

**Developing Cultural Competency**  
NDEP Roundtable Discussions at FNCE  
October 22, 2018

**Pre-FNCE Questions/Comments/Issues**

- I have noticed in dietetics curriculum, that many of us include cultural foods in curriculum (and cultural foods questions are on the RD exam). And we see that addressing this topic helps make us all more culturally competent. While this knowledge may help some, I feel like we're all missing a HUGE piece of the puzzle and that is what has been brought up in this thread – WE NEED TO INCLUDE topics surrounding diversity, inclusion, anti-oppression into these cultural foods classes (and in other areas of the curriculum as well!!).

Maybe Cultural Foods courses need a make-over and title change to Developing Cultural Competency...or something along those lines. These courses would best serve our students if they went beyond regional foods and talked about other elements of the social determinants of health. We know discrimination in all its forms is bad for health, which is what makes diversity/inclusion training so important for health professionals!!

**On-Site Table Questions/Issues/Concerns**

1. Ways to enhance students'/interns' cultural competency and **assess** achievement of the learning outcomes
2. How to increase students' awareness of different cultures in Nursing Homes
3. What are the various assignments that DPD programs use to fulfill the associated KRDN?
4. Cultural competency should include more information about different cultures not just the foods. If we can understand the culture everything else would fall into place.
5. The thought of how other cultures impact food cultures, and how my cultures and physical tendencies may come across in other cultures as a "faux pas"!

**Discussion Notes**

1. Visualization to assist with understand one's own cultures
2. Dreams: to better understanding
3. Empathy
4. Visual interpretation is not often the "truth" of the physical view and cultural bias
5. School of public health at University of Washington (example)

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6. Cultural competence – a continuum: food music, festivals
7. Long Beach, California is diverse to DI Director: she sees great diversity there; great interpretative services
8. Teaching: broad area “commitment to be curious about other cultures”, not just “competency”
9. Cultural competency is not just about age ... example: culture of Appalachia
10. Health care providers, students must learn to be aware of their own culture
  - a. Start with having them reflect on their own culture in courses such as Community Nutrition, Nutrition Assessment.
  - b. Have them learn to be aware of their own biases
  - c. Exercise: 20 year vision, beginning with assessment at beginning and end of a semester
    - i. This tells person (and professor) about their culture
    - ii. Imagine how you see yourself in 5 years, personally and professionally
11. Study empathy (one educator stated this)  
Learn to “step into someone else’s pantry” (he uses this for his Nutrition Counseling course)
12. How can we influence cultural competency within our systems
13. Training: Identifying biases, increasing empathy
14. Schools of Public Health (CEPH) do a better job of training cross-culturally than do many other educational institutions
15. Nutrition programs are not usually housed in schools of public health
16. Adopting an anti-racism public health curriculum
17. Competency: The University of Washington Experience by Hagopian et al (PH reports ... *Anne shared this reference – Michelle will forward this article to the group:*  
[https://www.lgbthealtheducation.org/lgbt\\_education/learning-modules/](https://www.lgbthealtheducation.org/lgbt_education/learning-modules/)
18. Future topic for regional meetings should be Cultural Competence
19. Difference between nutrition educators and preceptors

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20. Counseling is not listed as a competency in what Community Nutrition and Public Health cover

21. Cultural humility

22. One member stated that a Black American women's group refers to her as an "ally"