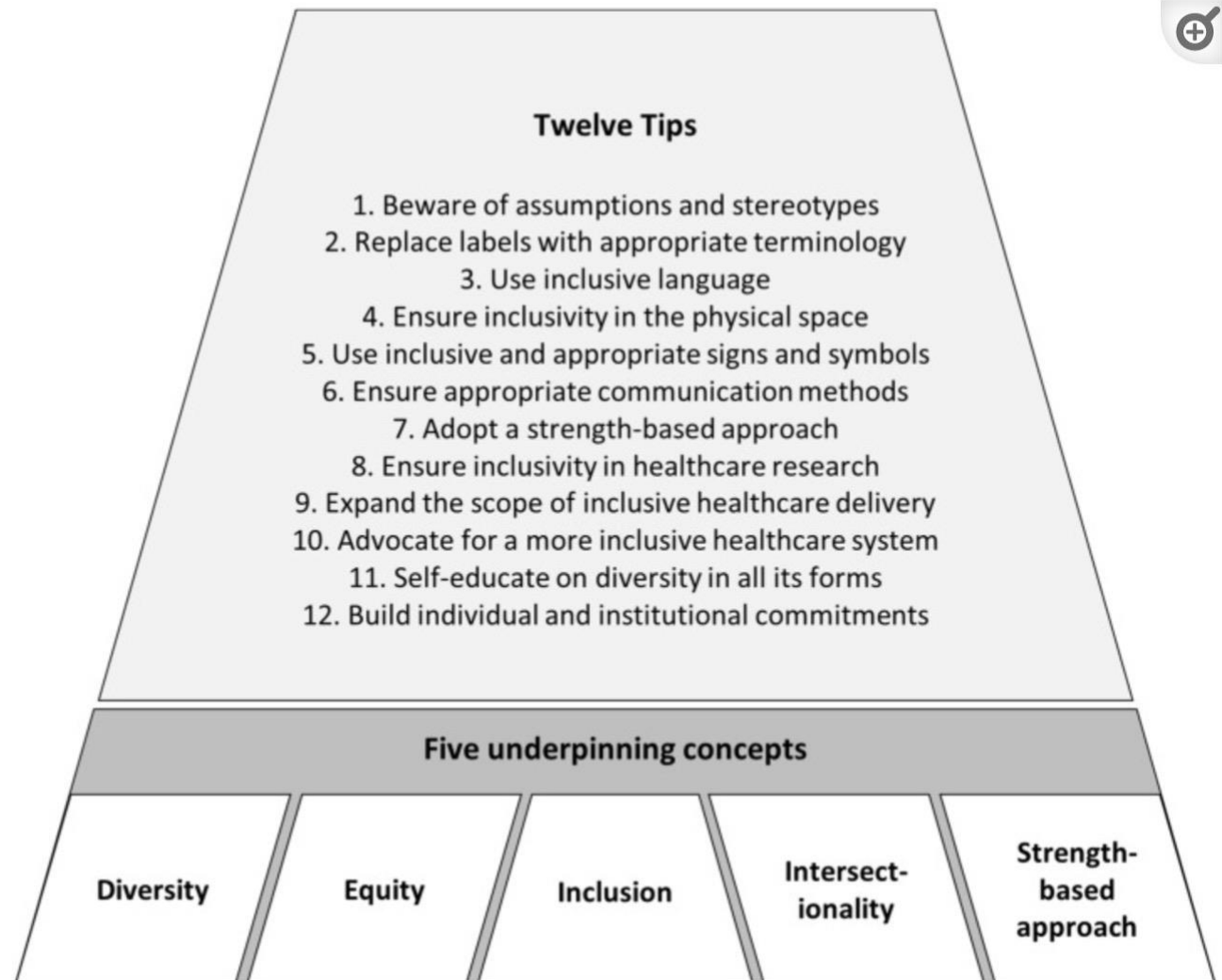
- Train your clinicians on use of available language tools
- Identify areas in the medical record where culture related information can be found
- Poor intake may be due to lack of culturally appropriate foods on menu
- Journal Club

Educator

- Diversity in case studies
- Teach NFPE with race/ethnicity in mind
- Course related to food and culture
- Teach how to modify and adapt MNT
- Encourage attendance at diversity focused webinars

