



HOW TO PROVIDE INCLUSIVE NUTRITION COACHING

with Katrina Liew Pilkington, M.S.
IDEA World 2022 – Las Vegas



SESSION OBJECTIVES

1. Identify the need for sound nutrition advice in the fitness & health industries
2. Understand the foundation of research that created nutrition education
3. Review what accessibility means as it relates to various populations
4. Discuss ways that inclusivity can boost nutrition guidance efficacy



About Me

Katrina Liew Pilkington, M.S.

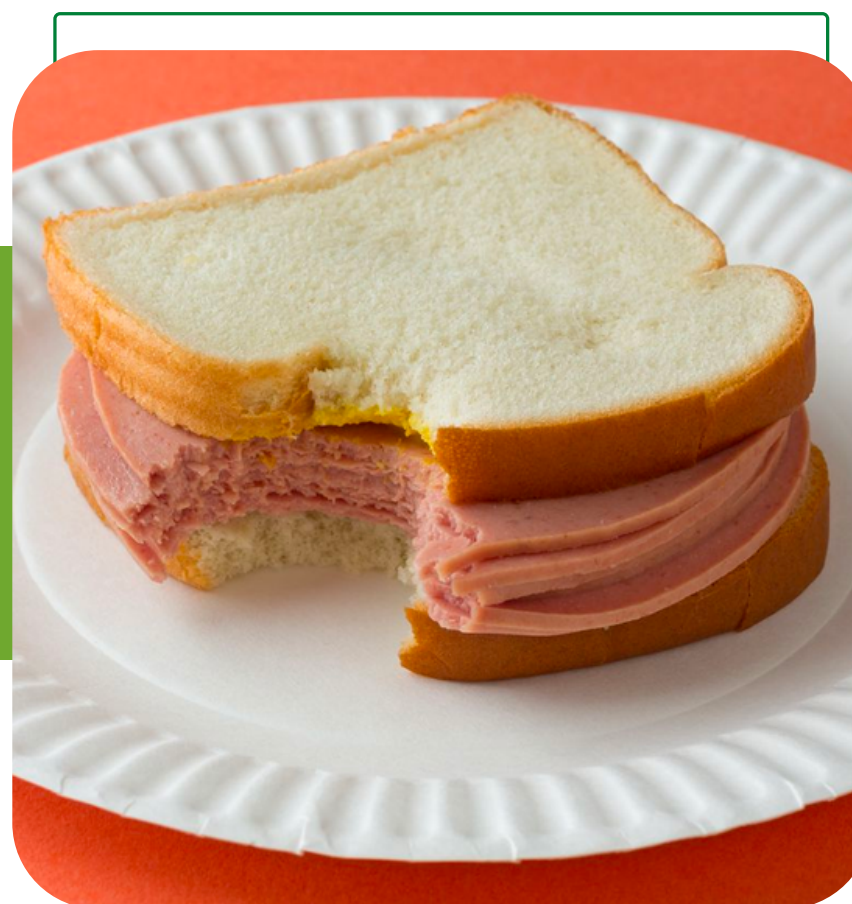


- Global thought leader bridging gaps with Equity, Diversity, and Inclusion using collaborative coaching to champion change and adaptation.
- My goal is to lead communities by example and relatability to shift cultures to create more belonging through accessible and equitable means.
- 15+ years of experience working with organizations and their leaders
- Certified Wellness Specialist and certified Diversity, Equity, and Inclusion professional.
- Master of Science degree in Exercise Science & Health Promotion (with a minor in Sociology) with a background in the arts
- Senior Director for Equity and Belonging at YoungArts (National Association for Advancement in the Arts), was previously the Senior Manager of Diversity, Inclusion, and Belonging at Barry's, and is also the chair of the IDEA Fit Equity & Inclusion board.

