

Assessment

Remember to reflect on yourself - HONESTLY! No one will see this but YOU so please answer each question from your tummy!

Instructions: For each statement below, rate your level of agreement using the following scale:

- **5** – Strongly Agree
- **4** – Agree
- **3** – Neutral
- **2** – Disagree
- **1** – Strongly Disagree

Section 1: Self-Awareness and Reflection

1. I actively reflect on how my personal beliefs and cultural background may influence my professional interactions.
2. I recognize and acknowledge my own potential biases in clinical decision-making.
3. I seek feedback to understand how my behavior may be perceived by clients from diverse backgrounds.
4. I am open to changing my practices when I become aware of unintended biases.

Section 2: Cultural Competence and Sensitivity

5. I make an effort to learn about the cultural food practices of the populations I serve.
6. I respect and incorporate clients' cultural dietary preferences into nutrition care plans.
7. I avoid making assumptions about a client's dietary habits based on their appearance or background.
8. I am aware of the historical and social factors that influence the dietary behaviors of different communities.

Section 3: Communication and Client Engagement

9. I encourage clients to share their perspectives and experiences related to food and nutrition.
10. I use inclusive language that respects all cultural identities. [PMC](#)

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11. I actively listen to clients without judgment or preconceived notions. [BioMed Central+6Nutrition Evidence Systematic Review+6BMJ Nutrition+6](#)
12. I tailor my communication style to meet the cultural and individual needs of each client. [Nutrition Evidence Systematic Review](#)

Section 4: Professional Development and Accountability

13. I participate in ongoing education to enhance my cultural competence.
14. I advocate for policies and practices that promote equity in nutrition services.
15. I collaborate with colleagues to address and reduce systemic biases within our practice.
16. I hold myself accountable for providing equitable and respectful care to all clients.

Scoring and Interpretation

- **64–80 points: Highly Aware** – You demonstrate a strong commitment to recognizing and addressing biases in your practice. Continue to engage in reflective practices and professional development.
- **48–63 points: Moderately Aware** – You have a good foundation but may benefit from further exploration of certain areas. Identify specific statements where you scored lower and seek resources to enhance your competence.
- **32–47 points: Developing Awareness** – There is room for growth in recognizing and mitigating biases. Consider targeted training and mentorship to strengthen your skills.
- **Below 32 points: Needs Improvement** – It's important to prioritize developing cultural competence and bias awareness. Seek out comprehensive training programs and engage in self-reflection exercises.