



# Delivering Culturally Appropriate Care: Exercising Cultural Humility in Practice

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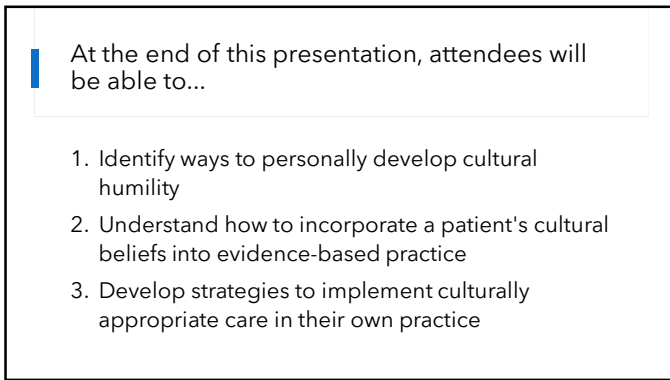
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## Disclosures:

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

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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

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## Background

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## 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


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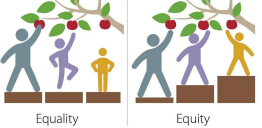


## Introduction

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### Key Terms

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



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### Cultural...

- Competence
- Awareness
- Humility

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### 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

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### 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

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### Breakout Activity: Getting to Know You...Culture Edition

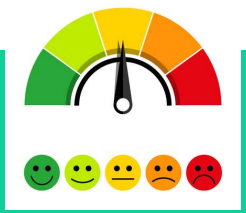
Introduce yourself to those around you. Start with your name, birthplace, and where you currently live.

1. What is your favorite "thing" about your culture (heritage or other identity)?
2. What is the #1 misconception you'd like to correct about your culture?

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### Comfort Level Check

10=Very comfortable      1= Very uncomfortable



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# Culturally Appropriate Care

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## Influence of Culture on our Profession

“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

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## What this means to me...

Recognizes the **differences** between you and the patient

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## What this means to me...

- You learn from the patient while they are learning from you
- Ask questions, but be appropriate
- Learn about their **why**
- Properly motivate them
- Understand body image from their perspective
- You don't have to agree with their cultural belief or practice, but you need to respect it!
- Intervention honors the culture of the patient

Two-way learning process

RESPECT

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## 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

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## Let's Play...

Never have I ever

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**Start With 10 Fingers Up...**  
**Put 1 Finger Down For Each That You Have Done**

- Made an assumption about someone based on how they are dressed
- Assumed someone is lazy because they don't lead an active lifestyle
- Assumed someone wasn't born in the US because they aren't White
- Made an assumption about someone's ability when they were in a wheelchair
- Made an assumption about someone's ability when they have limited vision or hearing
- Assumed someone's sexual orientation based on how they dress
- Made a judgement about lazy habits for someone
- Made a judgement about someone based on their size
- Assumed someone doesn't understand what you are saying because they don't look "American"
- Made a judgement about the foods someone is eating because they aren't familiar to you

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Who has 10 up?

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Who has 9 up?

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Who has 8 up?

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Who has 7 up?

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**Comfort Level Check**  
 10=Very comfortable      1= Very uncomfortable

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# Putting it into Action

**Skill Building**

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## 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!

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## 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

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## Culturally Appropriate Toolbox

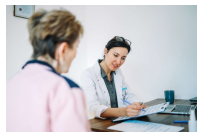
Recognize	Recognize harmful stereotypes of foods from different countries <ul style="list-style-type: none"> <li>• Foods consumed in "ethnic" restaurants likely aren't the traditional foods cooked at home</li> <li>• Don't use negative terms to describe foods</li> </ul>
Adapt	Adapt your materials to accommodate the patient's culture <ul style="list-style-type: none"> <li>• Help them identify where traditional foods fit on the American MyPlate model</li> <li>• Use culturally relevant education tools</li> </ul>
Learn	Learn a few basic words in the languages you will encounter most often <ul style="list-style-type: none"> <li>• Politeness goes a long way!</li> <li>• Food words are helpful</li> </ul>

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# Conclusion

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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

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## 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."


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## 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

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## -Student Quote (oncology RD)

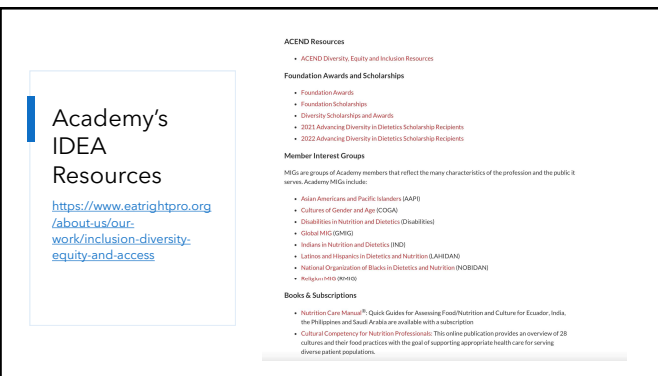
"I think we can all agree that we should do our best to educate ourselves on different cultures. However, just because someone identifies with a certain group, does not mean that they believe in or practice every aspect of that culture or religion. For example, we have a large Jewish population where 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."