Foster a Culture of Inclusion

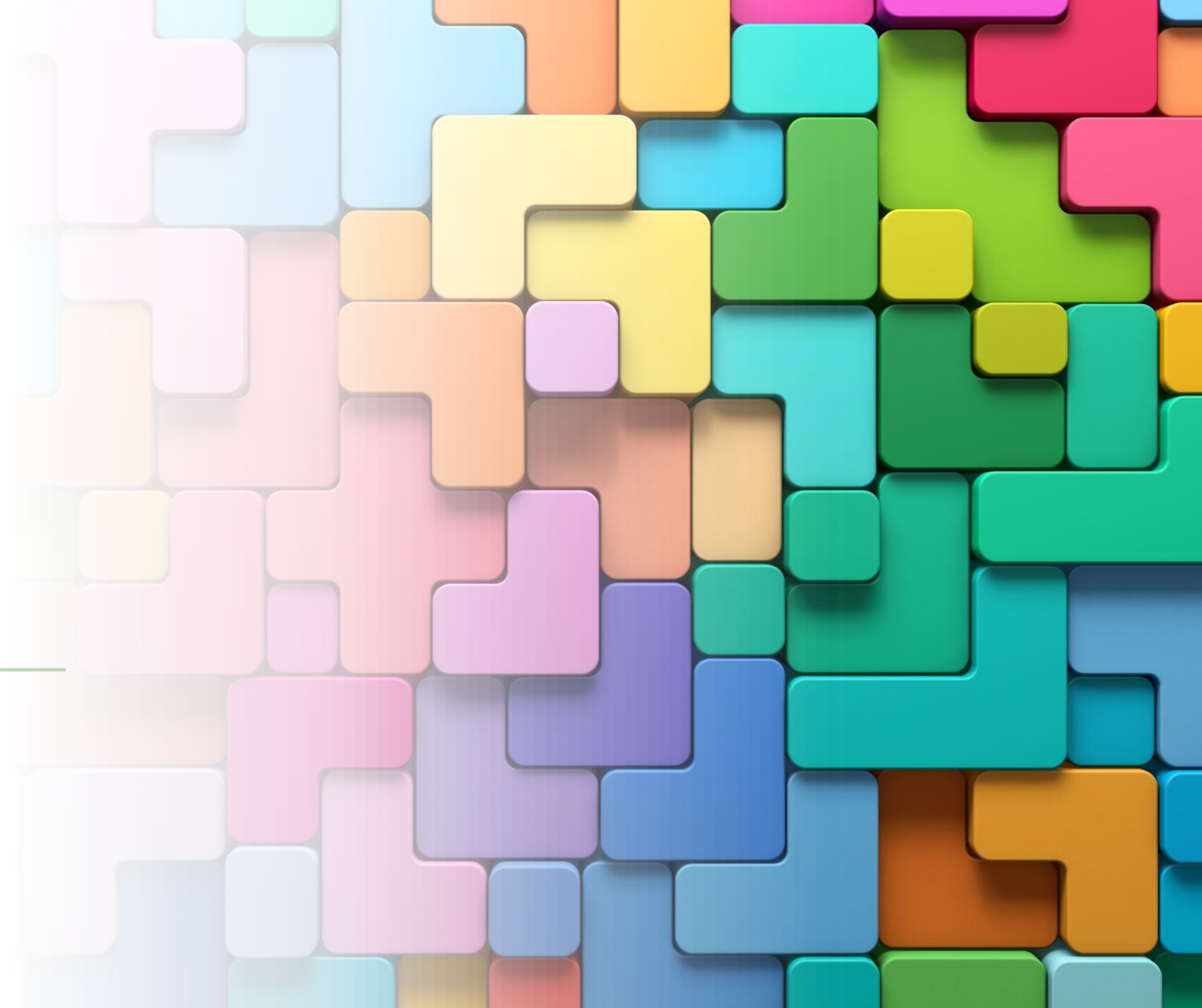
Marjadi B, Flavel J, Baker K, Glenister K, Morns M, Triantafyllou M, Strauss P, Wolff B, Procter AM, Mengesha Z, Walsberger S, Qiao X, Gardiner PA. Twelve Tips for Inclusive Practice in Healthcare Settings. *Int J Environ Res Public Health*. 2023 Mar 6;20(5):4657. doi: 10.3390/ijerph20054657



Twelve tips for inclusive practice and their five underpinning concepts.



