

Global

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Academy of Nutrition and Dietetics



Global Diversity & Inclusion

Hello GMIG members,

Our membership is as diverse as the stars in the sky! We bring nutritional professionals from all around the world together to improve the nutritional status of ALL people. We continue to adapt and learn the cultures of those we serve because we know that real change happens, one by one. We include each mother, father, community leader/worker in developing nutrition interventions they will implement because change first comes from within each human being. This month **we welcome our new Leadership Team** with a few tasty food facts about each one of them; that in and of itself shows our diversity! They share some delicious favorites, and **GMIG's future is bright with them at the helm.**

Our feature authors, **Pamela Effah Achiaa and Dixie Havlak** explain their D&I experiences and topics of conversation for the future in Ghana and Central/South America, respectively. Our **Resource Library** available on the GMIG website will introduce you to two resource topics - **Cultural Awareness** and **Diversity, Equity & Inclusion**. As I reviewed the resources, I saw our very own GMIG member **Judith Rodriguez** is the Vice-Chair of the Academy's Diversity & Inclusion Committee! A shout-out to more GMIG members: **Tatyana Y. Kour, Jimin Yang, and Elizabeth Yakes Jimenez** for the publication of their article, **[Dietetic Workforce Capacity Assessment for Public Health Nutrition and Community Nutrition](#)**, in the July edition of the **[Journal of the Academy of Nutrition and Dietetics](#)**!

Thank you to those who contributed to this newsletter! Please contact me at **GMIG@eatright.org** with content for future newsletters. September's Newsletter theme is "*Educating Children about Nutrition and More.*"

Keep making the world a better place,

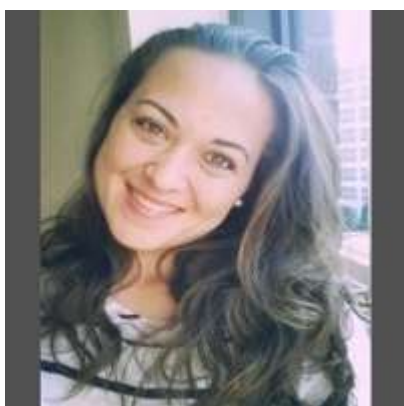
Shannon Crowther RDN, LD, CD, GMIG Newsletter Editor

TASTY TIDBITS ABOUT OUR NEW GMIG LEADERSHIP TEAM



Farryl Bertmann, PhD, RDN
Chair

Favorite International food: Chapati, fresh off the stove
Favorite ice cream flavor: Maple Walnut and Black Raspberry



Lisa Littrell, MPH, RD, LD
Chair-Elect

Favorite international dish: I always have room for Lebanese cuisine. My current favorite combination is a Fattoush Salad (cucumber, tomato, bell pepper, lettuce, mint, crispy pita, and lemon-garlic vinaigrette) with a Chicken Kebab and Toum (garlic sauce) for dipping.

Favorite ice cream flavor: Give me the chocolatiest chocolate you got!



Rochelle Werner, RD, CLE
Treasurer

Favorite international food: Ghanaian Red Red - stew with black-eyed peas seasoned with tomatoes, onion, garlic, chili, and palm oil; commonly mixed with tilapia and served with plantains.

Favorite ice cream flavor: Blueberry Cheesecake.

LaShawnda Beasley RDN, LD, CLC
Communications Committee Chair

Favorite international food: It's sooo hard to pick a favorite! I love food! If I had to pick one, I'd say Kontomire



Stew.

Favorite ice cream flavor: Hmm...I had to think about this one! I'd say my current favorite is Milk and Cookies.



**Sudha Raj, PhD, RDN, FAND
Education Committee Chair**

Favorite international food: Masala Dosa – Indian crepe with potato filling, with coconut chutney and lentil sambar.

Favorite ice cream flavor: Mango and pistachio

GMIG VOLUNTEER LEADER OPPORTUNITIES



Do you want to play a special role in the GMIG Leadership Team? **GMIG is ACTIVELY SEEKING A SECRETARY** for this 2021-2022 member year! The Secretary's role is supportive in nature, and a key position on our Executive Committee. **Please see the position description below and contact us by August 9th at**

GMIG@eatright.org with your CV/bio and statement of interest. Training is available. *(As this is a voting position on the Executive Committee, student members will not be considered for this particular position.)*

SECRETARY Role Responsibilities:

- Serve as a member of the Executive Committee.
- Create/update the Executive Committee/Standing Committees full leadership roster.
- Take minutes of Executive Committee meetings and prepare for final review, approval and storage.
- Schedule Executive Committee meetings including calendar invitations.
- Send meeting agendas and pertinent documents to all participants.
- Become familiar with Academy database system to pull membership reports.

- Provide pertinent information and documents to the Website Coordinator to be added to the GMIG Leadership portal on the GMIG website.
- Participate in monthly EC meetings and special meetings (FNCE® and Spring Meeting).
- Perform other duties as designated by the Executive Committee.