MY LIVED EXPERIENCE

SHAPES HOW I LEAD

... just as yours shapes how you lead



OBJECTIVE 1

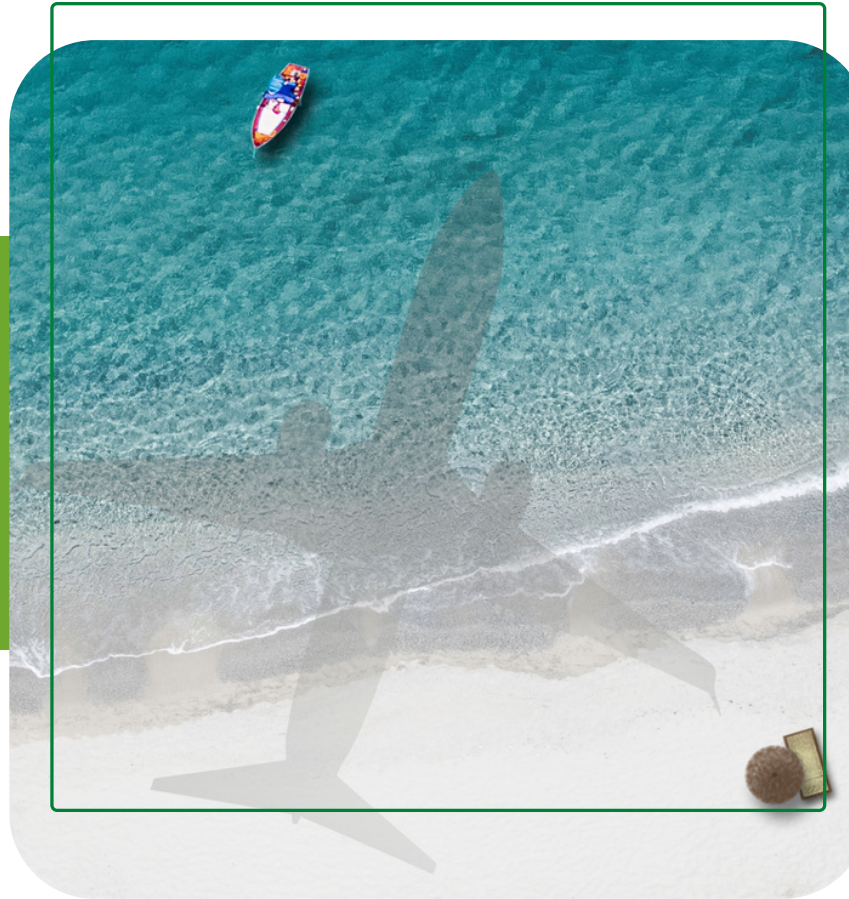
THE NEED FOR SOUND NUTRITION ADVICE



WHAT IS THE OVERALL GOAL?



**Specific
health focus**



Timed Goals



Longevity

SPECIFIC HEALTH FOCUS

Sometimes, folks come to us with a specific need depending on their goals for health outcomes.

**Findings
from blood
work and
lipid panels.**

**Genetic
predisposition
to health
outcomes.**

**Chronic health
diseases,
autoimmune
disorders,
allergies, and
the like**

... and the list goes on

**YET, WE WANT TO UNDERSTAND
THAT NOT EVERYTHING WE SEE
IS PURELY RELATED TO
NUTRITION HABITS AND
LIFESTYLE "CHOICES". I.E.
EPIGENETICS**

TIMED GOALS

Sometimes, clients can request assistance for time-focused goals aligning with particular life events or instances. While this is common, this should not be very common.

**Fitness
Event or
competition**

**Timeline for
Healthcare
Provider or
results**

**Calendar
events -
these we
need to dig
deeper on**

LONGEVITY

The oldest and healthiest people in the world live to be over 100 years old and have common themes to their longevity.

A plant-
focused diet

Regular
physical
movement
opportunities

Moderate
(not zero)
alcohol intake
- red wine

Social support
networking
opportunities

Buettner, Dan. The Blue Zones: 9 Lessons for Living Longer from the People Who've Lived the Longest. , 2012

MORE INFO ON EPIGENETICS

BIPOC and marginalized populations disproportionately suffer from leading causes of morbidity and mortality including cardiovascular disease, cancer, and preterm birth. Disparities can arise from multiple social and environmental exposures. Epigenetic mechanisms, particularly DNA methylation, can be altered in response to exposures such as air pollution, psychosocial stress, and smoking. Each of these exposures has been linked to the above health states (CVD, cancer, and preterm birth) with striking racial disparities in exposure levels. DNA methylation patterns have also been shown to be associated with each of these health outcomes.

Vick AD, Burris HH. Epigenetics and Health Disparities. *Curr Epidemiol Rep*. 2017 Mar;4(1):31-37. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5327425/>

OBJECTIVE 2

FOUNDATIONAL RESEARCH OF NUTRITION COACHING



EXCLUSION ROOTED IN FOUNDATIONS

According to recent statistics, 77.8% of dietitians & nutritionists are white.

Bodies and needs beyond a white-centric culture need guidance from a more objective perspective.

Russell, T. (2021, July 28). Who Gets to Be Healthy? Healthline.
<https://www.healthline.com/health/nutrition/who-gets-to-be-healthy#1>



WHAT ABOUT CULTURAL COMPETENCE

Cultural competence, or cultural sensitivity, is the willingness and ability to provide unbiased, judgment-free nutrition services to people and clients of diverse cultural backgrounds
As nutrition professionals, we can guide folks while also preserving their culture.

