

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 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.

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

- [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.

Revised September 2023

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 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.
- This [publication](#) provides an outline of the NCQA standards, and explanations and examples of how to meet the standards, scoring guidelines, and points and accreditation outcomes. Eligibility requirements, application information and policies and procedures are also included. (For purchase)

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)."
 - [Resources on health care equality](#)
 - *Advancing effective communication, cultural competence, and patient-and family- centered care. A [Roadmap for Hospitals](#).*
 - *A [Field Guide](#) to Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care for the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community*

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).

Revised September 2023

Copyright ©2023 Commission on Dietetic Registration. This handout is intended for use by the individual RDN and NDTR.
Contact CDR for questions regarding reproduction or distribution.