

PRACTICE TIPS: Cultural Competence Resources

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics (Academy) is dedicated to promoting health equity and eliminating systemic barriers while advancing the principles of inclusion, diversity, equity and access ([IDEA](#)) to improve health outcomes for individuals, communities, providers and organizations.

The Academy recognizes and respects differences in ability, age, creed, culture, education, ethnicity and race, gender, gender identity, geographic region, language, lived experiences, mental health, military experience, national origin, physical appearance, political affiliation, religion, sexual orientation, socioeconomic characteristics, values, work experiences and all types of diversity in the nutrition and dietetics profession.

Commission on Dietetic Registration

RDNs and NDTRs are required to complete at least 1 hour of continuing professional education (1 CPEU) related to [ethics OR health equity](#) during each five-year recertification cycle. As defined in the [Definition of Terms list](#),

“Equity is the absence of avoidable, unfair, or remediable differences among groups of people, whether those groups are defined socially, economically, demographically or geographically or by other means of stratification. “Health equity” or “equity in health” implies that ideally everyone should have a fair opportunity to attain their full health potential and that no one should be disadvantaged from achieving this potential.

Practitioners can find performance indicators for their learning plan related to health equity in the [Essential Practice Competencies](#).

Other Resources

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

Community Toolbox

- The [Community Toolbox](#) is a free, online resource for those working to build healthier communities and bring about social change.

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

- [Cultural and Linguistically Appropriate Services \(CLAS\)](#): 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. Find an overview, the standards and crosswalk, and other resources in the link above.

Centers for Disease Control and Prevention (CDC)

- [Racial and Ethnic Approaches to Community Health \(REACH\)](#): 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.

Revised September 2025

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Agency for Healthcare Research and Quality (AHRQ)

- [The National Healthcare Quality and Disparities Reports](#) measure trends in effectiveness of care, patient safety, timeliness of care, patient centeredness, and efficiency of care. The report presents in chart form the latest available findings on quality of and access to health care.
- 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.

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.

The Joint Commission

- The Joint Commission has Health Equity Standards, which emphasize cultural competence.
 - [What Are Joint Commission Health Equity Standards? | Quality Interactions](#)

In this Practice Tips, the 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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