



# **STATE PARTNERSHIPS** — IMPROVING — **NUTRITION & EQUITY**

## **Cultural Competence and Humility in Nutrition Security Interventions**

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February 8, 2023 | 2:00-3:30 PM ET

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**Special Topic Learning Opportunity**



**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.



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# WELCOME!

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# Agenda

2:00-2:05 PM	Welcome
2:05-2:20 PM	Opening Activity
2:20-2:30 PM	Developing a Shared Understanding
2:30-3:00 PM	Breakout Room Activity
3:00–3:15 PM	Moving from Competence to Humility
3:15-3:25 PM	Q&A
3:20-3:30 PM	Closing

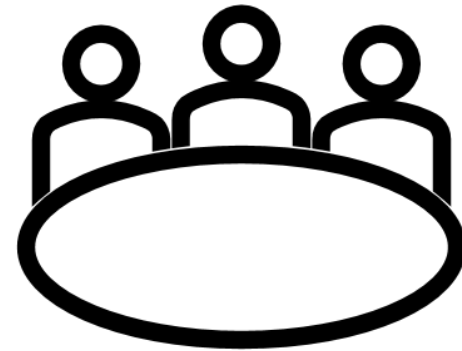




# A few reminders...



This meeting will  
**be recorded**



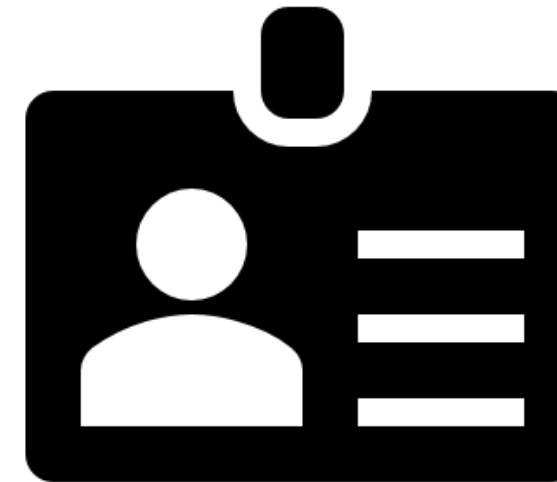
We **encourage**  
**you to share**



Use **Chat** for  
comments and  
reactions



Ask **questions via**  
**Chat** or you  
can submit  
questions  
anonymously  
[here](#)



Please use the  
same **display**  
**name** as the one  
you used for  
register. Display  
your **pronouns** if  
you wish.



Please take a  
moment to complete  
the **survey, at end of**  
**today's meeting**





# SPINE Meeting Norms

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- Remain emotionally, intellectually, and socially engaged
- Listen to understand
- Practice being vulnerable. It's ok to speak in rough draft.
- Feel free to speak *your* truth, while knowing it's only part of the truth
- Be ok with not having all of the answers and be honest about your capacity
- Be willing to assume best intentions while simultaneously be working to build trust
- Aim to be constructive rather than critical
- Have fun!





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# Opening Activity

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# Sharing Food (and food stories) Help Build Connection

If you really want to make a friend, go to someone's house and eat with him...the people who give you their food give you their heart.

- Cesar Chavez



Image Description: A black and white photograph of Cesar Chavez speaking into a microphone







# Reflection Activity

- Reflect and jot down any thoughts around the following questions:
  - When was the first time you realized the power of food?
  - What made it so memorable?
  - What feelings and body sensations come up for you when you reflect on your story?



Image Description: Three photographs with a spread of different dishes filled with foods from different global cuisines on set tables







# MY FOOD STORY

Image Description: Three photos take up the entire slide. A photo on the far left shows a 1980s style kid's thermos, decorated with Minnie Mouse. The photo on the top right is of 1980s Greenpointe YMCA building, located in Brooklyn, New York City. The final photo on the bottom right is a photo of two Puerto Rican pasteles, an indigenous dish, similar to Mexican tamales, where stewed meat is stuffed into a puree of green plantain and yuca, and wrapped in a banana leaf and steamed until cooked through. Text that says 'My Food Story' is in the middle of slide surrounded by a pink heart.





# Food is the Backbone of Culture

- Food, is a primary tool for expressing the beliefs, customs, social habits, religions, and achievements of a particular nation, people, or other social group.
- Dominant Power Systems (those in close proximity to 'power') are key in shaping societal beliefs about food.



