

RACE, RACIAL EQUITY, AND THE DC FOOD SYSTEM

2020 DISCUSSION SERIES

Session 6:
How Racism and White Supremacy
Influence Nutrition Education
October 2, 2020



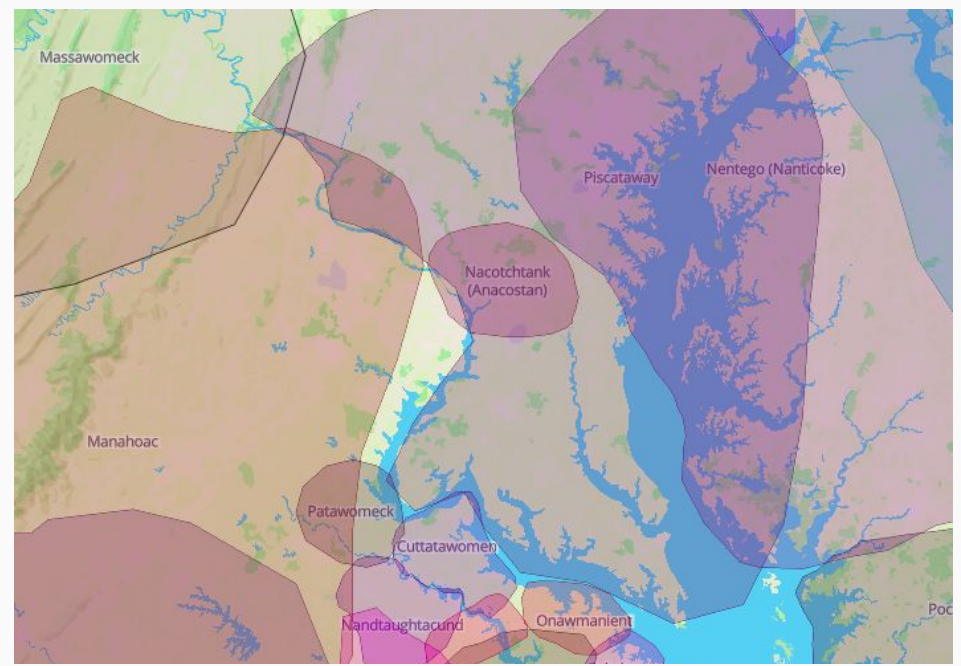
Land Acknowledgement

Gratitude for the Indigenous people of this land:

Nacotchtank (Anacostan)

Piscataway

native-land.ca



Working Agreements

How we will communicate

We take care of ourselves

Listen deeply

Make "I" statements

Keep it here

Intent v Impact

"Oops" and "Ouch"

Request Clarification

3 Before Me

Take space, make space

Stay curious!



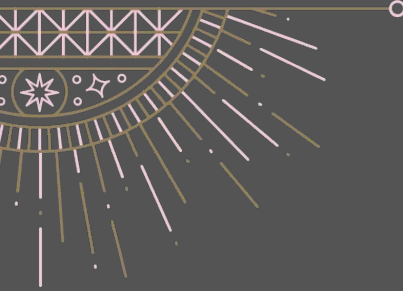
Speakers



Tambra Raye Stevenson, Founder/Principal, NativSol Kitchen; Founder/CEO, Women Advancing Nutrition, Dietetics, and Agriculture (WANDA)



Patrilie Hernandez, Health and Nutrition Specialist, Founder of Embody Lib



How White Supremacy, Colonization Drive Nutrition Education

Presented by: Patrilie Hernandez, MS

Health & Nutrition Specialist

Founder, Embody Lib



Assumptions

HEALTH IS A RIGHT, NOT AN OBLIGATION

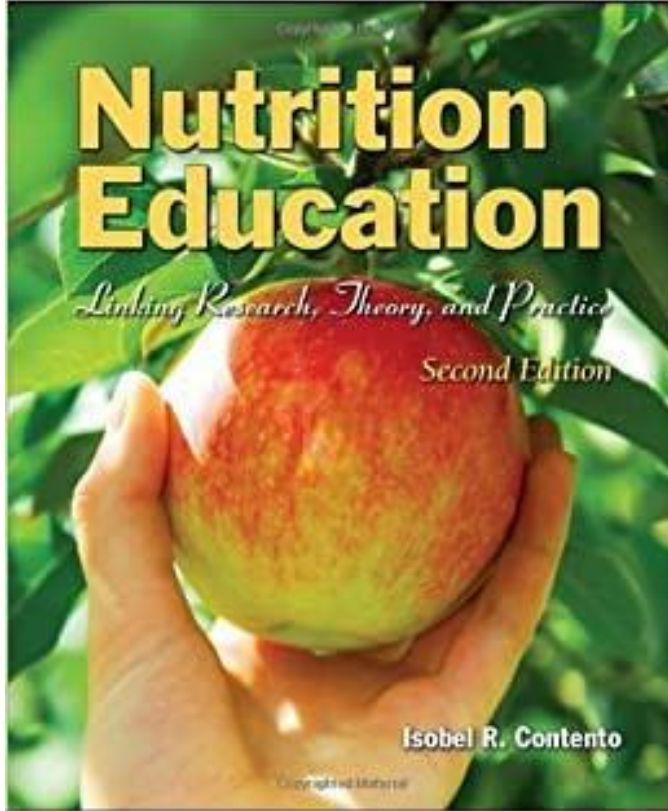
While we recognize that the pursuit of “health” is not a moral obligation, the opportunity to equitably access and achieve health is our right

WHAT OR WHO IS HEALTHY IS DETERMINED BY DOMINANT SOCIAL SYSTEMS

Our body image, relationship to food, and what we perceive as health is largely informed by the dominant social systems. Our dominant social system values colonialism, heteronormativity, patriarchy, and white supremacy.

