



Sharing, Learning, Transforming the Future: Building Allyship with Indigenous Communities Through Dietetic Education, Practice, and Research

K'ijipuktuk (Halifax), Nova Scotia, Canada

October 4-6 2019

Friday October 4th

Rosaria MPR

8:00-9:00	Registration and Breakfast	
9:15-9:45	Opening	
10:00-1:00	Blanket Exercise	
1:00-2:00	Lunch	
2:00-3:00	<p>Keynote by Dr. Ian Mosby Title: Hunger, Human Experimentation, and the Legacy of Residential Schools Dr. Ian Mosby is an award-winning historian of food, Indigenous health and settler colonialism. His work uncovered the program of nutrition experiments being carried in residential school across Canada, including at Shubenacadie Indian Residential School in Shubenacadie, Nova Scotia.</p>	
3:00-3:30	Coffee break	
3:30-5:00	Response and Discussion	
6:00-9:00	Banquet dinner	
	Dietitian as Artist opening, awards, book launch	

Saturday October 5th

	<u>Rosaria MPR</u>	<u>MCC 301</u>	<u>MCC 302</u>
8:00-9:00	Breakfast		
9:00-10:30	<p>Concurrent Session 1A - Workshop Series</p> <p>Workshop: Writing your own story in what you see, feel, hear, and do in dietetics, Safura Syed and Gurneet Dhani</p>	<p>Concurrent Session 1B - Beyond Nutrients Disease "prestige" and job turnover among Canadian clinical dietitians: Preliminary findings, Sarah Hewko</p> <p>Skills Development and Knowledge Sharing for Cultural Food Security and Occupational Justice for Newcomers Living in the Halifax Regional Municipality, Manfred Egbe and Jennifer Brady</p> <p>More than a meal: Senior women connect through food in a multigenerational community space, Samara Ohm and Daphne Lordly</p>	<p>Concurrent Session 1C - What is Healthy Food? Racial indigestion and the politics of Canada's food guides for First Nation, Inuit, and Metis populations, Alissa Overend</p> <p>Responsibilization of Healthy Eating and the 2019 Canada's Food Guide, Eric Ng</p> <p>Healthy food? What? For whom? With what effects?, Myriam Durocher</p>
10:30-11:00	Coffee Break		
11:00-12:30	<p>Concurrent Session 2A - Workshop Series</p> <p>Workshop: The 'Healthy Roots' Journey: Looking Back and Moving Forward Together, Kelly Gordon and Russel DeSouza</p>	<p>Concurrent Session 2B - Constructing Bodies</p> <p>Exposing lies: Fear of death and the social construction of fat in health care practice, Tanya L'Heureux</p> <p>Weight stigma and perinatal care, Lindsey Mazur</p> <p>Toward gender variant nutrition care guidelines: A participatory process, Cath Morley, Heather Bonnell, and Lindsay Goodridge</p> <p>Rainbow Reflections: On creating a body image comic book for queer men, Phillip Joy (Pecha Kucha)</p>	<p>Concurrent Session 2C - Food systems and Reconciliation: What are RDs' Roles?</p> <p>Confronting settler colonialism in food systems: Exploring two food movement networks in Canada and Australia, Michaela Bohunicky</p> <p>Dietitians' roles in a sustainable food system, Rachael Powell, Haley Jenkins, and Marissa Park</p> <p>Truth and reconciliation for the health of Indigenous peoples in Canada: Implications for dietetic practice and nutrition policy, Treena Delormier and Sandra Juutilainen</p> <p>Acknowledging Privilege, Julie Rochefort (Pecha Kucha)</p>

