

TAMBRA RAYE STEVENSON,

EQUITY & NUTRITION EDUCATION

DC FOOD POLICY COUNCIL



TODAY'S MENU

KEY TOPICS



BACKGROUND

ROLE OF MEDIA

ROLE OF GOVERNMENT

ROLE OF ADVOCACY GROUPS

ROLE OF CONSUMERS

NEXT STEPS





TAMBRA STEVENSON

NUTRITION RESEARCH

RESEARCH AT OKLAHOMA STATE UNIVERSITY, HARVARD SCHOOL OF PUBLIC HEALTH, UPENN MED, BAYLOR COLLEGE OF MEDICINE, PUCMM-DOMINICAN REPUBLIC

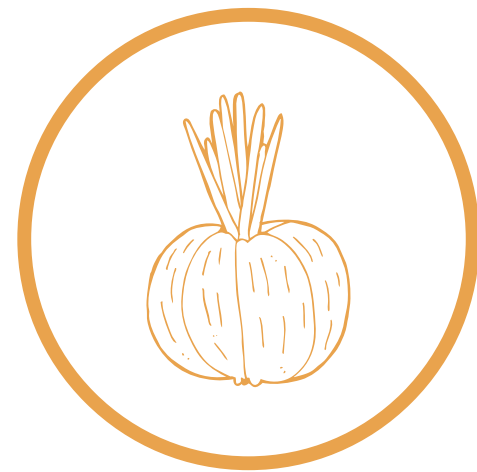
CAREER IN GOVERNMENT

FELLOW IN US DEPT OF HEALTH AND HUMAN SERVICES, US DEPT OF COMMERCE, DC WOMEN'S POLICY AND INITIATIVES, DC FOOD POLICY COUNCIL

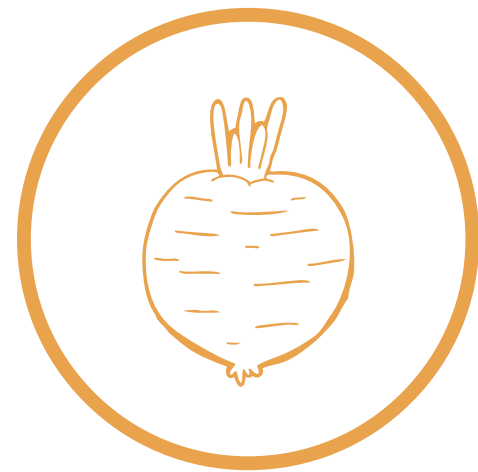
NONPROFIT ADVOCACY

FOUNDER, WANDA; WOMEN ADVANCING NUTRITION DIETETICS AND AGRICULTURE; NAACP DC HEALTH CHAIR, AFRICAN NUTRITION SOCIETY NORTH AMERICAN REP.

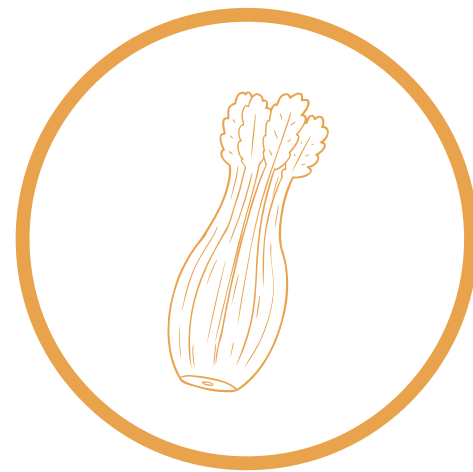
EVERYONE PLAYS A ROLE IN AN INCLUSIVE NUTRITION SYSTEM



RESEARCH



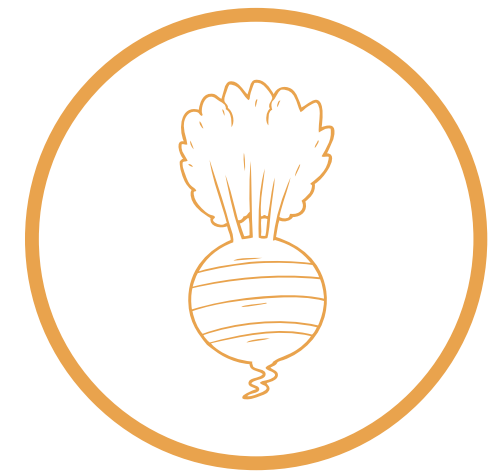
ADVOCACY



POLICY



MEDIA




CONSUMERS



WHAT DOES EQUITY IN NUTRITION EDUCATION LOOK LIKE?


QUESTION


TRENDING IN THE MEDIA

CIVIL EATS FOOD + POLICY FARMING HEALTH ENVIRONMENT DONATE 

Should the Dietary Guidelines Help Fight Systemic Racism?