Image Description: a graphic of circles with 9 individual circles and one larger circle in the middle. The exterior circles have one word in each that say: history, religion, habit, tradition, upbringing, language, values, food, climate. The circle in the middle says culture





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# Developing a Shared Understanding

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# Cultural Competence Defined



- Cultural competence emphasizes the need for public health systems and professionals to be aware of and responsive to the cultural perspectives and backgrounds of the communities they serve. Individual and community preferences, values, cultural traditions, language, and socioeconomic conditions are respected.
- In Nutrition, it's a group of strategies meant to address cultural diversity and challenge the status quo In nutrition education and dietary interventions. (Healthline, 2021)







## Pause and Reflect

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Have you ever used cultural  
competence in your work?  
How?





# Cultural Competence Matters Because...

It fosters strong and trusting relationships with community partners and the populations you serve

It can be a tool in closing gaps in health inequities

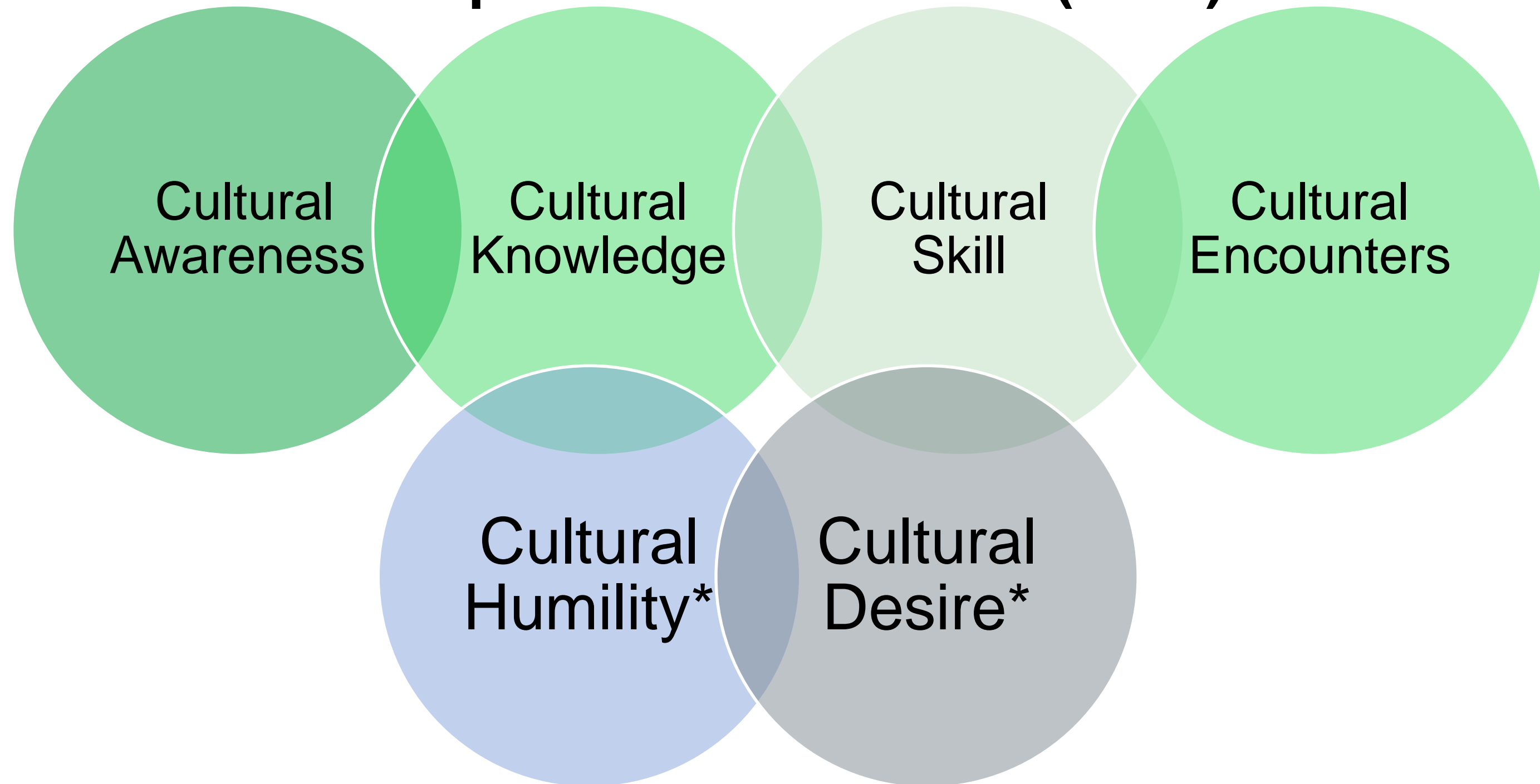
Helps push us to a more inclusive model of care