Saturday October 5th

Rosaria MPR

MCC 301

MCC 302

12:30-1:30 Lunch

1:30-3:00	<p>Concurrent Session 3A - Workshop Series</p> <p>Workshop: A Weight-Inclusive Approach to Health and Wellness, Ann McConkey and Caitlin Peiris</p>	<p>Concurrent Session 3B - Biopedagogies and Disciplining the Fat Body</p> <p>Lucrative libations: Exploring attitudes toward taxation of sugar-sweetened beverages in rural Michigan, Andrea E. Bombak, Taylor E. Colotti, Dolapo Raji, and Natalie Riediger</p> <p>Embracing the thorns: How Obesity Canada reconciles fighting fat stigma while also fighting fat, Jacqui Gingras</p> <p>The experiences of fat students in accredited, undergraduate dietetics training programs in Canada, Meredith Bessey and Jennifer Brady</p>	<p>Optional excursion - Local Tasting Tours hosts a walking tour of out of the way hot spots in Halifax's South end neighborhood (2:00 to 5:00 pm Additional fee - \$50)</p>
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3:00-3:30 Coffee Break

3:30-5:00	<p>Concurrent Session 4A - Workshop Series</p> <p>Workshop: Writing Our Lives in Dietetics, Christin Seher, Jacqui Gingras, Tanya L'Heureux, and Jenna Eastman</p>	<p>Concurrent Session 4B - (Inter)professional Practice and Equity</p> <p>Transforming Indigenous health through shifting the lens, Annabelle Wilson</p> <p>The making of sense and self: A classroom experience, Kathryn Fraser, Jennifer Brady, and Daphne Lordly</p> <p>Interdisciplinary nature of nutrition and well-being, Josseline Williams</p> <p>Community-based treatment for binge eating disorder using a weight-inclusive approach, Ann McConkey (Pecha Kucha)</p>	
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6:00-8:00 Student Professional Development Event

Sunday October 6th

Rosaria MPR

MCC 301

MCC 302

9:00-10:00

Breakfast

10:00-11:30

Concurrent Session 5A - Workshop Series

Concurrent Session 5B - From white sauce to white rice: Dismantling Whiteness in Food and Nutrition

Concurrent Session 5C - From Well-being to Being Well

No brown rice: Navigating nutrition advice through the lens of a Chinese-Canadian dietitian, Eric Ng (Pecha Kucha)

Healthy on our own terms: Indigenous wellbeing and the colonized food system, Mary Kate Dennis and Tabitha Martens

Representation at the table: Saving a seat for dialogue in dietetics, Gurneet Kaur Dhami (Pecha Kucha)

Workshop: (Im)mobilizing students? Teaching social justice and activism in Dietetics, Jennifer Brady, Jcqui Gingras, and Barbara Parker

Structural racism, mass incarceration, and food insecurity: The role of nutrition and dietetic in promoting health equity, Angela Odoms-Young

Film: We Story the Land, Sherry Pictou and Martha Stiegman

Resetting the narrative in Aboriginal nutrition research, Annabelle Wilson, Tamara Makean, Claire Palermo, Roland Wilson, Robyn Delbridge, Emma Tonkin, and Colleen Hayes

Sunday October 6th

	<u>Rosaria MPR</u>	<u>MCC 301</u>	<u>MCC 302</u>
11:30-1:00	Concurrent Session 6A - Workshop Series	Concurrent Session 6B - From Fitting It In to Shifting Paradigms	Concurrent Session 6C - Configuring Bodies, Compassion, and Justice in Education and Practice
		<p>Inherited learning: Planting seeds of Etuaptmumk-Two-Eyed Seeing (E-TES) through an undergraduate dietetics curriculum, Ann Fox, Kara Pictou, Cheryl Bartlett, Kerry Prosper, and Monika Hotson</p>	<p>Eating with IBD: A hermeneutic phenomenology approach to exploring eating experiences with intestinal illness, Heather Bonnell</p>
	<p>Workshop: For the Love of Food, Jingyi "Celia" Luo</p>	<p>Social justice and dietetic education: Are we preparing practitioners to lead?, Jennifer Brady</p>	<p>Exploring the embodied experience of compassion in dietetic education: An autoethnography, Kathryn Fraser</p>
		<p>"You and your ideas matter": Working with students toward social justice, Cath Morley</p>	<p>From academics to practice: Gaps and social barriers to equity education and facilitation in Canadian dietetics, Meaghan Lee, Roselin Mensah, Eric Ng, Mikahelia Wellington</p>
		<p>Facing challenge: The transition from learner to novice practitioner, Charna Gord (Pecha Kucha)</p>	<p>Privilege and oppression: Alive and well in dietetics, Lisa Blundell</p>

