



## Diversify Dietetics Summit 2022 Session Descriptions

| Thursday, May 12th      |                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Time                    | Session Title                                                                                                                                                                  | Session Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 10:00 AM - 10:25 AM EST | <b>Opening Remarks</b> by Deanna Belleny Lewis, MPH, RDN & Tamara Melton, MS, RDN, CPHIMS                                                                                      | Join the Diversify Dietetics team as we kick off the second annual DD Summit! Tamara and Deanna will give a preview of the summit session, speakers, and what you can expect for this two-day event. There will also be some surprises, so you won't want to miss it!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 10:30 AM - 11:30 AM EST | <b>Moving From Climate Anxiety to Climate Action... One Bite at a Time</b> by Melanie Hall, MS, RD, Andrew Pershing, PhD, Bernadette Woods Blacky, BS, Certified Meteorologist | <p>Climate anxiety is real, and felt the most by communities of color. Seventy percent of Hispanic Americans and almost sixty percent of Black Americans report feeling concerned or alarmed about climate change while forty-five percent of young people report their negative feelings about climate change impacting their daily lives. In addition to its impact on mental wellness, climate change is already significant enough to take a physical toll on those with pre-existing conditions and make protective actions like physical activity and access to healthy food more difficult.</p> <p>In this session, participants will learn climate change basics and how to guide their patients/clients from climate change anxiety to feeling empowered to take culturally appropriate actions that improve their resilience, ensure access to food during climate emergencies, and ultimately help curb climate change through simple actions.</p>                                                                                                                                                                                                                                                                                                                                             |
| 10:30 AM - 11:30 AM EST | <b>The Intern's Perspective: How to be an Effective and Exceptional Preceptor</b> by Aubrey Redd, MS, RDN, LDN                                                                 | <p>Have you ever wondered "how can I be the best preceptor?" and found yourself at a dead-end for answers on where to begin? Google searches on the topic provide standard answers without logical backing based on the field of dietetics. The Intern's Perspective will take a deeper look into exactly what recent internship graduates are looking for in their preceptors. Additionally, it will investigate what the "standard" expectation of interns truly should look like. While all interns may not be created equal, there are a few key factors in making sure that you, as a preceptor, are providing a meaningful and engaging experience to your student.</p> <p>As a recent DI graduate who has had experience as both an intern/mentee and an educator/mentor, Aubrey has the unique experience of freshly engaging with both sides of the spectrum. During this session, Aubrey combines her various positive and negative experiences as an intern with the input of other interns to create a unique learning experience for preceptors looking to truly inspire, engage and excite their interns. You'll leave the session feeling armed with realistic expectations of yourself, and your interns, and ready to take on more budding professionals with the tools for success!</p> |
| 12:00 PM - 1:00 PM EST  | <b>Inclusive Treatment of Eating Disorders</b> by Amber Rosalez, MS, RDN, LDN, CEDRD-S                                                                                         | For many, the image conjured up when hearing the words "eating disorder" is that of a thin, white, young, privileged, girl or woman. Unfortunately, this stigma has created treatment spaces where BIPOC individuals, fat persons, low-income persons, male or other gendered persons, and older persons come to get their eating disorders treated feel othered, isolated and misunderstood. It is so important that we, as diverse nutrition professionals, understand that EDs come in ALL shapes, colors, ages, abilities, races, economic backgrounds, religions... in short they don't discriminate one jot. It's important that we know what to look for, see through the biases the world has created for us and connect with our clients who are struggling to feel understood in their illness. After this session, you'll walk away with some foundational tools you can use to treat any person who comes in your door with an ED. You'll know how to recognize an ED, what's needed to get the help your client needs, and what your role can be. EDs are complex, and for many in our field they are daunting to consider treating but our clients need us. They need to see they aren't alone and benefit from your unique perspective as a BIPOC treatment provider.                      |