Conclusion



Combining Culturally Appropriate Care and Evidence-Based Practice



- ✓ Patient care should always be individualized
- ✓ MNT based on current evidence
 - EAL, other guidelines
 - Consider the sample population from studies
 - Can that evidence be applied in your patient population?
 - Use professional judgement
- ✓ Adapt the evidence to fit your client's beliefs
 - Use their traditional foods when making meal suggestions
 - Mediterranean diet example
- ✓ Approach guidelines in ways that make sense to the patient



Culturally Appropriate Care = Ethical Care

From the Code of Ethics

- ❖ "Act in a caring and respectful manner, mindful of individual differences, cultural, and ethnic diversity."
- ❖ "Participate in and contribute to decisions that affect the well-being of patients/clients"
- ❖ "Communicate at an appropriate level to promote health literacy."
- ❖ "Collaborate with others to reduce health disparities and protect human rights."

YOU...

have the power to make a difference in the health outcomes of your patients...it starts with delivering care that honors and respects the culture of your patient



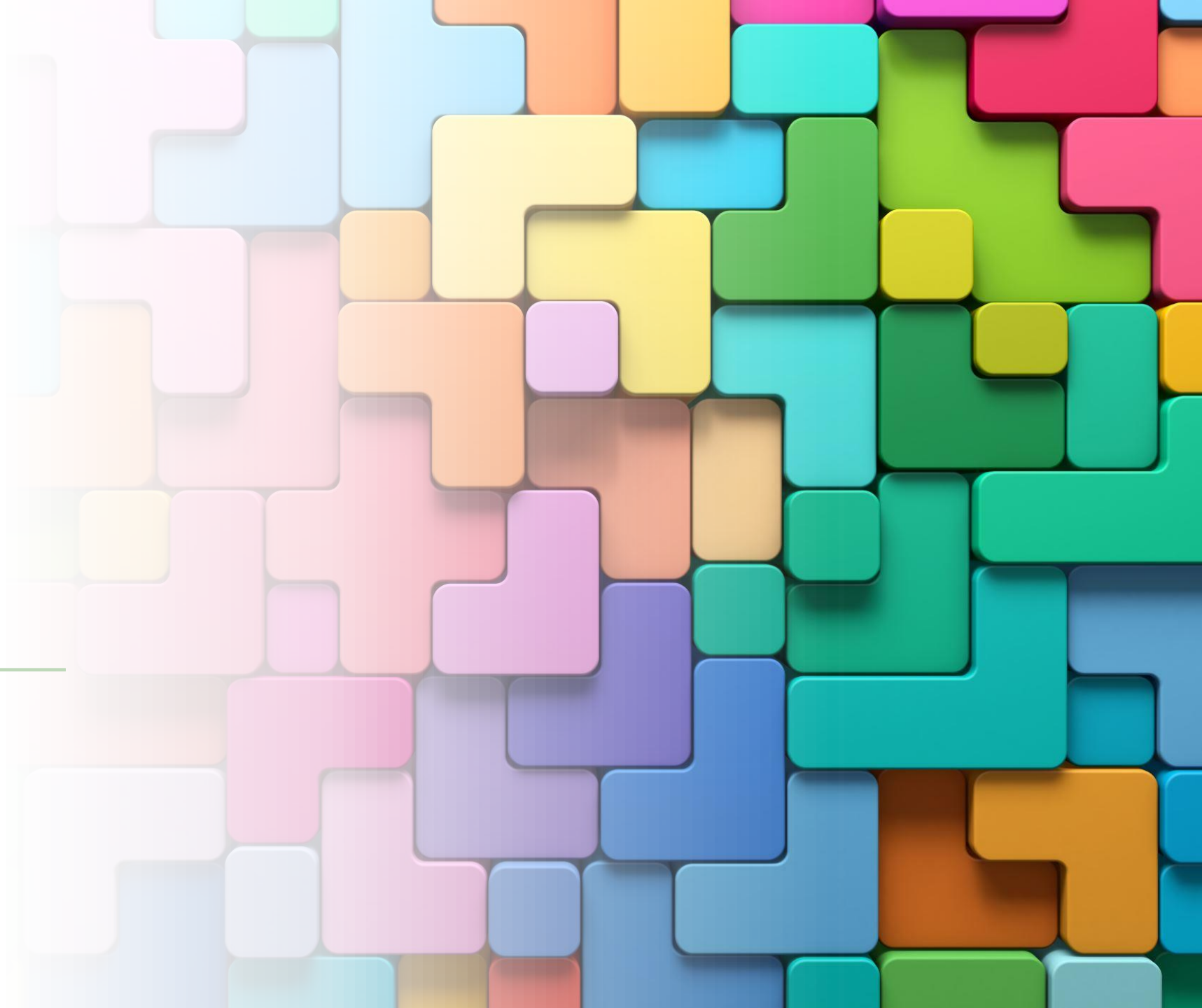


-Student Quote (oncology RD)

"I think we can all agree that we should do our best to educate ourselves on different cultures. However, just because someone identifies with a certain group, does not mean that they believe in or practice every aspect of that culture or religion. For example, we have a large Jewish population where I live and practice but not everyone who practices the religion keeps kosher. That is why it is so important to ask about special diets or practices. I personally have found by asking questions and being interested in the food practices of my clients they are more comfortable and MNT is therefore more successful."