Nemec K. Cultural Awareness of Eating Patterns in the Health Care Setting. Clin Liver Dis (Hoboken). 2020 Dec 10;16(5):204-207.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7727853/>

EXAMPLES OF TYPICALLY DEMONIZED **CULTURAL** FOODS



RICE VARIETIES



**FULL-FAT ANIMAL MILK,
DAIRY & PROTEINS**



BEANS AND LEGUMES



SPICES & SEASONINGS

Nemec K. Cultural Awareness of Eating Patterns in the Health Care Setting. Clin Liver Dis (Hoboken). 2020 Dec 10;16(5):204-207.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7727853/>

**IT DOESN'T HAVE TO FLOAT YOUR
BOAT FOR IT TO MATTER TO
SOMEONE ELSE; BROADEN YOUR
PERSPECTIVE BEYOND EURO-
CENTRIC & AMERICAN-CENTRIC
FOODS.**

OBJECTIVE 3

WHAT DOES ACCESSIBILITY MEAN?



WHAT IS ACCESSIBILITY?

Accessibility can be viewed as the "ability to access" and benefit from some system or entity. The concept focuses on enabling access for people with disabilities, or enabling access through the use of assistive technology; however, research and development in accessibility brings benefits to everyone. (Wikipedia)

WHAT IS ACCESSIBILITY?



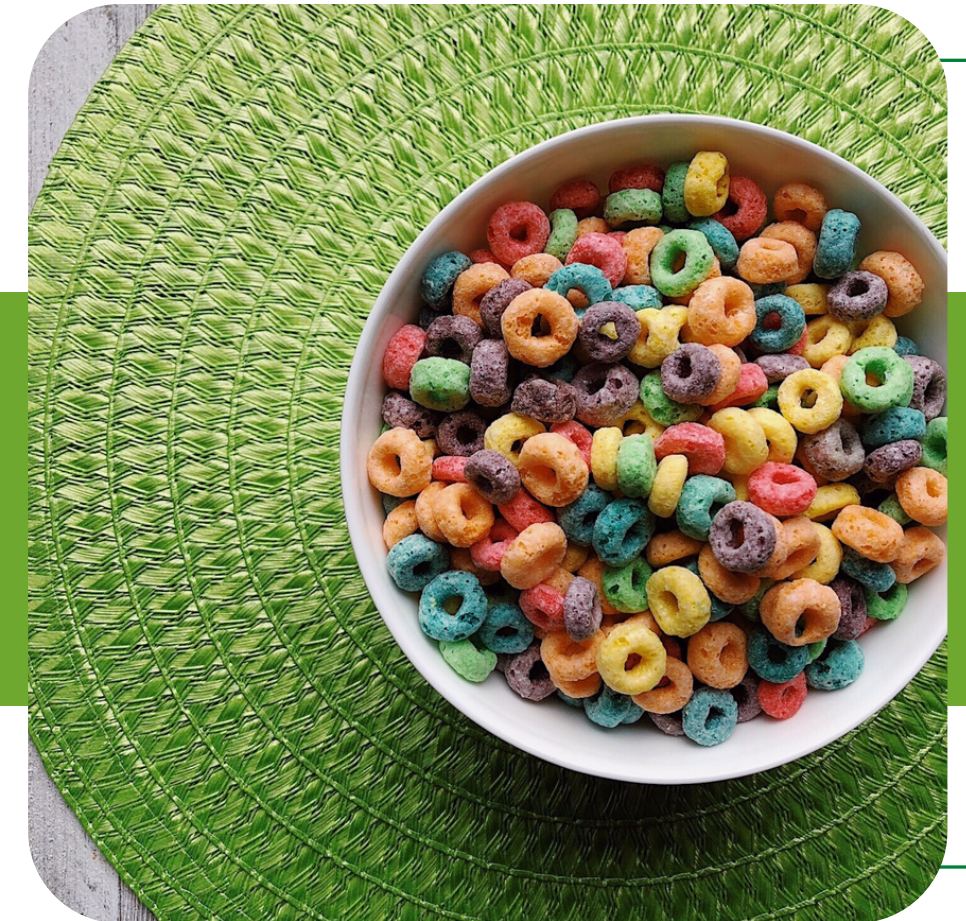
Grocery store access

Food availability, store size, and food quality vary from community to community. 5% of the U.S., or 17.1 million people, do not have access to a plentiful grocery store.