## Diversify Dietetics Summit 2022

### Session Descriptions

|                           |                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12:00 PM -<br>1:00 PM EST | <b>Tackling Health Misconceptions within African American Communities of Faith</b> by Jillian Quainoo, RDN                                                   | What does it look like to connect the reality of religious coping in the African American community with the hope of wellness? African Americans have historically utilized places of faith to build community and rise amidst the ashes of racism. Nevertheless, there may be a growing need for public health partnerships amongst these communities of faith. According to the CDC, the rate of chronic illnesses among African Americans aged 20-40 has increased within the last 17 years. With social determinants such as poverty being considerable issues, there are many things dietitians and health professionals can do to encourage trust within this demographic. This session will provide some helpful tools to navigate in this arena.                                                                                                                                            |
| 1:15 PM -<br>2:15 PM EST  | <b>Cruciferous Vegetables Beyond Broccoli, Cauliflower, and Kale</b> by Cindy Chou, RDN and Chef                                                             | Many vegetables common in Asian food are in the cruciferous family, yet broccoli, cauliflower, and kale oftentimes get the most spotlight. In this session, Cindy Chou, RDN and chef will cover some of the cruciferous vegetables that are common in East Asian cuisines as well as demonstrate how to use them. Learn how to prepare and cook these vegetables along with a simple recipe so that you can feel confident providing culturally appropriate East Asian culinary nutrition recommendations.                                                                                                                                                                                                                                                                                                                                                                                          |
| 2:30 PM -<br>3:30 PM EST  | <b>It's Time to Diversify MyPlate</b> by Leatta Byrd, MA, RDN                                                                                                | Time is overdue for providing BIPOC communities with relevant nutrition education and tools. Our communities have been overlooked and underserved for years. In this session, participants will be challenged to reconstruct their expert knowledge and be open to determining how best to value and incorporate cultural foodways into the MyPlate eating guide. According to the 2020 - 2025 Dietary Guidelines the My Plate is meant to be adaptable to personal preferences and budgetary considerations. BIPOC Individuals and communities need to be provided with cultural inclusive nutrition education. This will bring about high program impacts and help BIPOC individuals and families be successful with improving their eating habits and health. BIPOC nutrition professionals will be inspired to integrate a more diverse MyPlate and other feeding guidelines in their practice. |
| 2:30 PM -<br>3:30 PM EST  | <b>Mental Health and the Role It Plays in Healthy Eating Patterns in the South Asian Population</b> by Rita K. Saeed, MS, RDN, CDN                           | South Asians living in the U.S. are more likely to develop preventable health problems compared to family members living in their home country. This presentation explores the nuanced factors that make it difficult for South Asians to eat healthy, focusing on the relationship to their cultural foods. Topics discussed will include a first-hand perspective on multigenerational struggles with healthy eating patterns, social constructs around food, and how the sense of identity can impact eating behaviors.                                                                                                                                                                                                                                                                                                                                                                          |
| 4:00 PM -<br>5:00 PM EST  | <b>Culturally Sensitive Nutrition Counseling: Integrating Theory to Practice in Virtual and Non-Virtual Settings</b> by Piraveena Piremathasan, RD, CDE, CBE | As dietetics professionals, we're fortunate to work and learn from our clients from diverse cultures. The intent of this workshop is to explore strategies to integrate the theoretical data on cultural sensitivity into nutrition practice for telehealth and in-person visits. This session will highlight experiences and lessons learned from dietitians working in a multicultural community setting in Montreal.                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 4:00 PM -<br>5:00 PM EST  | <b>The Implications of the Food as Medicine Retail Nutrition Framework for Communities of Color</b> by Dr. Fiona B. Lewis                                    | This presentation is intended to highlight the Academy's findings on Food as Medicine (FAM) retail programs, the implications, and opportunities for communities of color, including dietetic students, dietetic interns, and dietitians of color. The presentation will highlight AND's definition of food as medicine, key takeaways from the white paper and report, existing innovative food as medicine retail models, recommendations for evaluation and case study.                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 5:30 PM -<br>6:30 PM EST  | <b>Panel: Dietitians in Tech</b> by Mearaph Barnes, RD, Cara Harbstreet, MS, RD, LD, & Elizabeth Del Rio, MS, RD, LDN                                        | It's no secret that technology is constantly evolving and its use continues to grow but what does this mean for nutrition professionals? Is there a way to leverage technology and digital tools to impact outcomes for the patients and communities we serve? What considerations should we be thinking about to ensure technology is accessible and equitable for all? How do I even get a                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |



## Diversify Dietetics Summit 2022

### Session Descriptions

|  |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | job in the booming tech space and what career opportunities exist? If you've ever asked yourself any of these questions then you must join our upcoming panel discussion at the upcoming Diversify Dietetics Annual Summit. We'll be joined by three stellar dietitians working in tech, Elizabeth Rio, Mearaph Barnes, and Cara Harbstreet. Join us on Thursday, May 12th, and bring all your questions. We're talking tech and the future of nutrition. |
|--|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Friday, May 13th        |                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Session Time            | Session Title                                                                                                                                                                   | Presenter                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 9:00 AM - 10:00 AM EST  | <b>Panel: Unique Marketing Challenges and Opportunities When Targeting Diverse Communities</b> by Dalina Soto, MA, RDN, LDN, Wintana Kiros, RD, & Marina Chaparro, RD, CDE, MPH | RDs and NDTRs of Color have a unique opportunity to build businesses that serve communities of color. Career coaches have often told new entrepreneurs that marketing on Instagram, Facebook and TikTok is necessary to reach their ideal client and to grow their business. But many entrepreneurs end up feeling burnt out when using social media as their main marketing tool, and often find that a huge following doesn't translate into paying clients. In this panel, we will talk with three experienced nutrition entrepreneurs who use social media as a marketing tool, but not their only marketing tool. We'll explore unique and effective marketing strategies to reach niche audiences of color that don't require hours making reels.                                                                                                                                                                                         |
| 10:30 AM - 11:30 AM EST | <b>Diabetes Management Strategies that "Work" for the BIPOC Population</b> by Janelle-Eligon-Ketchum, RDN, LDN, CDCES                                                           | Insights of techniques that work for effective Pre/diabetes management with BIPOC populations taking work/life balance and culture into consideration. Diabetes management challenges, biases and hindrances are different for BIPOC, blue & white-collar employees. I will break down the challenges these clients face including work schedule/hours/medical biases/medication adherence and more through my years of experience and case studies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 10:30 AM - 11:30 AM EST | <b>5 Steps to Creating A Career in Women's Health: From Passion to Action</b> by Valerie Agyeman, RD                                                                            | The disparities seen in women's health today are far too many and not limited to the areas of funding, research and outcomes. Women of color, especially Black women in the U.S have greater stigma around reproductive health challenges, worse health outcomes, and barriers to accessing proper care. Health concerns like breast cancer, infertility, fibroids and maternal mortality continue to disproportionately affect this population. There continues to be an increase in awareness and action steps being taken from institutions to address these health disparities. Nutrition professionals like registered dietitians play a vital role in empowering conversations around nutrition to help individuals optimize their health and well-being during transitions from reproduction to menopause, and women's health issues. In this session, Valerie will discuss five necessary steps to creating a career in women's health. |
| 12:00 PM - 1:00 PM EST  | <b>Breaking into the Culinary Nutrition World: Getting Started, Options and Blazing Your Own Trail</b> by Christy Wilson, RDN                                                   | In this session, Christy will discuss the variety of work RDs can do in the culinary-focused niche including recipe development, writing, photography, consulting, brand work, etc. She will also talk about ways to connect with the people who can hire them for work like this, as well as encourage RDs who are interested in this specialty to find their voice and pursue this kind of work.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 12:00 PM - 1:00 PM EST  | <b>How Does Intuitive Eating Fit Into Indigenous Communities</b> by Deneé Bex, MPH, RD, CDCES                                                                                   | The goal of this session is to discuss the current eating environment of Indigenous communities and to discuss how intuitive eating compliments the structural and social determinants of health in Indigenous communities. The session will demonstrate how approaching nutrition education in Indigenous communities needs to be more inclusive and to highlight that a healthy diet can include traditional and cultural Indigenous foods. For decades, nutrition                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |



## Diversify Dietetics Summit 2022 Session Descriptions

|                       |                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                       |                                                                                                                                      | education in Indigenous communities has been framed from the perspective that cultural foods do not have a place in a healthy diet, however this simply is not true. We must start developing more inclusive nutrition education messages if we are to have any impact on the Indigenous community. The speaker will discuss how her experiences as an Indigenous (Navajo) community member has shaped her outlook on nutrition education in her community.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Mid-Day Break         |                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 2:30 PM - 3:30 PM EST | <b>Building Confidence and Competence in Nutritionally Adequate and Culturally Inclusive Plant-Based Diets</b> by Prab Kaur, MSc, RD | The interest in and adoption of plant-based diets is increasing and while there is currently no established definition for 'plant-based', a plant-based diet can be defined as a diet made up of mostly plant foods where animal foods may or may not be included. Within this broader category, a plant-based eater may follow one of the more specific dietary patterns where nutritional considerations vary depending on the dietary pattern being followed. In no part of this definition is it specified that plant-based diets must only include 'Western' plant foods, yet there remains an unfortunate societal tendency to view 'cultural' or 'traditional' plant foods as less healthy options. In this session, we will discuss the benefits of plant-based eating and how we may build a nutritionally adequate and culturally inclusive plant-based diet with competence and confidence.                                                                              |
| 2:30 PM - 3:30 PM EST | <b>Doula Work &amp; Nutrition: The Journey of Combining Two Passions</b> by Myriam Webb, RD, RN, Doula                               | In this session learn about my journey into birthwork and how I decided to combine my passion for birthwork and nutrition. We will talk about the data around BIPOC birth outcomes and food insecurity and what motivated me to start my small practice to better serve the BIPOC community in New York City.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 4:00 PM - 5:00 PM EST | <b>Beyond MyPlate: Adapting Standard Nutrition Recommendations to Latine Cultural Food Patterns</b> by Krista Linares, MPH, RDN      | <p>The Plate ("MyPlate") is one of the most popular tools for nutrition education used by dietitians and public health organizations, but is the Plate leaving your patients from other cultures behind?</p> <p>In this session, we will explore the cultural acceptability of The Plate, especially as it pertains to Latine audiences. This will include commentary on the role of whole grains and dairy products in The Plate versus in Latine diets, as well as how cultural differences in preparing vegetables and plating and serving meals may be impacting your clients' perception of The Plate. Information presented will include comparisons between the U.S. Dietary Guidelines for Americans and Latine dietary patterns, research on lactose tolerance in Latine populations, and an exploration of traditional Latine cooking techniques. Finally, advice on how to communicate and present The Plate to adapt to different cultural needs will be discussed.</p> |
| 4:00 PM - 5:00 PM EST | <b>Effective Leadership in Food Service Management</b> by Samira Jones, PhD, RDN                                                     | In 2020, fewer than eight percent of Black registered dietitians stated they worked as food & nutrition service managers or directors. Food Service Managers have a huge impact on the food system and health of communities. Not only do they serve a richly diverse clientele, in urban spaces they often manage staff who are largely Black and Brown. The entire food service team is critical to successful compliance and regulatory inspections. There is a need for more effective and culturally humble food service managers in dietetics. In this session, we'll discuss why and provide opportunities and strategies to excel as a current or aspiring food service manager.                                                                                                                                                                                                                                                                                            |
| 5:30 PM - 6:30 PM EST | <b>Panel: Considerations when Working with Athletes of Color</b> by Matt Frakes, PhD, RD,                                            | Many athletes in the U.S. are Black or athletes of color. In this live panel we will discuss the current gaps that exist in the sports nutrition field when it comes to serving Black athletes in both the collegiate and professional setting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |



Diversify Dietetics Summit 2022  
Session Descriptions

|  |                                                       |                                                                                                                                                                         |
|--|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | CSCS, Dezi Abeyta, RDN, & Briana Butler, MCN, RDN, LD | We will discuss how the unique characteristics such as being a first-generation college student how to bridge these gaps in order to provide optimal nutrition support. |
|--|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|