Cultural and Dietetic Practice in Ghana

~ Pamela Effah Achiaa, MSc, BSc, RD

The Ghanaian diet generally largely relies on starchy roots (cassava, yams), fruit (pineapples, oranges, pawpaw), and cereals (maize, rice) which supply almost three-quarters of the dietary energy (Ghana Nutrition Profile, 2009, p.3). The interplay between culture and food can be summed up in a statement by Winona La Duke, "*Food for us comes from our relatives, whether they have wings or fins or roots. That is how we consider food - Food is a culture. It has history. It has a story. It has relationships.*"

As a dietician and a lecturer in one of the leading business cities in Ghana, named Tema, I am faced with managing the constant interaction between our culture and food. These interactions have been smooth with a pocket of challenges. My clientele consists of patients of all ages, tribes, and cultures with various medical conditions. To function effectively as a dietician in a culturally sensitive environment, I have made it my core goal

to learn how to prepare most of the local Ghanaian delicacies, estimate the nutritional content in each meal, and incorporate local food as a dietetic remedy for my clients.

[SEE FULL ARTICLE HERE](#)

Inclusion, Equity and Access in Global Nutrition Work: My Reflections

~ Dixie Havlak, RDN, GMIG Past Chair

When the surge in interest in diversity and related issues began a year ago in the U.S., it made me begin thinking about what this meant in a global context and in the areas of the world where I work. The basic issues are the same, but the specifics are very different. I like to think that the U.S. leads the way in at least bringing these issues to the forefront, if not always living up to the ideals of inclusion, diversity, equity, and access (IDEA). Here are some things I observed in various trips to volunteer in Central America and Bolivia to get your brains percolating.

The community of Santo Tomas, Nicaragua was very embroiled in the civil war of the 1980s. In the not-so-distant past those that are now neighbors may have been enemies, and a culture of violence is still present and must be undone. It carries over into domestic violence at times. The city-based community non-profit social organization works to bring these opposing groups together with a woman's center and a youth program. This is somewhat equivalent to the North South divisions in the U.S. after our civil war, and we know that that wound is still healing.

[SEE FULL ARTICLE HERE](#)



The GMIG [Resource Library](#) is full of information-packed boxes, and this month we will highlight what you will find in the **Cultural Awareness** box and the brand new **Diversity, Equity, & Inclusion** box. GMIG is all about respecting cultures and encouraging diversity, equity, and inclusion within our global projects and plans.

Below is an overview of valuable items within the [GMIG Resource Library](#):

CULTURAL AWARENESS

- [Global Health Partnerships: Check Your Privilege at the Border](#) | Lisa V. Adams | TEDxDartmouth
 - After ten years of working in global health, Adams learned firsthand how easy it is for the U.S. partner to steamroll a global partnership and jeopardizes an entire project inadvertently. Adams explains what's at risk when partners from wealthy countries collaborate with low-income partners and ignore the inherent power imbalance and complex historical legacies of the places where they work.
- [How NOT to save the world: Why U.S. students who go to poor countries to 'do good' often do the opposite](#) by Lisa Adams
- [Ethno Med](#) - Providing information about cultural beliefs, medical issues, and other topics related to immigrants' health care to the U.S., many of whom are refugees.

DIVERSITY, EQUITY & INCLUSION

- Academy of Nutrition and Dietetics [Diversity & Inclusion Professional Resource Hub](#)



Sandra Poirier, MS, RD

At an early age, Sandra's family and 8th-grade teacher influenced an interest in nutrition and dietetics. Her mother and grandmother were very interested in eating healthfully and staying active. She learned to cook from them and prepared many of her family's dinner meals by age 10. She was hooked after one of her favorite 8th-grade teachers encouraged her. At age 18, she became interested in global nutrition when her father accepted a position at the Manila Embassy. She studied nutrition at the University of Quezon City, the Philippines, for one year and then returned to Florida State University to complete her B.S. degree.

Upon graduation, she worked teaching general science to middle school children in Florida. After one year, she moved to Tucson, Arizona, and worked for the USDA Expanded Food and

Nutrition Program. Five years later, she headed to Edmonton, Canada. In Edmonton, Sandra worked as a curriculum specialist for Alberta Agriculture, developing 4-H project booklets in nutrition and many other related fields. After ten years, she took a program

leader position with the Institute of Food and Agriculture Sciences at the University of Florida. She led ten dietitians as they worked on the Food and Nutrition Program block grant "Food and Nutrition Program," developing nutritional resources for primary and secondary students and Meals on Wheels. That year also found her working at Florida Atlantic University and a psychiatric hospital in Broward County. A year later, she accepted a faculty position at Florida International University in Miami, Florida, assisting many international students from the Caribbean to become secondary teachers. After two years in Miami, she accepted a three-year contract at Zayed University in the United Arab Emirates and taught nutrition to the local girls, and collected food habit data. She has taught at Middle Tennessee State University, Murfreesboro, Tennessee since 2006. Currently, she teaches Cultural Food Studies, Advanced Food and Culture, and Principles of Nutrition to undergraduate dietetic and nursing students. Also, she is a board member of the International Vocational Education and Training Association (IVETA) and International Federation for Home Economics-US (IFHE) and travels to meet others in their home countries.

Sandra joined GMIG to meet others who have had similar career paths. She had this to say about her career, "It has been so rewarding and such a positive influence in my life and those of my family. I have enjoyed meeting and working with others and have learned many new skills from other populations that have made me a better person. It has been an honor to be recognized by GMIG.

September Going Global

September, we will highlight children. Children are the future of all communities around the world. We want to discuss educating them on nutrition and more. If you have any articles or pictures that you'd like to share, please email us at GMIG@eatright.org. **(It is important to note, particularly with children, that photos will ONLY be used if we have permission from the child's guardian/parent. [Please use the GMIG Photo Submission permission form HERE.](#))**



If you have any questions, please [email](#) us.

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