Commission on Dietetic Registration
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PRACTICE TIPS: Cultural Competence Resources

The Academy of Nutrition and Dietetics
Inclusion, Diversity, Equity, and Access (IDEA) Hub
The Academy of Nutrition and Dietetics (Academy) encourages inclusion, diversity, equity and access (IDEA) by striving to recognize, respect and include differences in ability, age, creed, culture, ethnicity, gender, gender identity, political affiliation, race, religion, sexual orientation, size, and socioeconomic characteristics in the nutrition and dietetics profession.

The Academy is committed to fostering inclusion, diversity, equity and access throughout the nutrition and dietetics profession, as well as creating educational and work environments free from bias and discrimination. The Academy IDEA Hub is a regularly updated resource collection that highlights of inclusion, diversity, equity and access projects and initiatives of Academy dietetic practice groups, member interest groups, Academy and affiliates, as well as resources to assist nutrition and dietetics practitioners in meeting the needs of all clients and colleagues with the goal of improving equity and access for everyone.

Non-Academy Resources
Below is a non-exhaustive list of resources offered by regulatory and government agencies that address cultural competency in various settings.

Community Tool Box

The Community Tool Box is a free, online resource for those working to build healthier communities and bring about social change.

- https://ctb.ku.edu/en

U.S. Department of Health and Human Services Office of Minority Health and Health Disparities

- *Cultural and Linguistically Appropriate Services (CLAS)*
  The CLAS standards are primarily directed at health care organizations; however, individual providers are also encouraged to use the standards to make their practices more culturally and linguistically accessible. The principles and activities of culturally and linguistically appropriate services should be integrated throughout an organization and undertaken in partnership with the communities being served.
  - *CLAS Overview*
  - *CLAS Crosswalk*
  - National CLAS Standards

Centers for Disease Control and Prevention (CDC)

- *Racial and Ethnic Approaches to Community Health (REACH)*
  REACH is a national program that serves as the cornerstone of CDC's efforts to eliminate racial and ethnic disparities in health. Through REACH, CDC supports grantee partners that establish community-based programs and culturally-appropriate interventions to eliminate health disparities among African Americans, American Indians, Hispanics/Latinos, Asian Americans, Alaska Natives, and Pacific Islanders.
  - http://www.cdc.gov/reach

National Academies of Sciences, Engineering, and Medicine, Health and Nutrition Division (Formerly Institute of Medicine)

Revised September 2022

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- The National Healthcare Quality and Disparities Reports (NHQR and NHDR) play a fundamental role in examining quality improvement and disparities reduction. In this report, prepared at the request of the Agency for Healthcare Research and Quality (AHRQ), the Institute of Medicine (IOM) suggests ways to reformulate and enhance our Nation's essential measures of quality and equity, to facilitate informed decision making, and to help set the strategic direction of the Nation's quality improvement enterprise.
    - *Future Directions for the National Quality and Disparities Reports*

Agency for Healthcare Research and Quality (AHRQ)

- The *National Healthcare Quality Report* and the *National Healthcare Disparities Report* measure trends in effectiveness of care, patient safety, timeliness of care, patient centeredness, and efficiency of care. The report present, in chart form, the latest available findings on quality of and access to health care.
    - *National Healthcare Quality and Disparities Report*
- AHRQ commissioned the University of North Carolina at Chapel Hill to develop and test this Health Literacy Universal Precautions Toolkit. The toolkit offers primary care practices a way to assess their services for health literacy considerations, raise awareness of the entire staff, and work on specific areas.
    - *Health Literacy Universal Precautions Toolkit*

National Committee for Quality Assurance

- The webpage outlines the National Committee for Quality Assurance's information and resources on health equity. It includes information that outlines their strategy, allies and partners, and position statements.
    - Health Equity Resource Center - NCQA
- A publication outlines the standards and features explanations and examples of how to meet the standards, scoring guidelines, points and accreditation outcomes. Eligibility requirements, application information and policies and procedures are also included. (For purchase)
    - *Standards and Guidelines for Distinction in Multicultural Health Care (MHC)*

The Joint Commission

- "Joint Commission standards have supported the provision of care, treatment, and services in a manner that is sensitive and responsive to individual patient needs for many years. Since care spans a broad continuum and involves a complex interplay of both individual and system behaviors, the standards that support effective communication, cultural competence, and patient- and family-centered care are found throughout the Comprehensive Accreditation Manual for Hospitals (CAMH)." (Health Equity)
    - *Advancing effective communication, cultural competence, and patient-and family- centered care. A Roadmap for Hospitals*
    - *Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care for the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community: A Field Guide*

In this Practice Tips, the Academy/CDR has chosen to use the term RDN to refer to both registered dietitians (RD) and registered dietitian nutritionists (RDN) and to use the term NDTR to refer to both dietetic technician, registered (DTR) and nutrition and dietetics technician, registered (NDTR).

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