

What's On The Menu? Delivering Culturally Appropriate Food and Nutrition Services

Description and Speaker:

Become a competent and effective nutrition practitioner through understanding the beliefs and cultural preferences of the customer(s). Delivering culturally sensitive nutrition education, medical nutrition therapy and menu options will enhance the acceptance and ultimately the health outcomes. Join Manju Karkare, MS, RDN, LDN, CLT, FAND as she discusses cultural competency and strategies to deliver nutrition services to a diverse population.



Objectives:

After completing this continuing education course, the learner should be able to:

1. Identify and enhance cultural competency/humility awareness.
2. Recognize the existence of similarities and differences among diverse populations and describe ways to implement culturally appropriate strategies.
3. Utilize strategies and resources to deliver of nutrition services based on beliefs and cultural preferences of the customers.

Disclosure: Manju has certified that no conflict of interest exists for this program.

Professional Approvals: Becky Dorner & Associates, Inc. has been a Continuing Professional Education (CPE) Accredited Provider (NU004) with the Commission on Dietetic Registration since 2002.

This course is intended for: RDNs, CDEs, NDTRs and CDMs	CDR Activity Type and Number: Activity Type: 171 Live webinar / 175 Recorded Webinar Activity number: 160480 /160481: Recorded Webinar CDM Approval Number: 165974
Course CPE Hours: 1.0	CDR Level: 2
Suggested CDR Performance Indicators: 1.3.9, 2.2.2., 8.2.3, 13.2.7	



Note: Numerous Other Performance Indicators May Apply.

Expiration Date for Recorded Webinar: March 24, 2024

How to Complete a CPE Course:

<https://www.beckydorner.com/continuing-education/how-to-complete-cpe/>

Questions? Please contact us at info@beckydorner.com



How to Complete a Continuing Education Course or Webinar

IMPORTANT! To receive the CPE credit, each participant will need to register to be a BDA member on our website (this is free). Once a member, you can follow these instructions.

Instructions for Obtaining Your Certificate

In order to obtain the CPE certificate, you must view/read the entire program, complete the test with an 80% passing grade, and complete the evaluation. After you submit your answers, the screen will show correct answers in green and incorrect answers in red. Re-take the test as many times as needed. Complete the evaluation to access and print your certificate.

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For webinars, the test simply asks you to certify that you have completed the course.

Free Continuing Education Webinars

In order to obtain the CPE certificate, you must view the entire program, complete the test and evaluation.

- Please sign into your BDA account. **This is KEY**
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- Go to Member Area and in your account, click on Tests/Certificate tab. You should see the course under Send or Use Additional Tests/Certificates. Click on “Use”. Move up a little and click on Start to begin the process. The test simply asks you to certify that you have completed the course.
- Once successfully passed, you will automatically be directed to the online evaluation. Click “Submit” when finished. Once the evaluation is submitted, you will be redirected back to the Member Area, within Test/Certificates.
- Click on the Download button to the right of your completed program to print your certificate and/or save it to your computer. Your certificate will also be emailed to you.

Free Webinars and Partner Organizations

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2. Completing the Evaluation

Upon successfully completing the test, you will automatically be directed to complete the online evaluation. Click “Submit” when finished. Complete the CDR required Critical Thinking Evaluation Tool or CTT (courses only). Click “Submit” when finished. A copy of your completed CTT will be provided with your certificate.

3. Obtaining Your Certificate

Once the evaluation is submitted, you will be directed back to the Member Area, within Tests/Certificates. Click on the Download button to the right of your completed program to print your certificate and/or save it to your computer. Your certificate will also be emailed to you.

Questions on CPE Certification? Please refer to our [FAQ page](https://www.beckydorner.com/faq/) at <https://www.beckydorner.com/faq/> or [contact us](https://www.beckydorner.com/about/contact/) at <https://www.beckydorner.com/about/contact/> with additional questions.

