

## 7th International Critical Dietetics Conference Program

*All times Pacific Standard*

### Introduction & Welcome

**12:00 pm**                      **Jacqui Gingras**                      **Ryerson U**                      **Western Canada**

### Keynote Address

**12:10 pm**                      **Angela Cuddy**                      **U of Toronto**                      **Central Canada**

What's in a Word? Critical Dietetics for Today's Dietitian

### Presentations Group A

*All sessions are 15 mins.; 10 mins. presentation and 5 mins. discussion (post your questions to the chat).*

**12:30 pm**                      **Sarah Campbell Bligh (1)**                      **Acadia U**                      **Eastern Canada**

Sharing stories: is there a place for narrative in understanding our bodies of knowledge?

Narrative is taking hold as means of learning, reflection, and healing in the health disciplines. In the research portion of my Masters of Adult Education, I hope to facilitate a workshop for second year nutrition students in a Nutrition Communications class, for students to engage with self-narrative, and the narratives of others. I want to examine how, if at all, narrative helps students voice their intuitive understanding of client-centredness. This research idea is inspired by the writing of R.L. Lawrence on intuitive knowing and embodied consciousness, and from prior research in both dietetics and medicine.

**12:45 pm**                      **Catherine Morley (2)**                      **Acadia U**                      **Eastern Canada**

Interview-derived ethnodrama on eating and feeding with changed health status to invite conversation and affirmation

This presentation will be an overview of a project to develop and present an ethnodrama script based on interviews with older adults and family caregivers about eating and feeding challenges, and their nutrition communications needs and preferences. The script can be presented as a theatre production, film, or readers' theatre. The intent is that the resultant ethnodrama will be of use to families, caregiver groups, health professionals, students and educators. I am keen to connect with colleagues interested in participating in field testing of the emerging script. The more input from a variety of audiences, the better (cmorley@acadiau.ca).

**13:00 pm**                      **Natalie Riediger (3)**                      **U of Manitoba**                      **Central Canada**

Diversity and equity in dietetics and undergraduate nutrition education

Natalie Riediger<sup>1,2,3</sup>, Kayla Farquhar<sup>4</sup>, Kerry Spence, Adriana Mudryj<sup>1,2</sup>

<sup>1</sup> Department of Community Health Sciences, Rady Faculty of Health Sciences, University of Manitoba;

<sup>2</sup> Ongomiizwin – Research, Indigenous Institute of Health and Healing, Rady Faculty of Health Sciences, University of Manitoba;

<sup>3</sup> Department of Food and Nutrition, Faculty of Agricultural and Food Sciences, University of Manitoba; <sup>4</sup> Diabetes Integration Project, Nanaandawewigamig First Nations Health and Social Secretariat of Manitoba

We completed an online survey of alumni of the undergraduate nutrition program at the University of Manitoba from 2006-2015 (n=195), including 133 participants who became Registered Dietitians and 61

who did not. Registered Dietitians were significantly more likely to be Caucasian compared to alumni who did not complete a dietetic internship ( $p=0.001$ ). Furthermore, Registered Dietitians reported a significantly higher hourly wage in their current position compared to alumni who did not complete a dietetic internship. Following our presentation, we will facilitate a discussion regarding the harm caused by lack of diversity in dietetics and initiatives to improve equity in dietetics.

**13:15 pm**                      **Ian Wiseman (4)**                      **Acadia U**                      **Eastern Canada**

Informing a course in critical nutrition counselling

Ian Wiseman BA, BSN, Honours Student and Catherine Morley PhD, PDT, FDC, Associate Professor, School of Nutrition and Dietetics, Acadia University

Articulate the desired state of affairs (DSA) for critical approaches to pedagogy in nutrition counselling. Purposive key-informant interviews with educators and practitioners will provide insights into the DSA for critical approaches to nutrition counselling, and approaches to develop a critical nutrition counselling course. Rather than practice that is collaborative, client-centered, just, and respectful, forms of power that can be exhibited in nutrition counselling practice include prescriptive, coercive, judgmental, and authoritarian approaches. This project is to gather 'best practices' from critical dietetics educators to inform a nutrition counselling course with the view to optimally preparing future practitioners for their counselling roles.

**13:30 pm**                      **20-Minute Break**

**13:50 pm**                      **Breakout Rooms (40 Minutes)**

Randomly assigned by Zoom. Participants in small groups can talk with each other via chat, microphone, or video. Please choose one person to keep track of the time and one person to summarize the responses in Word to email to Jacqui. Proposed discussion topics: What brought you to this conference? What do you hope to get from your time participating? How did you hear about Critical Dietetics? How long have you been part of this social movement? What has it meant to you to be part of Critical Dietetics?