Resources



Academy's IDEA Resources

<https://www.eatrightpro.org/about-us/our-work/inclusion-diversity-equity-and-access>

ACEND Resources

- [ACEND Diversity, Equity and Inclusion Resources](#)

Foundation Awards and Scholarships

- [Foundation Awards](#)
- [Foundation Scholarships](#)
- [Diversity Scholarships and Awards](#)
- [2021 Advancing Diversity in Dietetics Scholarship Recipients](#)
- [2022 Advancing Diversity in Dietetics Scholarship Recipients](#)

Member Interest Groups

MIGs are groups of Academy members that reflect the many characteristics of the profession and the public it serves. Academy MIGs include:

- [Asian Americans and Pacific Islanders \(AAPI\)](#)
- [Cultures of Gender and Age \(COGA\)](#)
- [Disabilities in Nutrition and Dietetics \(Disabilities\)](#)
- [Global MIG \(GMIG\)](#)
- [Indians in Nutrition and Dietetics \(IND\)](#)
- [Latinos and Hispanics in Dietetics and Nutrition \(LAHIDAN\)](#)
- [National Organization of Blacks in Dietetics and Nutrition \(NOBIDAN\)](#)
- [Religion MIG \(RMIG\)](#)

Books & Subscriptions

- [Nutrition Care Manual®](#): Quick Guides for Assessing Food/Nutrition and Culture for Ecuador, India, the Philippines and Saudi Arabia are available with a subscription
- [Cultural Competency for Nutrition Professionals](#): This online publication provides an overview of 28 cultures and their food practices with the goal of supporting appropriate health care for serving diverse patient populations.

Diversity & Inclusion Definitions

<https://www.eatrightpro.org/about-us/our-work/inclusion-diversity-equity-and-access/diversity-and-inclusion-definitions>

Our Work

Academy Strategic Plan

Inclusion, Diversity, Equity and Access

Opportunities to Collaborate

Professional Development and Publications

Public Policy Priorities

Research Priorities

Home > About Us > Our Work > Inclusion, Diversity, Equity and Access >

Diversity and Inclusion Definitions

Access:

Refers to giving equitable opportunities to everyone regardless of human ability and experience.

Access to Health Care and/or Services:

Means "the timely use of personal health services to achieve the best health outcomes." Access to health care consists of four components: coverage, services, timeliness, and workforce.

Bias:

A disproportionate weight in favor of or against an idea or thing, usually in a way that is closed-minded, prejudicial, or unfair. Biases can be innate or learned. People may develop biases for or against an individual, a group, or a belief. Bias may be conscious or unconscious.

Bigotry:

Obstinate and irrational devotion to one's own party, belief or opinion.

Cultural Competence:

The [American Hospital Association](#) defines cultural competence in health care as the ability of systems to provide care to patients with diverse values, beliefs and behaviors, including the tailoring of health care delivery to meet

JAND Article Collection

<https://www.jandonline.org/content/culturalCompetency>

Journal of the
Academy of Nutrition
and Dietetics



Member Login Instructions Submit Log in Register

Filter:

Filters applied

Cultural Competency and Diversity Collection

Article Type

Research Article 151

Short Communication 5

Discussion 1

News 1

Publication Date

Last 2 Years 6

Last 5 Years 32

From 2009 To 2022

Author

Stein, Karen 5

Lora, Karina R 4

Cultural Competency and Diversity Collection

158 Results

Search within this collection



All Content

[Subscribe to collection](#)

Select all [Export](#)

PRACTICE APPLICATIONS PROFESSIONAL PRACTICE

Cited in Scopus: 0

[Valuing Diversity in Dietetics: Considerations for Service Dogs at School, Internships, and the Workplace](#)

Journal of the Academy of Nutrition and Dietetics, Vol. 122, Issue 9, p1595–1599, Published online: May 27, 2022

Danielle Sykora, Lauren M. Dinour

FREE

[Preview](#) [Download PDF](#) [Export Citation](#)