THE SYSTEMICALLY ADVANTAGED (IDEAL) BODY IS THE WHITE, THIN, CIS BODY

Our pursuit of health often translates in a pursuit of a physical body that most closely aligns with systemically advantaged identities (thin, Eurocentric beauty standards, cisgender, able bodied)



How do we define Nutrition Education*?

" Any combination of educational strategies designed to facilitate voluntary adoption of food choices and other food- and nutrition related behaviors conducive to health and well-being..."

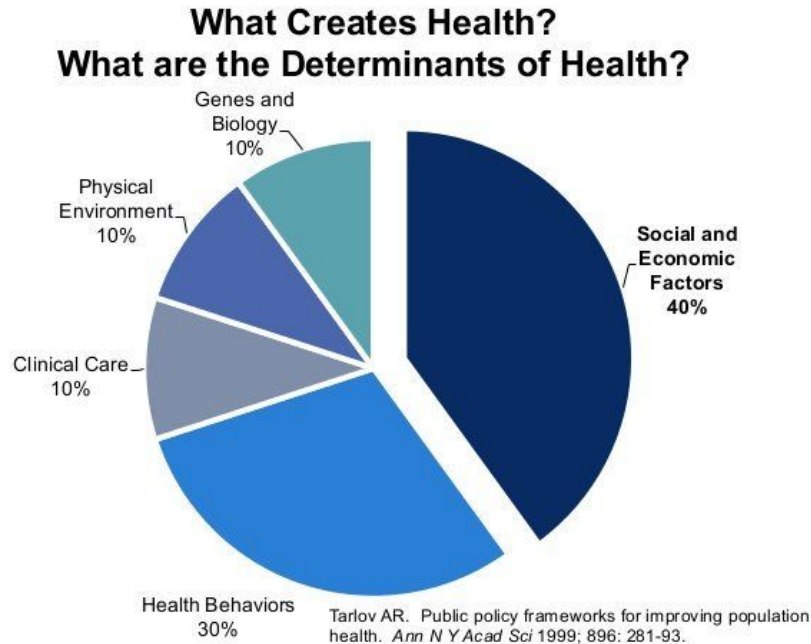
- Isobel Contento, 2007

*Nutrition Education Plan (2018) DC Office of the State Superintendent of Education (OSSE)

<https://osse.dc.gov/sites/default/files/dc/sites/osse/publication/attachments/Nutrition%20Education%20Plan.pdf>

OCTOBER
2020

The impact of food choice & behaviors on health & wellbeing



Examples of personal health behaviors:

- Sexual activity
- Diet & Exercise
- Alcohol & drug use
- Tobacco use
- Sleep and stress management
- Health care seeking behaviors (going to the doctor, getting health screenings, adhering to prescribed medical treatments, etc)

It is us who assigns value to food and who is and it not worthy of eating it.

“It is a lie that food is just fuel. It has always had layers of meaning, and humans for the most part despise meaningless food... 'race' endures alongside the sociopolitics of food; it is not a stretch to say that that race is both on and at the Southern table.

It is not enough to be white at the table. It is not enough to be black at the table...Complexity must come with us - in fact it will invite itself to the feast whether we like it or not.

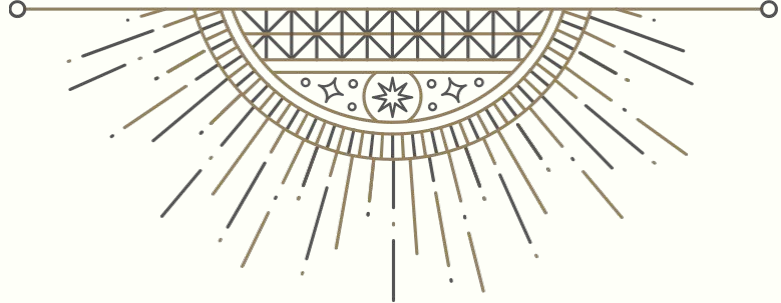
We can choose to acknowledge the presence of history, economics, class, cultural forces, and the idea of race in shaping our experience, or we can languish in circuitous arguments over what it all means and get nowhere.”

— Michael W. Twitty, *The Cooking Gene: A Journey Through African American Culinary History in the Old South*
DC FOOD POLICY COUNCIL DISCUSSION SERIES



Case Study: Colonization, White Supremacy & Racialized Food Hierarchies





White supremacist
culture and colonialism
still manifests in
nutrition education
efforts today

- In clinical settings
- In the media & wellness
"influencer" culture
- In community-based settings
- In educational settings (academia,
school based)

An Anti-Racist and Decolonized Approach to Nutrition Education requires you to...

- Apply intersectional social justice frameworks into your practice
- Center equitable food access
- Check for bias, privilege, and for BIPOC, internalized oppression
- Advocate for Food Sovereignty
- Embrace & promote body diversity



ARTIST CREDIT: BOY DOMINGUES

Contact Me

FOR QUESTIONS, CONSULTING, PUBLIC SPEAKING AND
TRAINING



EMAIL

embodylib@gmail.com

WEBSITE

www.embodylib.com

INSTAGRAM

[@the_bodylib_advocate](https://www.instagram.com/the_bodylib_advocate)