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Manju Karkare, MS, RDN, LDN, CLT, FAND

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Manju Karkare, MS, RDN, LDN, CLT, FAND

- President/CEO, Nutritionally Yours LLC
- Experience acute care, community nutrition and management
- Her passion for nutrition, education and equity continues to fuel her to be an agent for change
- Past Diversity Leader, member of the Diversity Committee and the Academy's Board of Directors
- Her commitment to enhance professional diversity and inclusion is at the core of her efforts to educate her peers

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Learning Objectives

1. Identify and enhance cultural competency/humility awareness.
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Culture

- Integrated patterns of human behavior
- Includes
 - Communication (language, thought, actions)
 - Belief System (core values, customs)
 - Institutions (racial, ethnic, religious and social)
 - The U.S. Department of Health and Human Services Office of Minority Health has adopted the definition given by Cross, 1989



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Competence

- Capacity to function effectively:
- within the context of the cultural beliefs, behaviors
 - needs presented by consumers and their communities
-
- The U.S. Department of Health and Human Services Office of Minority Health has adopted the definition given by Cross, 1989



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Cultural Humility



- “ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the person”

1. Hook, J. N., Davis, D. E., Owen, J., Worthington Jr., E. L., & Utsey, S. O. (2013). Cultural humility: Measuring openness to culturally diverse clients. *Journal of Counseling Psychology*. doi:10.1037/a0032595
2. Tervalon, M., & Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*, 9, 117-125.

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dignity+respect
= **Inclusion**

Essential
Competency

<https://www.eatrightpro.org/practice/code-of-ethics/what-is-the-code-of-ethics>

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Journey to Cultural Humility

- Listen
- Learn
- Amplify



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Diversity Among Us: US Population

- White, alone 76.3%
- Black or African American, alone 13.4%
- American Indian & Alaska Native, alone 1.3%
- Asian, alone 5.9%
- Native Hawaiian or Other Pacific Islander, alone 0.2%
- Two or more Races 2.8%
- Hispanic or Latino 18.5%
- White only, Not Hispanic or Latino 60.1%

<https://www.census.gov/quickfacts/fact/table/US/PST045219>

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Diversity Among Us: Dietetic Professionals

- 6% indicated Hispanic, Latino, or Spanish origin, and
- 10% indicated a race other than White
 - 5% Asian
 - 3% Black/African American
 - 2% other
- 95% of practitioners are female. Median age is 41 years;
- 21% are 55 or older, and 32% are under 35.
- Compensation and Benefits Survey of the Dietetics Profession 2019

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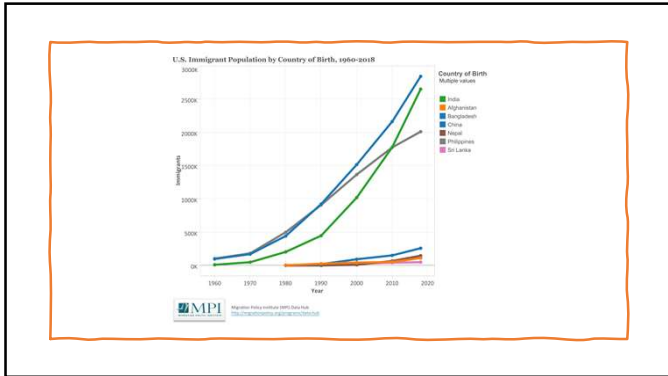
Effects of Migration



Goulao, Beatriz & Santos, Osvaldo & Carmo, Isabel. (2015). The impact of migration on body weight: A review. Cadernos de saúde pública. 31. 229-45. 10.1590/0102-311X00211913.

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Cultural Competency

- Accept and respect differences
- Continuing self-awareness
- Learn the dynamics and uniqueness of cultures
- Access multiple resources
- Share and educate others

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Similarities Among Us

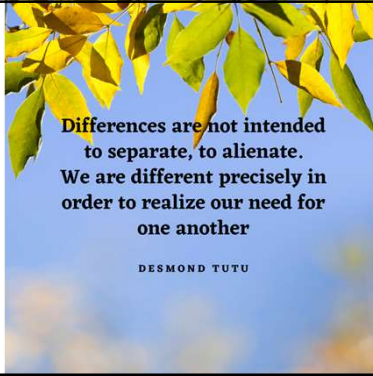
- Value System
- Lifestyle
- Events
- Staple foods

Culture begins with beliefs... and finds expression in behaviors

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Differences Among Us

- Expression of Spirituality
- Family Structure
- Customs and Traditions
- Economic Mobility
- Social Mobility



DESMOND TUTU

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Spirituality and Food Choices

- Faith
- Religion
- Spirituality



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Customs Traditions Festivals

- Chinese New Year, Diwali, Ramadan
- Religious Rituals (Lunar calendar)
- Fasting and feasting



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**Economic/
Social
Mobility**

While economic mobility among American Asian population is not lagging it can play a role.