FROM THE ACADEMY ETHICS IN PRACTICE

Cited in Scopus: 1

[Ethics: Health Equity and Dietetics-Related Inequalities](#)

Journal of the Academy of Nutrition and Dietetics, Vol. 122, Issue 8, p1558–1562, Published online: May 23, 2022

Sarah Klemm



[Preview](#) [Download PDF](#) [Export Citation](#)

PRACTICE APPLICATIONS PROFESSIONAL PRACTICE

Cited in Scopus: 0

[Development of Quick Guides for Assessing Food/Nutrition and Culture to Enhance Assessment of Food and Nutrition-Related History in Cross-Cultural Clients of Nutrition](#)





Resources

[NCM Board Of Editors \(BOE\)](#)
[Free Webinars](#)
[Contributor And Publication Information](#)
[Academy Publications](#)
[Cultural Food Practices](#)
[African American](#)
[Traditional Food Practices](#)
[African American Food Dictionary](#)
[References](#)
[Asian Indian](#)
[Brazilian](#)
[Cajun And Creole Culture](#)
[Chinese](#)
[Cypriot Culture](#)
[Ecuador](#)
[Filipino](#)
[Greek Culture](#)
[Hispanic Culture](#)
[Hmong Culture](#)
[Jamaican Culture](#)
[Jewish Culture](#)
[Kenyan Culture](#)
[Muslim/Halal](#)
[Native American](#)
[Nepalese Culture](#)
[Peruvian Culture](#)
[Polish Culture](#)

African American Food Dictionary

Acadian (Cajun) Combined French-Canadian and African foods.

cooking

Beef bone Bones from ox, cow, or bull. Boiled in water to make soups or, if very meaty, cooked with or added to vegetables to make stew

Benne South Carolina term for sesame seeds, which came to the United States from Africa. In Charleston, the seeds can be found as ingredients in Benne seed wafers and Benne seed candy; both are thought to bring good luck

Black-eyed peas Larger cousin of cowpeas.

Blackstrap Molasses Very dark type of molasses; traditionally used in African American cooking.

Boiled custard Thin custard made with milk, eggs, sugar, and vanilla; served chilled

Boiled peanuts Fresh young, undried peanuts cooked in saltwater; usually consumed as a snack

Brains Pork brains are boiled, fried, or scrambled with eggs

Bread Brown or light varieties; brown bread is whole wheat bread; light bread is white bread

Brunswick stew Southern dish of chicken, rabbit, or ground meat with some mixture of corn, onions, okra, salt, pork, tomatoes, and lima beans

Butter beans Similar to lima beans; may be fresh or dried

Buttermilk Liquid left after butter has been churned from milk or cream, or cultured milk by the addition of lactobacillus to sweet milk (whole milk)

Cala Hot rice fritters sold door-to-door in the French Market in New Orleans

Catfish Favorite African American food, disdained by proper Southerners who did not want to eat the scavenger fish; often dipped in a cornmeal batter and fried until crisp

Caribbean Creole Cooking with more peppers, tomato paste, lard, tubers, fruit, and various spices such as cinnamon, nutmeg, ginger, cloves, and allspice; less butter, cream, celery, and basil used

Chitterlings or chittlins Pork intestines boiled or fried and served with hot sauce or vinegar

Clabber Between buttermilk and butter, a thickened buttermilk

Collard Variety of kale referred to as greens; leaves are boiled with fatback, lard, or meat

Nutrition Care Manual Resources

Cultural Food Practices

Resources

NCM Board Of Editors (BOE)
Free Webinars
Contributor And Publication Information
Academy Publications
Cultural Food Practices
Country Guides For Assessing Food/Nutrition & Culture
Country-Specific Food-Based Dietary Guidelines
Dietary Guidelines For Americans And MyPlate
Dietary Reference Intakes (DRI)

Country Guides For Assessing Food/Nutrition & Culture

In collaboration with the International Affiliate of the Academy of Nutrition and Dietetics (IAAND), we are pleased to provide the following Quick Guides for Assessing Food/Nutrition & Culture for the following countries:

- [Ecuador](#)
 - [India](#)
 - [Lebanon](#)
 - [Mexico](#)
 - [Philippines](#)
 - [Saudi Arabia](#)
- Learn more about IAAND [here](#).