### **Presentations Group B**

**14:30 pm**                      **Gurneet Dhami (5)**                      **Mount St. Vincent U**                      **Eastern Canada**

Diversity in Dietetics: Beyond a Colourful Plate (Pecha Kucha)

This Pecha Kucha will explore the role of diversity in dietetic socialization of future professionals. Places and people influence a student's educational training from the class to practice. Diversity within the dietetic profession is important in how dietitian students are socialized to become dietitians. This situation is crucial in understanding the diverse experiences of students from different ethnicities, class and race. An autobiographical perspective will be used to narrate my own experience and interest in pursuing a thesis on diversity in the dietetic profession in Canada.

**14:45 pm**                      **Rosie Dhaliwal (6)**                      **Simon Fraser U**                      **Western Canada**

Reflections on Cultural Attunement

Much of the literature in cultural competence in dietetics denotes a scientific or methodological approach while the pedagogical, relational components are absent. Through reflections on her upbringing as a first generation Punjabi Canadian and her diverse experience as a dietitian, this paper presentation will highlight the necessity of cultural competence in dietetics and further, to develop

instead a disposition that is attuned to culture. Participants will be invited to reflect on their cultural values and beliefs while the author shares her narratives, which include concepts from Sikhism as illustrative components, and a summary of literature with pedagogical and curricular implications.

**Reference:**

Dhaliwal, R. (2016). Reflections on Cultural Competence: A Dietitian's Didactic Discourse. *Journal of Critical Dietetics*, 3(1), 5-10.

**15:00 pm**                      **Jenna Brady (7)**                      **Mount St. Vincent U**    **Eastern Canada**

**Naming Nutritional Injustice: How Might Dietitians Articulate a Socially Just Dietetic Practice?**

This presentation will invite listeners to consider how the ideals, concepts, and language of nutritional justice may be incorporated into the everyday practice of dietitians whose work is often carried out within large, conservative, primary care institutions. How might dietitians address the nutritional injustices that bring people to their practice, when practitioners are constrained by the limits of current diagnostic language, as well as the exigencies of their workplaces? Although advocacy skills are important for dietitians to address social justice concerns, I suggest that dietitians also need a practice-based tool to help connect the nutrition problems experienced by those who use dietetic services to underlying structural, systemic causes. I share some thoughts and suggestions for a politicized diagnostic language that articulates nutrition problems as the outcome of nutritional injustices rather than individuals' deficits of knowledge, willingness to change, or available resources. The presentation will discuss how a change in diagnostic language for dietitians may help practitioners reframe and address nutrition problems as the outcomes of systemic nutritional injustice.

**15:15 pm**                      **Andrea Kirkham (8)**                      **Toronto**                      **Central Canada**

**Size doesn't matter... or does it? Conundrums of power and personal experience in a non-dieting program**

In our society, there are multiple and conflicting discourses that limit how people are able to conceptualize their weight and therefore, themselves. This study explores how women in a "non-dieting" weight management program participate with and negotiate the dominant weight discourses of biomedicine and the dieting industry as well as the alternative discourses of feminism and size acceptance. Participant observation and modified autoethnography were used to explore the program content, the understandings of weight brought to the program, and the dynamics of the program sessions. Many inherent conundrums within the non-dieting paradigm were revealed. Considerations to support facilitators and participants to identify and overcome these challenges are discussed.

**15:30 pm**                      **Yue Li (9)**                      **Mount St. Vincent U**    **Eastern Canada**

**Sense of Agency and Social Justice**

The presentation will focus on a video I created about sense of agency and social justice. We usually blame personal lifestyle factors for our health conditions, and only see the connections between sense of agency and individual health behaviors. This video reveals this issue in a more profound level-the role of social influence. Social factors play very powerful roles in every aspect of our life-not only the development of sense of agency, but also our overall well-being. In order to promote public health, it is important to recognize this fact to call for critical consciousness and social justice.

LINK to FILM HERE: <https://youtu.be/d5cHZFayhnA>

**15:45 pm**                      **20-Minute Break**

**16:05 pm Breakout (25 Minutes)**

Randomly assigned by Zoom. Participants in small groups can talk with each other via chat, microphone, or video. Please choose one person to keep track of the time and one person to summarize the responses in Word to email to Jacqui. Proposed discussion topics: What have you heard today that may transform your practice, research, and/or education related to dietetics, food, and/or nutrition? What do you think would encourage others to become part of these conversations we are having at Critical Dietetics? What would you like to share with the conference organizing committee about your experience thus far?