# Components of Cultural Competence

## Campinha-Bacote model (1991)\*



\*Cultural Humility and Cultural Desire added in 2018

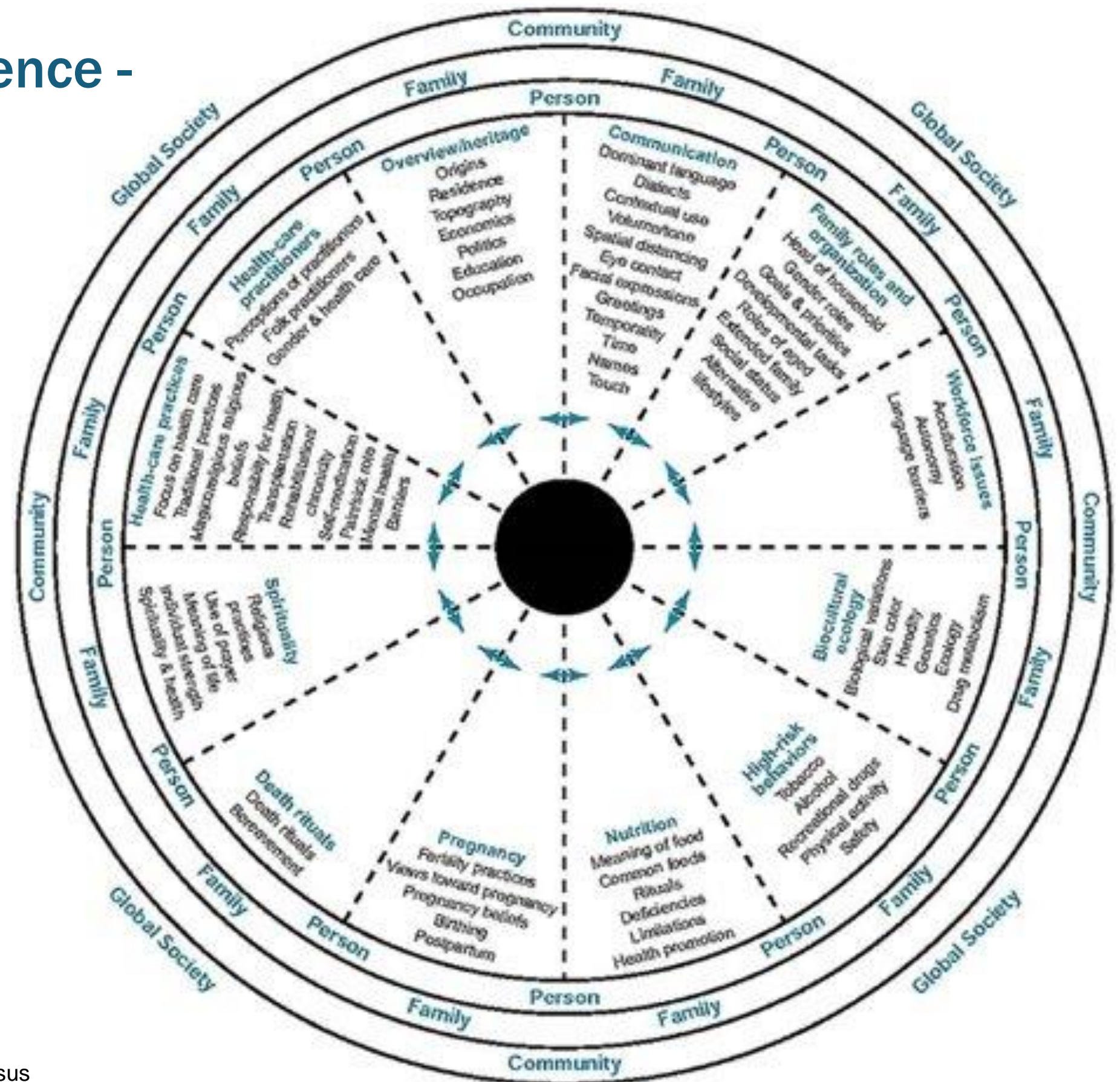






# Components of Cultural Competence - The Purnell Model (1998)

- The 12 domains (constructs) provide the organizing framework of the model.
  - Overview, inhabited localities, and topography
  - Communication
  - Family roles and organization
  - Workforce issues
  - Biocultural ecology
  - High-risk behaviors
  - Nutrition
  - Pregnancy and childbearing practices
  - Death rituals
  - Spirituality
  - Health care practices



Variant characteristics of culture: Age, generation, nationality, race, color, gender, religion, educational status, socioeconomic status, occupation, military status, political beliefs, urban versus rural residence, enclave identity, marital status, parental status, physical characteristics, sexual orientation, gender issues, health literacy, and reason for migration (sojourner, immigrant, asylee, undocumented status).

Unconsciously Incompetent; Consciously Incompetent; Consciously Competent; Unconsciously Competent







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# Assessing Cultural Competence in Nutrition Security Interventions

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# Nutrition Security Refresher

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- Builds on food security, emphasizing the co-existence of food insecurity and diet-related diseases and disparities.
- Having consistent access, availability, and affordability of foods and beverages that promote well-being, prevent disease, and, if needed, treat disease





# High-Level Actions that Advance Nutrition Security

## Provide Nutrition Support throughout all Stages of Life by:

- Ensuring benefits are adequate to support healthy eating patterns
- Updating program nutrition standards to reflect the latest nutrition science
- Delivering high-quality nutrition education.
- Providing breastfeeding promotion and support.

## Connect All Americans with Healthy, Safe, and Affordable Food by:

- Promoting and supporting fruit and vegetable consumption.
- Using incentive programs to promote access to healthy eating.
- Providing USDA Foods directly to people in need.

## Develop, Translate, and Enact Nutrition Science through Partnerships by:

- Updating and building the evidence base for dietary guidance
- Translating the latest DGAs into information consumers can use.
- Equipping child nutrition program operators
- Working with industry to help tailor products to our programs.

## Prioritize Equity Every Step of the Way by:

- Strengthening support to Native American/Tribal School food programs
- Expanding online shopping options for SNAP and WIC participants
- Bridging language barriers to nutrition education resources and recipes
- Reaching underserved populations.
- Bringing together diverse partners to foster healthy food options.

Source: USDA Actions on Nutrition Security (March 2022)





## Pause and Reflect

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What are some other examples of high-level nutrition security interventions?

(You can draw from you SPINE SAP or other PSE aligned interventions you have seen or heard of)







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# Breakout Room Activity

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# Breakout Group Activity Instructions

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1. You will be sent to one of 8 breakout groups.
2. Each group will be assigned one high level intervention (action) that falls under one of the 4 pillars that advance nutrition security and one Cultural Competence (CC) model in which to conduct their analysis.
3. Once you are in your group, designate:
  - One person to take notes
  - One person to keep track of time
  - One person to facilitate the discussion
  - One person to report back





# Breakout Group Activity Instructions Contd...

Using your assigned intervention and CC model, your group will:

- Draft a process to assess if the nutrition security intervention demonstrates cultural competence. Some prompt questions:
  - What information would you need?
  - How would you go about gathering info?
  - What questions would you need to ask?
- Discuss the following questions
  - How is this CC model helpful in determining if the nutrition security action is culturally competent?
  - What are some limitations of using this CC model to make sure your nutrition security action is culturally competent?