Overview

The Philippines was under Spanish rule (1565-1898) for over 300 years and as a result there is a strong Spanish influence on food selections. Other influences include; Chinese, American, Japanese, Malay and Indian. Due to vast variation in food habits across various regions within the country, all the foods and dietary habits might not be listed on this GUIDE. The intention is to include the most popular foods and practices to help dietitians better understand their clients from the Philippines. Detailed information on Dietary Guidelines for Filipinos can be found on the following website: <https://www.fnri.dost.gov.ph/index.php/publications/writers-pool-corner/57-food-and-nutrition/204-nutritional-guidelines-for-filipinos-a-prescription-to>

Contents

- Overview
- Macronutrient Intake
- Micronutrient Intake
- Complementary/ Alternative Medicine
- Unique Meal Practices
- Bioactive Substance Intake

Nutrition Care Manual Resources

Country Guides for Assessing Food/Nutrition & Culture

Nutrition Care Manual Resources

Nutrition Education Handouts w/ Translations

- All Translations
- All Translations**
- Other Resources
- Anemia
- Bariatric Surgery
- Behavioral Health
- Burns
- Cardiovascular
- Congenital Sucrase-Isomaltase Disease (CSID)
- Diabetes
- Dysphagia
- Eat Right Handouts
- Food Allergies
- Food Safety
- Gastrointestinal
- HIV/AIDS

All Translations

[Customize Menu](#) [Download Client Ed](#)

Spanish

Client Ed	Topic Area
1,600 Calorie Sample Meal Plan	Weight Management
Acute Hepatitis Nutrition Therapy	Gastrointestinal
Acute Kidney Injury Nutrition Therapy	Renal
Bariatric Liquid Protein Supplements	Bariatric Surgery
Bariatric Surgery Blended/Pureed Diet Stage Nutrition Therapy	Bariatric Surgery
Bariatric Surgery Soft Diet Stage Nutrition Therapy	Bariatric Surgery
Bariatric Surgery Vitamin and Mineral Supplements	Bariatric Surgery
Breastfeeding Nutrition Therapy	Reproduction

- All Translations
- Anemia
- Bariatric Surgery
- Behavioral Health
- Burns
- Cardiovascular
- Congenital Sucrase-Isomaltase Disease (CSID)

Carbohydrate Counting For People With Diabetes (2020)

[Customize Menu](#) [Download Client Ed](#) [PDF](#) [Spanish](#) [Chinese](#) [Vietnamese](#) [Russian](#)
[Arabic](#) [View Nutrient Info](#)

Foods with carbohydrates make your blood glucose level go up. Learning how to count carbohydrates can help you control your blood glucose levels. First, identify the foods you eat that contain carbohydrates. Then, using the Foods with Carbohydrates chart, determine about how much carbohydrates are in your meals and snacks. Make sure you are eating foods with fiber, protein, and healthy fat along with your carbohydrate foods.

Food-Based Dietary Guidelines

<https://www.fao.org/nutrition/education/food-based-dietary-guidelines>



العربية 中文 English Français Русский Español

Food-based dietary guidelines

Background Regions Resources Capacity development

Food-based dietary guidelines (also known as dietary guidelines) are intended to establish a basis for public food and nutrition, health and agricultural policies and nutrition education programmes to foster healthy eating habits and lifestyles. They provide advice on foods, food groups and dietary patterns to provide the required nutrients to the general public to promote overall health and prevent chronic diseases.



FAO assists Member Countries to develop, revise and implement food-based dietary guidelines and food guides in line with current scientific evidence. FAO also carries out periodic reviews on progress made in the development and use of dietary guidelines, tracking changes in their overall focus and orientation.

More than 100 countries worldwide have developed food-based dietary guidelines that are adapted to their nutrition situation, food availability, culinary cultures and eating habits. In addition countries publish food guides, often in the form of food pyramids and food plates, which are used for consumer education [Read more](#)

Please note that individual country pages are only available in English and that FAO does not necessarily endorse the development processes of countries by including their information in this platform.

- Ethiopia
 - Gabon
 - Ghana
 - Kenya
 - Namibia
 - Nigeria
 - Seychelles
 - Sierra Leone
 - South Africa
 - Zambia
- Asia and the Pacific
- Afghanistan
 - Australia
 - Bangladesh
 - Cambodia
 - China (UPDATED)
 - Fiji
 - India
 - Indonesia
 - Japan
 - Malaysia
 - Mongolia
 - Nepal
 - New Zealand
 - Austria
 - Belgium
 - Bosnia and Herzegovina
 - Bulgaria
 - Croatia
 - Cyprus
 - Denmark
 - Estonia
 - Finland
 - France
 - Georgia
 - Germany
 - Greece
 - Hungary
 - Iceland
 - Ireland
 - Israel
 - Italy
 - Latvia
 - Malta
 - Netherlands
 - North Macedonia
 - Norway
 - Poland
 - Portugal
 - Argentina
 - Bahamas
 - Barbados
 - Belize
 - Bolivia (Plurinational State of)
 - Brazil
 - Chile
 - Colombia
 - Costa Rica
 - Cuba
 - Dominica
 - Dominican Republic
 - Ecuador
 - El Salvador
 - Grenada
 - Guatemala
 - Guyana
 - Honduras
 - Jamaica
 - Mexico
 - Panama
 - Paraguay
 - Peru
 - Saint Kitts and Nevis
 - Saint Lucia