While this may be the norm, there are times when food insecurity occurs.

Domestic violence, mental illness and insecurities are taboo.

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Steps You Can Take

- Personal
 - Converse
 - Attend Cultural Festivals
 - Experience Ethnic Cuisine
 - Travel

Possibility beckons

Explore the world

Stay curious and indulge your thirst for new experiences

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Steps You Can Take

- Professional
- Social and Family Assessment
- Specific Questions about family responsibilities
- Spiritual Beliefs
- Access to equipment
- Sources of food



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Social and Family Assessment

Salutation

Meal Routine

Social Support

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Responsibilities Around Food

Planning

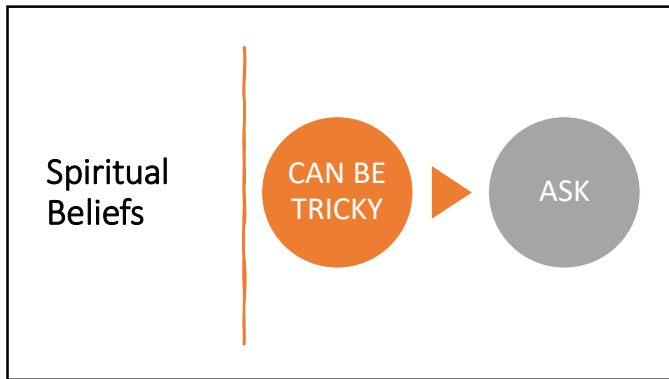
Shopping

Preparation

Cleaning

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Case Study #1

- 70 year old male, name sounds like South Asian
- Dx: Congestive heart failure
- PMH: Diabetes, hyperlipidemia
- Chart indicates a "vegetarian" diet

What to focus on?

- Name, salutation
- Family
- Hospital meal adaptations
- Details of routine meals/ follow up with outpatient RDN

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Case Study #2

- 65 year old female, African American
- Dx: Cardiac rehab post myocardial infarction
- PMH: Hypertension, knee replacements
- Transition of care indicates low fat, no added salt diet

What to focus on?

- Formal salutation
- Home cooking techniques
- Church meals

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Strategies

- Belong
- Trust
- Empathy
- Activism



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Resources: Academy

- Academy Member Interest Groups
 - AAPI
 - COGA
 - IND
 - LAHIDAN
 - NOBIDAN
 - RMIG
 - Global MIG
- Webinar recording: *Diversity and Inclusion in Dietetics: Educators as Allies and Advocates*
- Recorded session from FNCE® 2019
- Academy of Nutrition and Dietetics - Diversity, Equity, and Inclusion efforts and resources
- EatrightStore.org (toolkits, books, handouts)



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Resources: Other

Oldwayspt.org
(Cultural Food Traditions)

Diversify Dietetics

Dietary Guidelines for Americans

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Takeaways

Self Awareness

Educate Yourself

Be Humble

Ask, ask, ask

Listen, affirm, empathize

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Watch your **THOUGHTS**,
For they become **WORDS**.
Watch your **WORDS**,
For they become **ACTIONS**.
Watch your **ACTIONS**,
For they become **HABITS**.
Watch your **HABITS**,
For they become **CHARACTER**.
Watch your **CHARACTER**,
For they become **DESTINY**.