# Group Assignments

## Group 1

- Action: Deliver a nutrition messaging campaign to Tribal communities in your state where 25% report experiencing food insecurity in the past year
- CC Model: Campinha Bacote

## Group 2

- Action: Implement an incentive program called Veggie Bucks to promote access to fresh produce at the 2 largest grocery store chains in your state
- CC Model: Purnell

## Group 3

- Action: Equip child nutrition program operators in 4 school districts in your state that recently resettled 10,000 refugee families from a war-torn country in Europe
- CC Model: Campinha Bacote

## Group 4

- Action: Expand online shopping options for SNAP and WIC participants in a large rural community in Appalachia with low tech literacy rates
- CC Model: Purnell







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# Debrief

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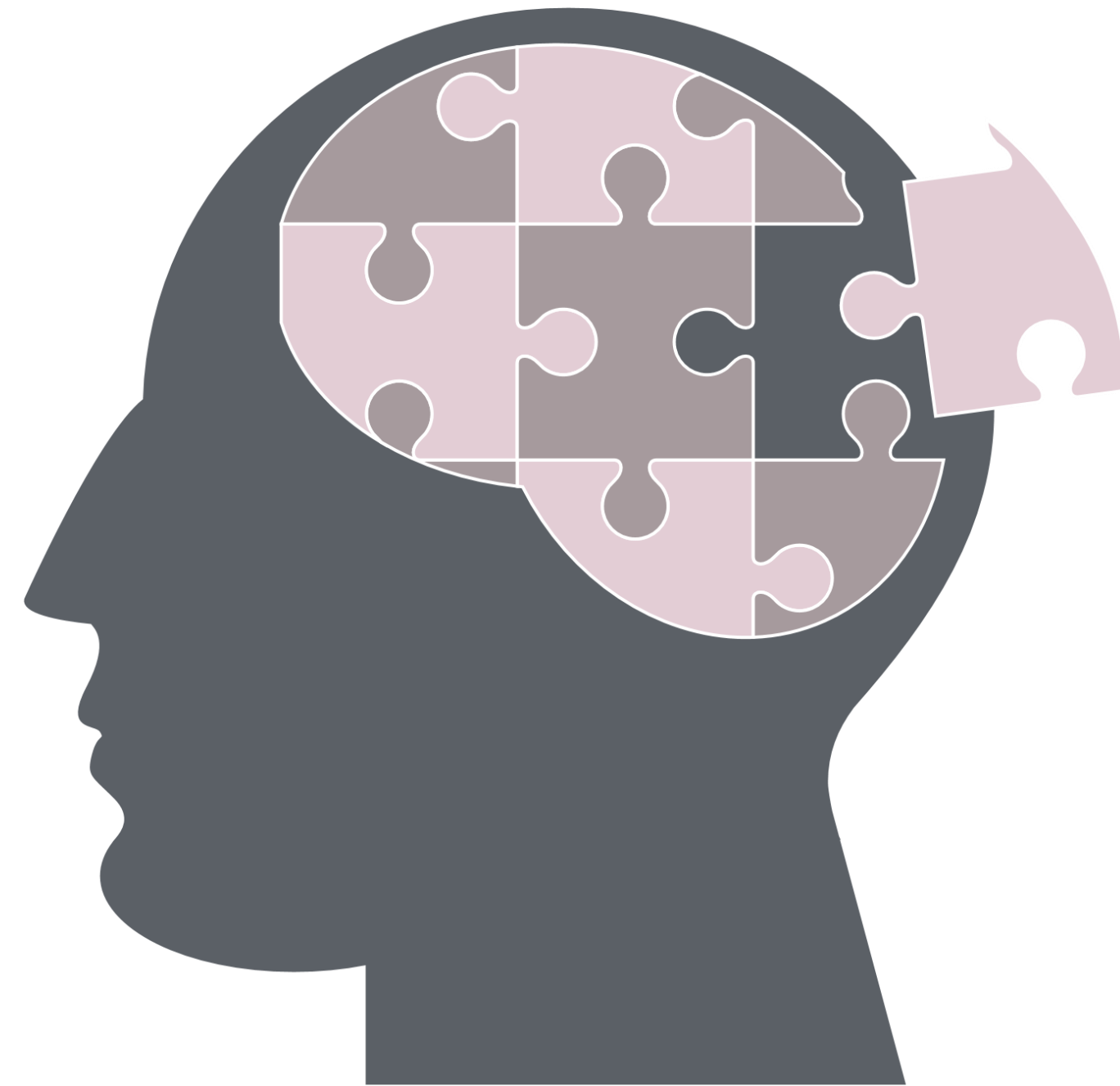
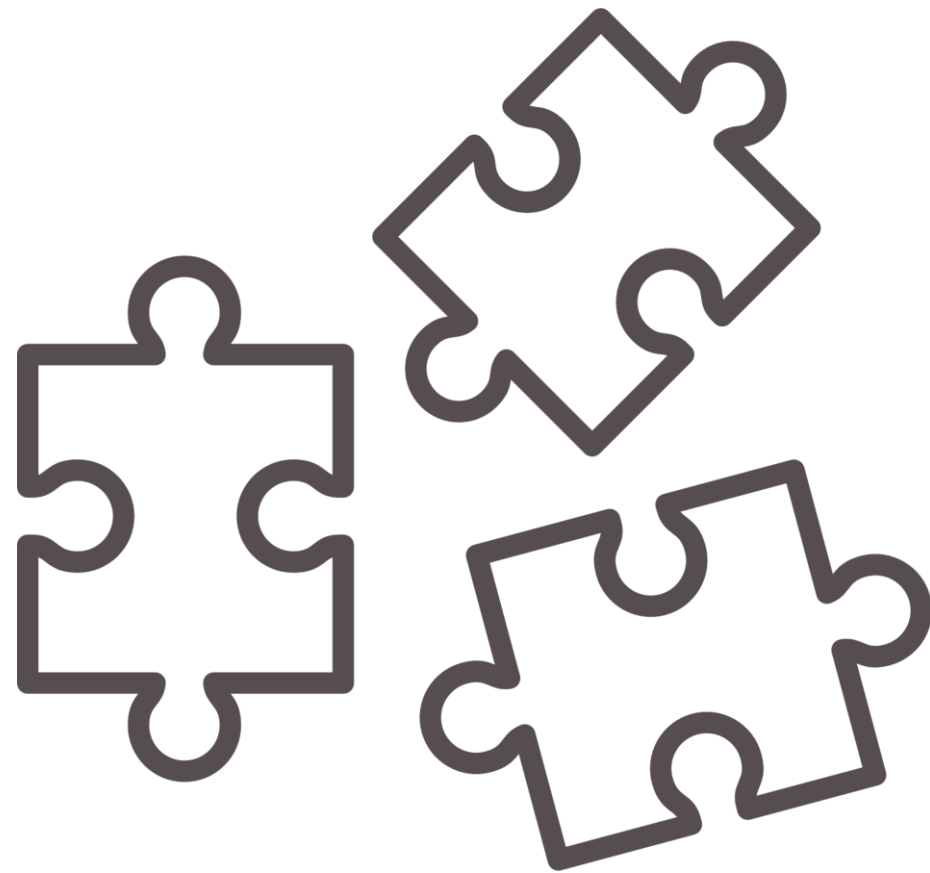
# Moving from Cultural Competency to Cultural Humility