and pots... Developing FBDG graphics

March 24th 15.30 GMT+1

[See recording here](#)

Latest publications



Plates, pyramids, planet. Developments in national healthy and sustainable dietary guidelines: a state of play assessment

Useful links

- [International Conference on Nutrition ICN2](#)

Food-based dietary guidelines

Home	Background	Regions	Resources	Capacity development
----------------------	----------------------------	-------------------------	---------------------------	--------------------------------------

Africa
Asia and the Pacific
Europe
Latin America and the Caribbean
Near East
North America

Food-based dietary guidelines - Japan

Official name

Dietary guidelines for Japanese (Japanese: 食生活指針)

Publication year

The `Dietary guidelines for Japanese` were launched in 2000. The `Japanese food guide spinning top` (Japanese: 食事バランスガイド) was published in 2005 and revised in 2010.

Process and stakeholders

The guidelines were developed by the Ministry of Education, Science and Culture, the Ministry of Health and Welfare, and the Ministry of Agriculture, Forestry and Fisheries with the aim of promoting better dietary patterns.

The `Japanese food guide spinning top` was created as a food and nutrition education tool to help people practice healthy eating. The revision of the `Japanese food guide spinning top` coincided with the revision of the `Dietary reference intakes for Japanese` (2010), on which the food guide is based.

Intended audience

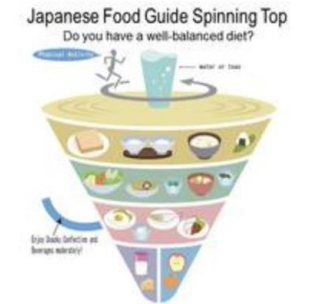
The Japanese guidelines are directed at the healthy general public.

Food guide

The `Japanese food guide spinning top` is designed to resemble the well-known traditional Japanese toy. It is a rotating inverted cone divided from the top down into food group layers that depict foods primarily in cooked form /dishes. The order of the food groups is given by the recommended daily servings. At the top there are grain-based dishes (rice, bread, noodles and pasta), followed by vegetable-based dishes (including salads, cooked vegetables and soups), and fish, eggs and meat dishes. At the bottom are milk and fruit. A person running on top of the gyrating spinning top represents the importance of doing physical activity regularly to enjoy good health. The guide also recommends drinking plenty of water or tea, and to moderate consumption of highly processed snacks, confectionary and sugar-sweetened beverages.

Filter by country

Food guide



Japan food spinning top.