**Presentations Group C**

**16:30 pm Clare Pettinger (10) Plymouth U UK**

Cooking Beat the Demons in my Head

Clare Pettinger, Plymouth University and Sean Valentine, Fotonow CIC

The Food as a Lifestyle Motivator (FLM) project has explored food experiences in a sample of homeless males in Plymouth, UK. Through a mixture of participatory methods, the project confirms that food can be a powerful catalyst for inclusion with the potential to empower ‘marginalized’ individuals (Pettinger et al 2017). This abstract supports a collaborative ‘media impact piece’, co-created with community partners Fotonow CIC, to showcase findings from phase one of the project. The short film comprises four ‘case studies’ of homeless males. The ‘Voice Centred Relational Method’ (VCRM, Mauthner and Doucet 1998) gave authenticity to the voices of these participants. Four ‘I-Poems’ are narrated, that draw on statements incorporating “I/we/you” made in response to images during a photo elicitation approach. The film will be shown, then critical reflection on the process of using creative arts-based methods will be shared by the author, followed by open discussion.

LINK to FILM here: <https://vimeo.com/209933900>

**References:**

- Mauthner, N. and Doucet, A. (1998) ‘Reflections on a Voice Centred Relational Method’ in J. Ribbens and R. Edwards (eds.) *Feminist Dilemmas in Qualitative Research* London: Sage.
- Pettinger C, Parsons JM, Cunningham M, Withers L, D’Aprano G, Letherby G, Sutton C, Whiteford A and Ayres R (2017) Engaging homeless individuals in discussion about their food experiences to optimise wellbeing: a pilot study. *Health Education Journal*  
DOI: <https://doi.org/10.1177/0017896917705159>

**16:45 pm Adriana Mudryj (11) U of Manitoba Central Canada**

Country roads, take me...to a job?: The Migration of Dietitians to Rural Areas in Manitoba

Adriana Mudryj<sup>1,2</sup>, Kayla Farquhar<sup>3</sup>, Kerry Spence, Natalie Riediger<sup>1,2,4</sup>

<sup>1</sup>Department of Community Health Sciences, Rady Faculty of Health Sciences, University of Manitoba, Winnipeg, MB, Canada; <sup>2</sup>Ongomiizwin – Research, Indigenous Institute of Health and Healing, Rady Faculty of Health Sciences, University of Manitoba, Winnipeg, MB Canada; <sup>3</sup>Diabetes Integration Project, Nanaandawewigamig First Nations Health and Social Secretariat of Manitoba; <sup>4</sup>Department of Food and Nutrition, Faculty of Agricultural and Food Sciences, University of Manitoba, Winnipeg, MB, Canada

Alumni of the undergraduate nutrition program at the University of Manitoba (2006-2015) (n=195) were surveyed via an online questionnaire, of which 133 respondents identified as Registered Dietitians.

Although 56% of Dietitians did not wish to gain employment experience in rural/remote communities upon graduating, 33.8% of these same respondents reported working part-or full time in a rural/remote location at some point during their career. Further, 10% were currently employed rurally. Our post-presentation discussion will look at urban vs. rural/remote job prospects, as well as the challenges that rural dietitians face, and whether their training has prepared them for this environment.

**17:00 pm**                      **Melanie Voevodin (12)**                      **Monash U**                      **Australia**

Pecha Kucha: The health of a nation is a reflection of its food supply

Australia is considered a "food secure" nation because food is available, accessible, acceptable and affordable, and, Australia has the capacity to produce enough food without a reliance on imports (an indicator of "sustainable"). But how can Australia claim "food secure" status when "food" has surpassed "tobacco" to be the greatest burden of disease. Food-related chronic disease is now Australia's greatest health challenge. In this presentation, on offer is a preliminary "model" to connect the "food supply" with "population health" in the language of "government".

**17:15 pm**                      **Melanie Voevodin (13)**                      **Monash U**                      **Australia**

Five misrepresentations of science by "scientists"

Our profession of dietetics is experiencing a protracted "public attack". But is the criticism fair? Journalists refer to this era as "post-truth", a time where decisions are being made based on "personal beliefs" over "objective measures". Dietitians appear perplexed by these "public attacks" because we believe we cannot be accused of "post-truth" - we are a highly-trained evidence-based profession, with an unwavering commitment to the hierarchy of "science". This presentation uses five examples our profession has "misrepresented" science, albeit with good intentions, and how our "objectivity" is not immune from "personal beliefs".

**17:30 pm**                      **Closing**