

Health Equity in Nutrition and Dietetics Practice

Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health*



SOCIAL DETERMINANTS OF HEALTH (SDOH) IMPACT HEALTH AND QUALITY OF LIFE

Examples include access to:

- Nutritious foods • Physical Activity • Clean air
- Clean water • Safe housing • Transportation
- Safe neighborhoods • Education • Job opportunities
- Income • Addressing language and literacy skills
- Addressing racism, discrimination, and violence

MALNUTRITION AND FOOD INSECURITY CAN INTERSECT AND CAUSE INEQUITIES

Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways**

Malnutrition can be a contributing factor to health inequities, whether caused by challenges from disease and functional limitations, food insecurity, other factors, or a combination of multiple causes***

IMPROVING HEALTH EQUITY IN PRACTICE

Screen patients for risk of SDOH causing food insecurity & malnutrition

Nutrition assessment of clients at risk of malnutrition or food insecurity

Identification of resources & strategies to support the client & address SDOH

Nutrition Care Plan with goals that align with client's needs and culture

Nutrition & Dietetics Credentialed Practitioners can:

- Stay up to date on research and understand how SDOH influence nutrition security and health equity.
- Prioritize outreach to communities with prevalent health inequities.
- Devise innovative strategies to enhance continuity of care.
- Identify how inequities are impacting the ability to meet nutrition needs and address health problems.
- Develop realistic goals of care aligned with individual needs and cultural practices while connecting to appropriate and accessible resources.
- Establish a process to identify, diagnose and address malnutrition and food insecurity.

Health Equity Resources:

- Definitions: www.cdrnet.org/definitions
- CDR's Quality Management and GMCS Page
- Healthy People 2030- Social Determinants of Health
- Centers for Disease Control and Prevention, What is Health Equity?
- Self-Study (2.5 CPEU) Malnutrition and Health Equity: Key Measures of Quality Care for Nutrition and Dietetics Practitioners

For additional information, email quality@eatright.org

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* Centers for Disease Control and Prevention: (2022). What is Health Equity? Retrieved July 27, 2023, from <https://www.cdc.gov/healthequity/whatis/index.html>.

** The Association of State Public Health Nutritionists. (2023, July 26). Food and Nutrition Security Terms and Definitions. Retrieved from ASPHN: <https://asphn.org/food-and-nutrition-securityprimer-terms/>

*** Academy of Nutrition and Dietetics . (2022, October). Nutrition Security at the Intersection of Health Equity and Quality Care. J Acad Nutr Diet, 122(10), S12-S19.