Health Equity in Nutrition and Dietetics Practice

Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health*

**SOCIAL DETERMINANTS OF HEALTH (SDOH)**

IMPACT HEALTH AND QUALITY OF LIFE

Examples include access to:
Nutritious foods | Physical Activity | Clean air
Clean water | Safe housing | Transportation
Safe neighborhoods | Education | Job opportunities
Income | Addressing language and literacy skills
Addressing racism, discrimination, and violence

**MALNUTRITION AND FOOD INSECURITY CAN INTERSECT AND CAUSE INEQUITIES**

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways**

Malnutrition can be a contributing factor to health inequities, whether caused by challenges from disease and functional limitations, food insecurity, other factors, or a combination of multiple causes***

Nutrition & Dietetics Credentialed Practitioners can:

- Stay up to date on research and understand how SDOH influence nutrition security and health equity.
- Prioritize outreach to communities with prevalent health inequities.
- Devise innovative strategies to enhance continuity of care.
- Identify how inequities are impacting the ability to meet nutrition needs and address health problems.
- Develop realistic goals of care aligned with individual needs and cultural practices while connecting to appropriate and accessible resources.
- Establish a process to identify, diagnose and address malnutrition and food insecurity.

Health Equity Resources:

- Definitions: [www.cdrnet.org/definitions](http://www.cdrnet.org/definitions)
- CDR’s Quality Management and GMCS Page
- Healthy People 2030- Social Determinants of Health
- Centers for Disease Control and Prevention, What is Health Equity?
- Self-Study (2.5 CPEU) Malnutrition and Health Equity: Key Measures of Quality Care for Nutrition and Dietetics Practitioners

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