Country resources

Downloadable materials

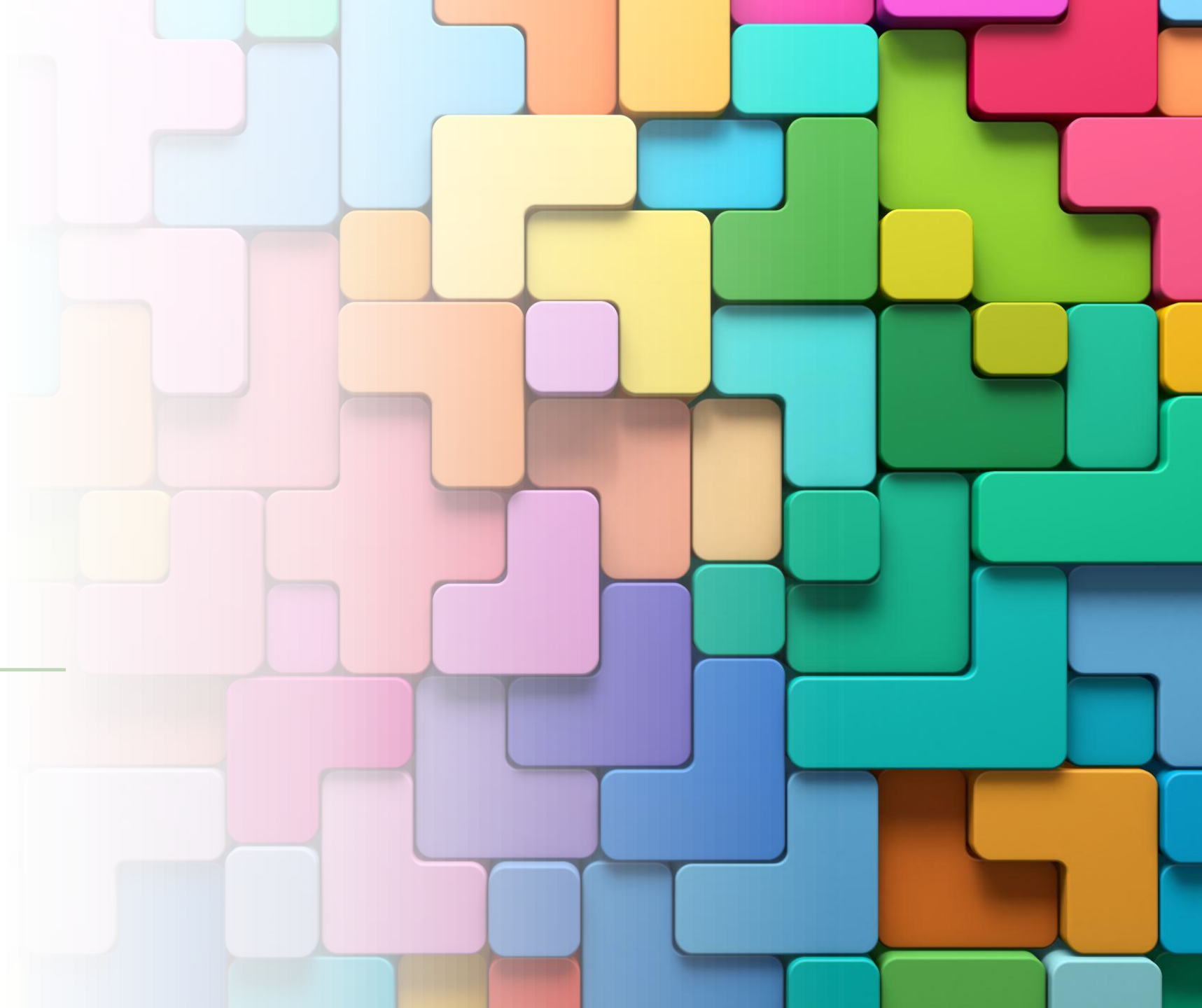
- [About the Dietary guidelines for Japanese \(in Japanese\)](#)
- [Japanese food guide spinning top](#)
- [What is 'Shokuiku' \(food education\)?](#)

Links

- [Japanese food guide spinning top](#)
- [FAO country profile](#)

Food-Based Dietary Guidelines

<https://www.fao.org/nutrition/education/food-based-dietary-guidelines>



References

References

- Academy of Nutrition and Dietetics. Definition of Terms. Accessed from <https://www.eatrightpro.org/-/media/files/eatrightpro/practice/academy-definition-of-terms-list-feb-2021.pdf>
- Boyd M. Paving the way to culturally appropriate care with cultural humility. *ADCES in Practice*. 2023;11(4). doi:10.1177/2633559X231177657
- Green-Morton E, Minkler M. Cultural competence or cultural humility: Moving beyond the debate. *Health Promot Pract*. 2020;21(1):142-145. DOI: 10.1177/1524839919884912
- Kumar MM. (2020) Culturally Appropriate Care. In: Evans Y.N., Dixon Docter A. (eds) Adolescent Nutrition. Springer, Cham. https://doi.org/10.1007/978-3-030-45103-5_10
- Marjadi B, Flavel J, Baker K, Glenister K, Morns M, Triantafyllou M, Strauss P, Wolff B, Procter AM, Mengesha Z, Walsberger S, Qiao X, Gardiner PA. Twelve tips for inclusive practice in healthcare settings. *Int J Environ Res Public Health*. 2023;20(5):4657. doi: 10.3390/ijerph20054657
- National Institutes of Health. Cultural respect. Accessed from <https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/cultural-respect>
- Stewart A. (2019). Cultural humility is critical to health equity. Accessed from <https://www.aafp.org/news/blogs/leadervoices/entry/20190418lv-humility.html>



Questions

Thank You!

melinda.jill.boyd@gmail.com

A decorative background on the right side of the slide featuring a grid of colorful, 3D-style geometric shapes in various colors including light blue, yellow, green, pink, and orange.