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"Endless conversation about
CHANGE
is the barrier.
Actually committing to doing
something and then
ACTING is what is
REQUIRED."
-David Jakes

**START
NOW**

Call to Action

- Commit to self awareness
- Make daily efforts to listen
- Rephrase your responses
- Ignite activism

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What's On The Menu? Delivering Culturally Appropriate Food

and Nutrition Services with Manju Karkare, MS, RDN, LDN, CLT, FAND 3/25/21

1. Definition of "Culture": The U.S. Department of Health and Human Services Office of Minority Health has adopted the definition given by Cross, 1989.
2. Definition of "Competence": The U.S. Department of Health and Human Services Office of Minority Health has adopted the definition given by Cross, 1989.
3. Hook, J. N., Davis, D. E., Owen, J., Worthington Jr., E. L., & Utsey, S. O. (2013). Cultural humility: Measuring openness to culturally diverse clients. *Journal of Counseling Psychology*[®]. doi:10.1037/a0032595
4. Tervalon, M., & Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*, 9, 117-125.
5. What is the Code of Ethics? The Academy of Nutrition and Dietetics.
<https://www.eatrightpro.org/practice/code-of-ethics/what-is-the-code-of-ethics>
6. Quick Facts. United States Census Bureau.
<https://www.census.gov/quickfacts/fact/table/US/PST045219>
7. Griswold K, Rogers D. Compensation & Benefits Survey of the Dietetics Profession 2019, sponsored by the Academy of Nutrition and Dietetics and Commission on Dietetic Registration. <https://doi.org/10.1016/j.jand.2019.12.015>
8. Goulao, Beatriz & Santos, Osvaldo & Carmo, Isabel. (2015). The impact of migration on body weight: A review. *Cadernos de saúde pública*. 31. 229-45. 10.1590/0102-311X00211913
9. N. Patel *et al.*, Barriers and Facilitators to Healthy Lifestyle Changes in Minority Ethnic Populations in the UK: a Narrative Review. *Journal of Racial and Ethnic Health Disparities*. 4 (2017), pp. 1107–1119
10. Names of Indian Produce: <https://www.seedsofindia.com/regional-glossary/>



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Some restrictions apply. Expires April 30, 2021.

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Professional Approvals: RDNs, CDEs, NDTRs, CDMs

Self-Study Courses

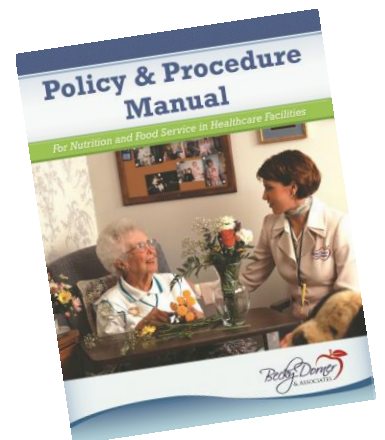
- Quick and easy access!
- Hard copy books, online tests, downloadable certificates
- Already have the book? Simply purchase the "Additional Certificate" on our website

- Visit website for descriptions, photos, tables of contents, sample pages



Our most popular publications include:

- **Hot off the Press!** Policy and Procedure Manual (2021)
- Diet and Nutrition Care Manuals (2019 Comprehensive or Simplified)
- Emergency/ Disaster Plan for Food and Dining Services (2018)



More titles (see website for all titles – added frequently):

- Guidelines for Clinical Nutrition Care: Essential Information for Nutrition Professionals Course (2021)
- Healthy Diet for Menopause Self-Study Course (2021)
- Prevention and Treatment of Sarcopenia Short Course (2021)
- Medical Nutrition Therapy for Thyroid Disease Self-Study Course (2021)
- Nutrition Management of CKD: 2020 and Beyond (2021)
- Helping Your Clients Become Intuitive Eaters Self-Study (2021)
- Nutrition and Physical Activity for Prevention of Cancer- Short Course (2021)
- Lifespan: Why We Age and Why We Don't Have to Course (2020)

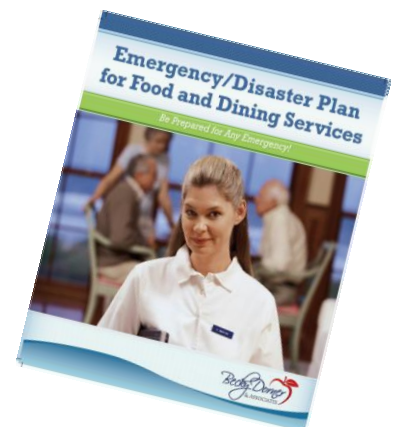
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- Kathy Warwick, RD, CDE, Owner, Professional Nutrition Consultants, LLC, Madison, Mississippi