Pricing

Healthier food options, and those growing in popularity with diet trends, can cost twice as much as their counterparts.



Food Variety

In underserved areas, food variety is limited without many options for "fresh" or "organic" foods recommended by many.

Ma X, Liese AD, Hibbert J, Bell BA, Wilcox S, Sharpe PA. The Association between Food Security and Store-Specific and Overall Food Shopping Behaviors. *J Acad Nutr Diet.* 2017 Dec;117(12):1931-1940. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5621983/>

Kern DM, Auchincloss AH, Stehr MF, Roux AVD, Moore LV, Kanter GP, Robinson LF. Neighborhood Prices of Healthier and Unhealthier Foods and Associations with Diet Quality: Evidence from the Multi-Ethnic Study of Atherosclerosis. *Int J Environ Res Public Health.* 2017 Nov 16;14(11):1394. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5708033/>

FOOD SECURITY

as defined by the United Nations' Committee on World Food Security, means that all people, at all times, have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life

Russell, T. (2021, July 28). Who Gets to Be Healthy? Healthline.
<https://www.healthline.com/health/nutrition/who-gets-to-be-healthy#1>

The Black community's poverty rate is almost double the national rate, and they are twice as likely to be food insecure as white Americans. In addition, Black, Native, and Hispanic communities are more likely to battle diet-related conditions like diabetes, hypertension, and obesity.

SOCIAL DETERMINANTS OF HEALTH

Social determinants of health (SDOH) are the conditions in places where people are born, live, learn, work, play, worship, and age that affect a wide range of health risks and outcomes.

<https://health.gov/healthypeople>

Social Determinants of Health



WHY DOES THIS MATTER?

Accessibility can be determined from systemic issues rooted in racism, xenophobia, and exclusion that directly impact equitable health outcomes.

One example: The wealth gap in the U.S. leads more Black people struggling after the Great Depression and World War II. The gap is so extreme, the average Black family would take 228 years to obtain the same amount of wealth as white families (2016 report).

Growing up in poverty can cause people have different food options, leading to poor health outcomes.

Russell, T. (2021, July 28). Who Gets to Be Healthy? Healthline. <https://www.healthline.com/health/nutrition/who-gets-to-be-healthy#1>

OBJECTIVE 4

HOW INCLUSIVITY CAN BOOST NUTRITION GUIDANCE EFFICACY



DARE TO CARE VS. ONLY DROPPING 411

There is a vast difference between spitting knowledge from acquired skills and using acquired skills in rapport-building and relatable conversation.



RECOMMENDED **FOODS** THAT ARE NOT NECESSARILY INCLUSIVE



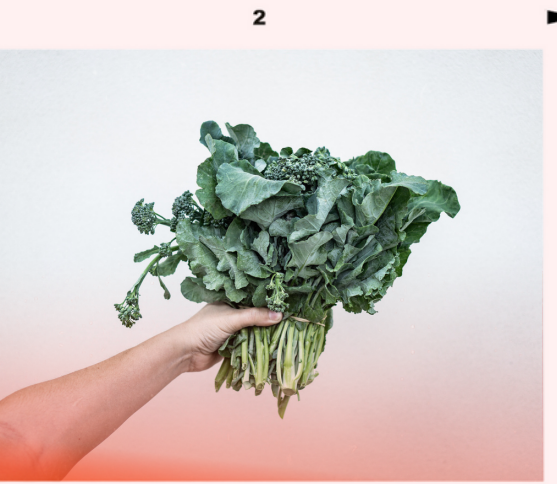
HIGH-PROTEIN BARS



EGG WHITE EVERYTHING



GREEN JUICE OR SMOOTHIES



KALE, YEAH?



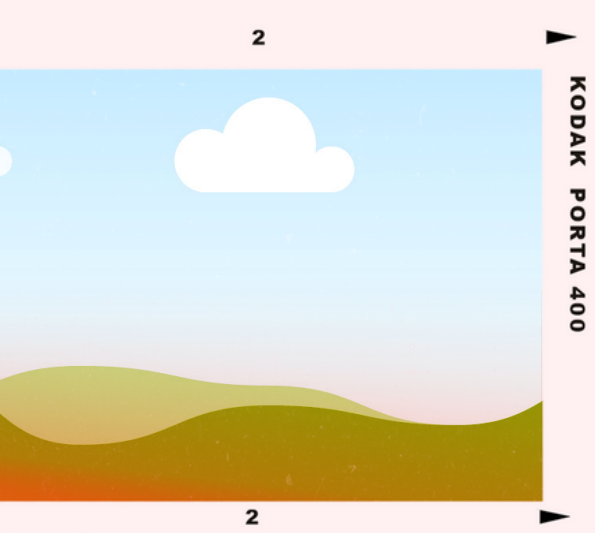
FRESH, ORGANIC PRODUCE



WHOLE WHEAT



FRESH-BAKED GOODS VS. PACKAGED



YOUR CHOICCE

BIOLOGICAL CLIENT VARIATION

Biological variation can be defined as the appearance of differences in the magnitude of response among individuals in the same population given the same dose of a compound.

