1.) **Cultural Competence: An Important Goal in Dietetics**

<https://foodandnutrition.org/blogs/student-scoop/cultural-competence-important-goal-dietetics/>

A Dietetic Intern describes the importance of having an interpreter and showing interest in cultural practices can help a Dietetics professional have a deeper understanding of their clients.

2.) **Cultural Competency in Diabetes Care-A Qualitative Study of the Dietitian’s Perspective**

Jager, M., Boeft, A., Leij‐Halfwerk, S., Sande, R. and Muijsenbergh, M., 2020. Cultural competency in dietetic diabetes care—A qualitative study of the dietician’s perspective. *Health Expectations*,. <https://onlinelibrary.wiley.com/doi/full/10.1111/hex.13019>

This peer-reviewed journal article describes the challenges that Dietitians face with providing care to migrants due to communication barriers and a lack of cultural knowledge of their migrant patients.

3**.) Introduction: Cultural Competence and Nutrition Counseling** <http://www.eatrightstore.org/~/media/eatrightstore%20documents/books%20and%20publications/culturalguideintro.ashx>

This open access PDF describes the importance of RDs to understand that cultural influences play a role in patient’s eating habits (how much, when, with whom do they eat their meals). The PDF also illustrates the features of a culturally competent Dietitian and provides specific questions to boost one’s understanding of the patient’s culture.

4.) **Cultural Competence: What, Why, and How**

<https://www.globalcognition.org/cultural-competence/>

This organizational website talks about the four main aspects of cultural competence, why it is essential to improve one’s cultural competence, and how to cultivate cultural competence within your team or practice.

5.) **Culture-general competence: Evidence from a cognitive field study of professionals who work in many cultures**

<https://www.globalcognition.org/wp-content/uploads/articles/rasmussen-IJIR15-culture-general-competence.pdf>

This paper discusses how one can incorporate cultural competence in one’s professional life.

6.) **Cultural Competence and the Global Role of Dietitians: A Haitian Medical Mission and Inter-Professional, Service-Learning Nutrition Course**

Christaldi J, Bodzio JR. Cultural Competence and the Global Role of Dietitians: A Haitian Medical Mission and Inter-Professional, Service-Learning Nutrition Course. *The Open Nutrition Journal*. 2015;9:35-42. <https://benthamopen.com/contents/pdf/TONUTRJ/TONUTRJ-9-35.pdf>

In this peer-reviewed journal article, the authors describe a case where a group of Dietetic faculty and students took a culturally competent course in Haiti and learned to understand the culture of the Haitians while applying their knowledge of Dietetics. It describes the lessons they learned and the students’ plans after being immersed in the cultural experience.

# 7.) Determining the Associations between Dietetic-Related Activities and Undergraduate Dietetic Students’ General Cultural Knowledge, Attitudes, and Beliefs

Andrade JM. Determining the Associations between Dietetic-Related Activities and Undergraduate Dietetic Students’ General Cultural Knowledge, Attitudes, and Beliefs. *MDPI*. 2019;11(6). doi:https://doi.org/10.3390/nu11061202. <https://www.mdpi.com/2072-6643/11/6/1202/htm>

This journal article concludes that there is a need for study abroad and cultural experiences for Dietetics students. The article also evaluates the effectiveness of the dietetics programs in aiding the cultural competency of its students.

8.) **Insights into Nutritionist’s Practices and Experiences in Remote Australian Aboriginal Communities**

Colles SL, Belton S, Brimblecombe J. Insights into nutritionists’ practices and experiences in remote Australian Aboriginal communities. *Australian and New Zealand Journal of Public Health*. April 2015. doi: <https://doi.org/10.1111/1753-6405.12351>. <https://onlinelibrary.wiley.com/doi/10.1111/1753-6405.12351>

This peer-reviewed journal article discusses the challenges that Nutritionists face counseling the Australian Aboriginal population and concludes that experience is essential, evaluation is tricky, and that localizing promotion of nutrition is important.

9.) **Enhancing Culturally Competent Care for Obesity Among African Immigrants**

<https://repository.arizona.edu/bitstream/handle/10150/626636/azu_etd_15949_sip1_m.pdf;jsessionid=CF8C684C8F93F46D7DFD9D38247B8B2F?sequence=1>

This informative dissertation describes the African American culture and how we can enhance our knowledge regarding nutrition, physical activity and linguistics/communication, body image perception and obesity management in African cultural context.

10.) **Bringing Heart Health to Latinos: A Guide for Building Community Programs**

<https://www.nhlbi.nih.gov/files/docs/resources/heart/lat_impl.pdf>

This educational publication describes how RDNs can develop nutrition education materials for Latinos who are at risk of cardiovascular disease.

11.) **Enhancing Cultural Competence; Recruiting And Training Dietetic Students To Work With The Hispanic Population**

<https://portal.nifa.usda.gov/web/crisprojectpages/0218195-enhancing-culturalcompetence-recruiting-and-training-dietetic-students-to-work-with-the-hispanic-population.html>

This organizational website discusses a project that was designed to enhance the cultural competency of Dietetic professionals among the Hispanic population.

12.) **A Case for Cultural Competence**

<https://in-training.org/a-case-for-cultural-competence-18713>

This organizational website narrates two true stories of a medical student who worked in Estonia and the Dominican Republic and learned that one must be aware of the cultural practices of the patient in order to fully respect and understand their conditions or reactions to treatment.

13.) **Profile: Hispanic/Latino Americans**

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=64>

This census-based governmental website discusses the common health concerns of Hispanics/Latino Americans, the language fluency statistics for each Hispanic subgroup, and provides an understanding of demographics and insurance coverage as well.

14.) **Racial and Ethnic Approaches to Community Health**

<https://www.cdc.gov/nccdphp/dnpao/state-local-programs/reach/>

This website from the CDC supplies resources on how to reduce health disparities in ethnic and racial groups.