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# Culture is just one aspect of identity





# Moving towards Cultural Humility

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- Cultural Humility, coined by Melanie Tervalon and Jann Murray-Garcia, has been proposed as more inclusive and systematic approaches to dismantling institutional discrimination.
- Also means harnessing and leveraging the power institutions and organizations can have in enacting large scale change





# Pause and Reflect

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What did you hear?

What did you learn?

How does Cultural Competence differ from  
Cultural Humility?







# Characteristics of Culturally Humble Institutions

- Value Diversity
- Regularly Self Assess
- Encourage Lifelong Learning
- Have Policies & Systems in Place to Advance Equity
- Center Community Voices
- Model Institutional Accountability





## Tool: CLAS

- The National Standards for Culturally and Linguistically Appropriate Services (CLAS) are intended to advance health equity, improve quality, and help eliminate healthcare disparities by establishing a blueprint for health and healthcare organization, but can also:
  - help regularly self-assess
  - develop policies, systems and accountability practices that encompass cultural humility





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# Audience Q&A

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# Closing & Next Steps

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# Announcements/Reminders

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- Please complete the [survey](#) at the end of today's meeting
- Don't forget to take the EOY survey if your state has not done so already
- Next Monthly Update Meeting is Tuesday, 2/21 at 3 PM ET
- 1:1 Calls, 2/18-2/25

**Visit the [SPINE Internal Hub](#) for additional announcements, reminders, and webinar replays!**





**Thank you!**

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