

Cultural Competency for Healthcare Providers

UNDERSTANDING & VALIDATING DIVERSE FOOD PRACTICES AND BELIEFS

WHAT IS CULTURAL COMPETENCE?

Understanding and responding appropriately to unique cultural variables and the full range of diversity among a patient population.

HOW DOES THIS APPLY TO FOOD?

An appropriate diet is not only adequate and balanced but also reflects an individual's food preferences, availability of food, socioeconomic status, cultural practices, and ability to prepare and store food.

WHAT CAN YOU DO AS A PROVIDER?

- Explore and identify your personal biases and prejudices as they relate to individuals different from yourself.
- Make an effort to learn about your patients on an individual level (i.e., their values, cultural practices, religious beliefs, food preferences, culinary capabilities, access to transportation)
- When possible, provide educational materials that depict the ethnicity of the client, are in their native language, and contain examples of foods they traditionally consume.
- Understand the limits to your knowledge and scope of practice. Make referrals to other professionals or organizations who have specific expertise that may be especially beneficial to your client's individual situation.

RESOURCES

Healthy Nashville- get involved to help Nashville become a place where all people have the opportunity and support to thrive and prosper!

<http://www.healthynashville.org/>

InterNASHional Food Crawl- explore Nashville's diverse restaurants and markets.

<http://www.nashvillefoodcrawl.com/>

National Standards for Culturally & Linguistically Appropriate Services

<https://thinkculturalhealth.hhs.gov/clas>

Rooted Community Health

VANDERBILT  HEALTH