

## Fall 2020 House of Delegates Meeting Recap: A Systems Approach to Accelerating Nutrition and Health Equity

The Academy of Nutrition and Dietetics House of Delegates (HOD) convened its Fall 2020 Virtual Meeting on Thursday, October 15 and Friday, October 16. Meeting participants discussed nutrition and health equity as a subtopic of diversity and inclusion.

### Critical Issue Question:

*How can the Academy and its members accelerate nutrition and health equity?*

### Why Nutrition and Health Equity?

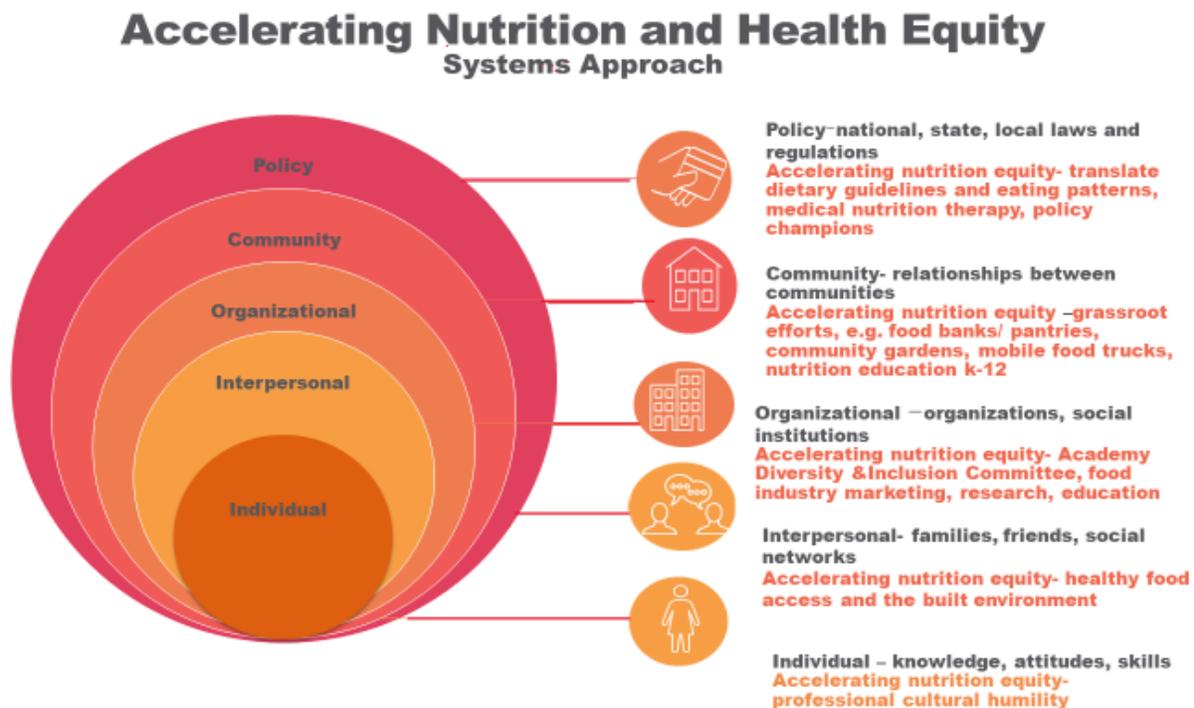
COVID-19 has underscored existing disparities Black, Latinx, and Native American communities are experiencing. These communities suffer from a disproportionate burden of COVID-19 cases and deaths.

During the meeting, delegates gained a knowledge base on the impact of racial and social injustices on nutrition and health equity. The resources, to the right, are intended to help delegates and their constituents understand the topic and practice with cultural humility in the communities in which they live, work, and play.

#### Resources

- [Understanding and Promoting Nutrition and Health Equity](#)
- [Practicing Cultural Competence and Cultural Humility in the Care of Diverse Patients](#)
- [Combatting Unconscious Bias and Preventing Microaggressions: A Professional Duty](#)
- [Equity vs. Equality video by Robert Wood Johnson Foundation](#)
- [Project Implicit@ Race IAT Test](#)
- [Diversity and Inclusion page on the Academy website](#)
- [Academy's Definition of Terms](#) (new terms for diversity and inclusion)

The HOD explored a Systems Approach to Nutrition and Health Equity through the lens of the Social Ecological Model, the Academy Strategic Plan, and information from the Nutrition Equity Summits, as depicted below:



**Cultural Humility**

Subject Matter Experts on Diversity and Inclusion and Health Equity provided more information that enabled delegates to brainstorm concepts for a proposed Academy Cultural Humility tool. The information will be shared with the Academy Board of Directors and the Diversity and Inclusion Committee for their consideration.

Coined by Tervalon and Murry-Garcia in 1998, “Cultural humility is a lifelong process of self-reflection and self-critique whereby the individual not only learns about another’s culture, but one starts with an examination of her/his own beliefs and cultural identities.”

**Impact Areas**

The Nutrition Health Equity Model was explored within three impact areas: Communications/Advocacy, Grassroots Efforts/Community, and Research, and considered Academy activities already underway. The impact areas and sample delegate actions are shown below.



**Communications/Advocacy**

- Support and communicate Academy Advocacy and Public Policy activities
- Take the Member Policy Interest survey to join an affinity group



**Grassroots Efforts/Community**

- Develop a mentor program with experienced members engaged in successful programs
- Survey members about program successes and share the information across the Academy



**Research**

- Identify funding sources/opportunities and build research funding collaborations
- Strengthen relationships with stakeholder communities to assess needs and desired outcomes

**What’s Next?**

- Members will be asked to complete a survey of their work and volunteer involvement related to Nutrition and Health Equity, especially in the Black, Latinx, and Native American communities. The results of this survey will be shared with members.
- Members will be asked to join self-directed task forces to brainstorm activities or projects related to actions or tools within the three impact areas and report progress to the HOD. The goal is to increase awareness of and replicate or scale projects that help to accelerate nutrition and health equity within the nutrition and dietetics practice.
- The HOD will continue to work on the nutrition and health equity topic, as well as other topics under the umbrella of Diversity and Inclusion. The HOD will continue to collaborate with the Diversity and Inclusion Committee.

**What Academy Members Can Do**

- Learn more about and increase personal awareness of cultural humility, racial equity, bias and nutrition and health equity in your practice.
- Take the Nutrition and Health Equity survey noted above and consider joining a task force.

Additional Information	
<a href="#">Fall 2020 Meeting Materials</a>	<a href="#">Contact Your Delegate</a>