The new guidelines, published every five years, don't reflect the nation's growing diversity, or the particular health and dietary risks that communities of color face.



BY GOSIA WOZNIACKA
HEALTH, Indigenous Foodways, Nutrition
Posted on: July 28, 2020 | 7 Comments 



HOW IS RACE BAKED INTO THE FOOD SYSTEM?

QUESTION

MONOLITHIC DIET DEBATE

The screenshot shows the Huffington Post website interface. At the top, the 'HUFFPOST' logo is centered, with navigation links for NEWS, CORONAVIRUS, POLITICS, 2020 ELECTIONS, ENTERTAINMENT, LIFE, PERSONAL, VIDEO, and SHOPPING. On the right, there are links for 'Log In' and 'Join HuffPost Plus'. Below the navigation is a dark blue banner with three promotional boxes: 'SMITHSONIAN ASSOCIATES Learning Experiences', 'World Art History Certificate Program' with a 'REGISTER TODAY' button, and a small red box. The main article section has a dark blue background with the title **'White People Food' Is Creating An Unattainable Picture Of Health**. Below the title is a sub-headline: *There's a perception in the black community that eating healthy means eating like white people, but it doesn't have to be that way.* The author is listed as **By Kristen Aiken**, with a timestamp of 08/29/2018 05:45am EDT | Updated September 17, 2018. The central illustration depicts a yellow pyramid divided into three horizontal layers. The top layer contains a blue juice can and a green avocado. The middle layer contains a green leafy vegetable and a slice of bread. The bottom layer contains a blue container of french fries and a roasted chicken. Two hands, one light-skinned and one dark-skinned, are shown reaching out from the sides towards the pyramid.

PUBLIC/ PRIVATE SECTOR

100%

POWER RELATIONS

PUBLIC

MEDIA

SYSTEMIC RACISM & OUR DIETS

The screenshot shows a web browser displaying a US News article. The top navigation bar includes the US News logo and various categories like 'HEALTH', 'Hospitals', 'Hospital Heroes', 'Doctors', 'Senior Care', 'Wellness', 'Diets', 'Conditions', 'Medicare', and 'Drugs & Treatments'. The article title is 'Should Federal Dietary Guidelines Be More Diverse?' and the sub-headline is 'Federal nutrition guidelines don't include many traditional Black and Latino foods.' The author is Ruben Castaneda, Staff Writer, and the article was published on Sept. 10, 2020. The main text discusses the federal government's general guidance on diet and its impact on systemic racism, mentioning that such guidance does not account for the country's increasing diversity. A photograph of a healthy meal is included, along with social media sharing options and two advertisements: one for Nylas APIs and another for a weight loss program.

US News **HEALTH** » Hospitals Hospital Heroes Doctors Senior Care Wellness Diets Conditions Medicare Drugs & Treatments

Home / Wellness / Food

Should Federal Dietary Guidelines Be More Diverse?


Federal nutrition guidelines don't include many traditional Black and Latino foods.

By **Ruben Castaneda**, Staff Writer Sept. 10, 2020, at 12:27 p.m.

This article is based on reporting that features [expert sources](#).

DOES THE FEDERAL government's general guidance that people should eat more fruits and vegetables and consume fewer processed foods and less sugar contribute to systemic racism?

Several Black and Latina registered dietitians and a nutritionist interviewed by U.S. News say there's nothing wrong, per se, about such broad nutritional guidance. However, a set of dietary recommendations that inform federal nutrition policy and a separate program aimed at individual consumers don't take into account the country's increasing diversity, they say. Latinos, the fastest-growing demographic group in the U.S., comprise about 20% of the country's population. Blacks account for about 13% of



(GETTY IMAGES)

Try the Nylas Email API Free
Build communications with Email, Calendar and Contacts APIs. Try the Nylas APIs free.
Nylas APIs **OPEN**

LOSE UP TO **18 LBS**
WITH A PLAN DESIGNED



WHAT'S THE ROLE OF POLICY IN NUTRITION?

QUESTION

INVESTING IN NUTRITION AND THE PEOPLE



EQUITY IN NUTRITION
RESEARCH



EQUITY IN HUMAN
CAPITAL INVESTMENT



EQUITY IN
CONSUMER CHOICE



NEXT STEPS...

QUESTION

DC FOOD SYSTEMS & NUTRITION EDUCATION



**LANDSCAPE NUTRITION
EDUCATION ASSESSMENT**



**COMMUNITY TO CLINIC
LINKAGES**



**NUTRITION EDUCATION
COLLABORATIVE**



**CREATE & MONITOR
LEGISLATION**

TAMBRA RAYE STEVENSON, MPH



TAMBRA @IAMWANDA.ORG



CALENDLY.COM/IAMWANDAORG



FOOD FOR THOUGHT

Nutrition justice is our civil rights issue today.

TAMBRA RAYE STEVENSON