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## Resources

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## 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
- 2023 Advancing Diversity in Dietetics Scholarship Recipients
- 2022 Advancing Diversity in Dietetics Scholarship Recipients

**Member Interest Groups**

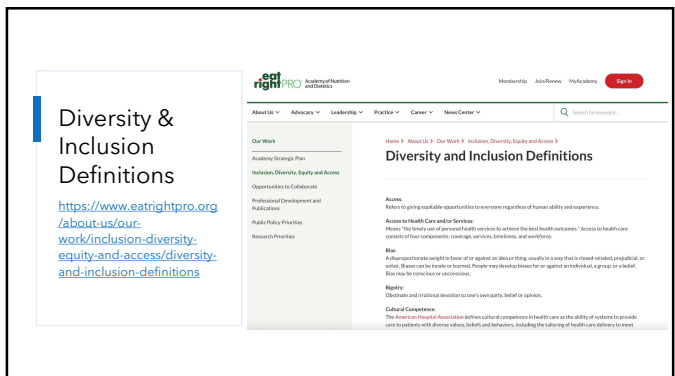
MIGs are groups of Academy members that reflect the many characteristics of the profession and the public it serves. Academy MIGs include:

- Asian Americans and Pacific Islanders (AAPI)
- Cultures of Gender and Age (COGA)
- Disabilities in Nutrition and Dietetics (Disability)
- Global MIG (GMIG)
- Indians in Nutrition and Dietetics (IND)
- Latinx and Hispanic in Dietetics and Nutrition (LAWHANI)
- National Organization of Blacks in Dietetics and Nutrition (NOBDANN)
- Religion (RELIG)

**Books & Subscriptions**

- Nutrition Care Manual<sup>®</sup>, 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.

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## Diversity & Inclusion Definitions

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

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**Our Work**

- Academy Strategic Plan
- Inclusion, Diversity, Equity and Access
- Observations to Collaborate
- Professional Development and Advancement
- 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 address the best health outcomes." Access to health care consists of three components: coverage, services, 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, group, or belief. Bias may be conscious or unconscious.

**Equity:** Objective and impartial decision to one's own party, belief or opinion.

**Cultural Competence:** The American Medical 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

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## JAND Article Collection

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

The screenshot shows the JAND website interface. At the top, there's a search bar and navigation links. Below, a search filter is set to 'Cultural Competency and Diversity Collection', resulting in 158 results. A list of articles is displayed, including 'PRACTICE APPLICATIONS PROFESSIONAL PRACTICE: Making Diversity in Dietetics Considerations for Seniors Depts at School, Internships, and the Workplace' and 'FROM THE ACADEMY ETHICS IN PRACTICE: Ethical Health Equity and Dietetics-Related Inequalities'.

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## Nutrition Care Manual Resources

### Cultural Food Practices

The screenshot shows the 'Cultural Food Practices' section of the Nutrition Care Manual. It lists various food items and their cultural contexts, such as 'Beef bone' (Asian), 'Bread' (Latin American), 'Cajun Gumbo' (Cajun), and 'Ceviche' (Peruvian). Each item includes a brief description of its preparation and cultural significance.

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## Nutrition Care Manual Resources

### Country Guides for Assessing Food/Nutrition & Culture

The screenshot shows the 'Country Guides for Assessing Food/Nutrition & Culture' section. It features a world map and an overview of the guides. The overview states that the guides were developed by the International Alliance of the Academy of Nutrition and Dietetics (IAND) to assist dietitians in providing culturally appropriate care to diverse populations.

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## Nutrition Care Manual Resources

### Nutrition Education Handouts w/ Translations

The screenshot shows the 'Nutrition Education Handouts w/ Translations' section. It lists various handouts such as 'Carbohydrate Counting for People With Diabetes (CDS)' and 'Healthy Eating Plate'. Each handout includes a brief description and a link to the full document.

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## Food-Based Dietary Guidelines

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

The screenshot shows the 'Food-Based Dietary Guidelines' website. It features a grid of country-specific guidelines, including 'Japan', 'Mexico', 'Morocco', and 'Peru'. Each guideline includes a thumbnail image of the guide and a brief description of its focus.

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## Food-Based Dietary Guidelines

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

The screenshot shows the 'Japan Food Guide' section. It includes the title 'Food-based dietary guidelines - Japan', the official name in Japanese, and a description of the guide. The guide is noted as being developed by the Ministry of Education, Science and Culture, the Ministry of Health and Welfare, and the Ministry of Agriculture, Forestry and Fisheries.

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