

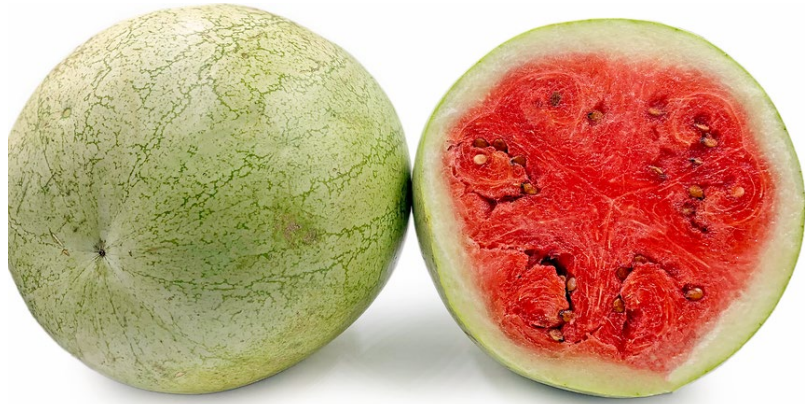
Panel Objectives:

1. Identify current eating patterns of people from Middle Eastern and North African, American Black and Hispanic/Latino origins that help support type 2 diabetes prevention or increase its risk.
2. Gain cultural sensitivity and awareness when discussing food, nutrition, and lifestyle changes with this population.
3. Identify adaptations and changes the DPP lifestyle coach can help their participants incorporate to improve eating patterns that prevent type 2 diabetes.

Cultural Considerations
when working with African
Americans:
Tradition & Nutrition
Working Together

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I have no disclosures



Historical Context , African Cultural Foods



The Diet of Enslaved
African People
Survival, Not Choice





Westernized, Soul Food



Cultural Influences:



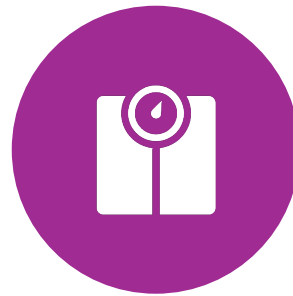
Food Choices



Meal Preparation
Methods



Meal Schedule



Beliefs about Weight &
Health

Considerations

Group Patterns
with Individual
Variations

Geography
Urban vs. Rural

Family,
Traditions,
Religion, &
Beliefs

Food Access
SDOH

The Nutritious Eating with Soul (NEW Soul) Study

Looked at the drivers and barriers of African Americans to following a plant-based vegan or low-fat soul food diet.

- Noteworthy sub-themes identified:
 - Participants were more likely to incorporate foods that remained true to their identity & tradition.
 - They wanted foods that elicited a sense of familiarity & comfort.
 - Wanted foods to be flavorful.
- Culturally aligned nutrition recommendations delivered by community members.

Cultural Relevancy



Reflects an understanding of core perspectives held by a particular client group, and integration of those perspectives in design of interventions.

Utilize strategies to understand the values, beliefs, norms, as well as sociohistorical and economic context of the group being served.

Cultural Relevancy of a Diabetes Prevention Nutrition Program for African American Women (Study)

Found a significant positive relationship between program relevancy and changing the dietary pattern of reducing fried foods.

What they did:

- Sessions on methods of food preparation & demonstration
- Modified recipes to avoid frying, rather than taking away traditional foods
- Peer education

Implement Nutrition Strategies that Focus on:

- Healthy food preparation
 - Keep the recipe the same; change the cooking method
 - Emphasize increasing preferred vegetables, prepared different ways
 - Encourage decreasing meat & meat fat
 - Change one ingredient at a time
- Alternative ways to season that are culturally acceptable
 - turkey instead of ham, smoked paprika or liquid smoke in vegetables
- Reduce portion sizes



Additionally:

Identify traditional and cultural food & health practices that are important to your participants that promote positive health outcomes.

Acknowledge and affirm these practices.

Use members of the community to deliver sessions or co-lead with you.



Messaging

Matters:

Messages from NNM 2024

- **Mix it Up!**
 - Whether fresh, frozen, canned, or dried eating a variety will help you meet your goals.
- **Eating Well on Any Budget**
 - Eating well doesn't have to be expensive.

Eat healthfully
**on ANY
BUDGET.**

#NationalNutritionMonth

**BEYOND
THE
TABLE**

2024 NATIONAL NUTRITION MONTH
A CAMPAIGN BY

MIX IT UP

**WITH FOODS FROM
all food groups.**

#NationalNutritionMonth

**BEYOND
THE
TABLE**

2024 NATIONAL NUTRITION MONTH
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In Summary

There is no one size that fits all nutrition eating plan for African Americans

Our food preferences are as varied as our skin tones & hair textures

Ask questions & listen to understand the individual

Respect their preferences & beliefs

Support their approach for making changes.



Thank you!

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