Biological client variation can be defined as varied responses among individuals given the same goal of healthier outcomes (but keeping equity in mind)

<https://www.sciencedirect.com/topics/biochemistry-genetics-and-molecular-biology>



LET'S PRACTICE WHAT "HEALTHY EATING" CAN LOOK LIKE

Let's use some real foods, found in more sources across communities that we can think of when looking at "healthy eating" as an individualized practice, taking into consideration biological client variation.



IN-PERSON PRACTICE

LET'S LOOK AT SOME FOODS TOGETHER



HELPFUL & AFFORDABLE FOOD OPTIONS

Accessible protein options can come in the form of beans in bulk, meats in varied forms, and even nuts and legumes.



PROTEINS

Produce doesn't have to be fresh to make sense for a healthier diet. Frozen and canned produce, keeping sodium in mind if possible, work too!



PRODUCE

Whole grains may be more accessible not as whole wheat, and that is okay. Gluten options should only be mentioned, also, given intolerances and not per diet trends.



WHOLE GRAINS

IT'S ALL ABOUT **BALANCE**

You're the expert at nutrition knowledge and the components of food products, so it's in your position to blend in opportunities to educate with opportunities to advocate and meet someone where they are at the same time.

Healthy doesn't have one look, one method, one recipe, one "diet", one plan...
Biological variability is the key.

RESOURCES

[HTTPS://WWW.NUTRITION.GOV/TOPICS/FOOD-SECURITY-AND-ACCESS/NUTRITION-BUDGET](https://www.nutrition.gov/topics/food-security-and-access/nutrition-budget)

- ADDITIONAL RESEARCH LINKS INCLUDED

FOLLOW BIPOC NUTRITIONISTS & DIETICIANS:

@THENUTRITIONTEA

@BLACK.NUTRITIONIST

@NUTRITIONDIVERSIFIED



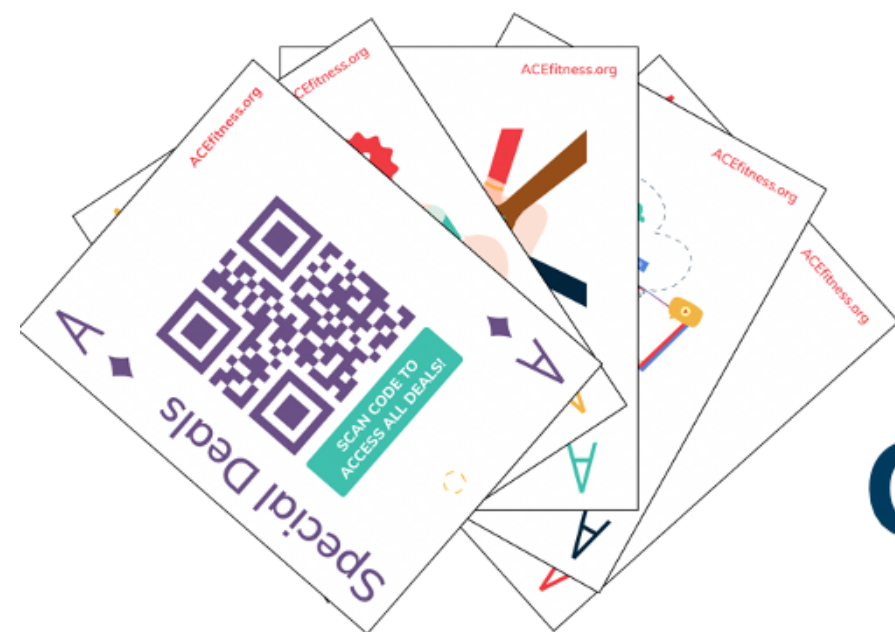
THANK YOU

STAY IN TOUCH:

EMAIL - KATRINA@FITTYKAT.COM

IG: [FITTYKAT_](https://www.instagram.com/fittykat_)

Thank you



GET SWAG AND DISCOUNTS ON ACE EDUCATION

VISIT US AT BOOTH #347 and
www.acefitness.org/idea2022