1:00-2:00	Lunch		
2:00-2:30	AGM		
2:30-4:00	Reflection and priority setting		
4:00-4:30	Closing		

Proceedings

Title: **Racial indigestion and the politics of Canada's Food Guides for FNIM populations**

Presenter: Alissa Overend, Associate Professor, MacEwan University
(Amiskwacîwâskahikan, Treaty 6 Territory), Department of Sociology

Format: Paper presentation

Kyla Wazana Tompkins' (2012) concept of racial indigestion examines the social, symbolic, and material practices through which colonial practices produce and maintain racial (and other systemic) food and social inequalities. While Tompkins analysis focuses on the Antebellum period from the late 18th to early 19th centuries in the United States, I offer an application of her concept of racial indigestion to the ongoing colonial politics of Canadian Food Guides as they govern and regulate First Nation, Inuit, and Metis (FNIM) food systems and eating practices. Specifically, I analyze Canada's newest Food Guide (GC, 2019), provide a critical synopsis of preceding editions, and read these in relation to the FNIM Food Guide (GC 2007/2010) and the current Health Canada web information directed towards FNIM groups. Like all individual-based dietary strategies, I argue that these documents and discourses produce and uphold healthist discourses for healthy eating outside any consideration of social, political, and/or economic barriers to "eating well with Canada's food guide" (GC, 2019). And while healthist dietary trends have been well-documented from within critical dietetics and food studies (Crawford, 1980; Guthman, 2007; Mayes, 2014), at this political moment, in an era of truth and reconciliation, they also seem especially sinister. Drawing on the work of Burnett, Hay, and Chambers (2016), I juxtapose the staunchly individual-based FNIM food strategies put forth by the Canadian government with the historic and ongoing colonial practices that produce food insecurity and highlight the many forms of racial indigestion at work in these continued colonial power relations.

Contact Person: Alissa Overend, overenda@macewan.ca

Title: **Lucrative Libations: Exploring Attitudes toward Taxation of Sugar-Sweetened Beverages in Rural Michigan**

Presenter: Andrea E. Bombak, Department of Sociology, University of New Brunswick;
School of Health Sciences, Central Michigan University

Taylor E. Colotti, School of Health Sciences, Central Michigan University

Dolapo Raji School of Health Sciences, Central Michigan University

Natalie D. Riediger, Department of Food and Human Nutritional Sciences,
Faculty of Agricultural and Food Sciences, University of Manitoba;
Department of Community Health Sciences, Rady Faculty of Health
Sciences, University of Manitoba

Format: Paper presentation

“Obesity” has been a topic of public health interest for decades, though its health implications are still under debate. While policies to address “obesity” have existed for decades, they have commonly focused on behavioral interventions. More recently, the taxation of sugar-sweetened beverages (SSB) is gaining traction globally and is modelled on tobacco cessation policies that carried important gendered, classed, and racialized implications. This study sought to explore individuals’ attitudes and beliefs about SSB being taxed in a rural Michigan setting. Data were collected in semi-structured, audio-recorded interviews that were coded thematically. There were three variant themes in participants’ perspectives regarding sugar-sweetened beverages (SSB) being taxed: *resistance*, *unfamiliarity*, and *ineffectiveness*. Additional themes arose regarding participants’ thoughts on which SSB would be taxed, who would be most affected by a tax on SSB, as well as how revenue generated from an SSB tax would be used: *pop would be taxed*, *tax would affect lower-income individuals*, and *tax revenue should be used for education*. At least in part due to skepticism concerning government interventions and expenditure, participants are resist to a tax on SSB in rural Michigan. Pop has become a racialized and classed beverage whose consumption is associated with nutritional ignorance.

Contact Person: Andrea Bombak, abombak@unb.ca

Title: **Structural Racism, mass incarceration, and food insecurity: The role of nutrition and dietetics in promoting health equity.**

Presenter: Angela Odoms-Young, PhD, Associate Professor, Department of Kinesiology and Nutrition, University of Illinois at Chicago

Format: Paper presentation

Food insecurity is defined as “a household-level economic and social condition of limited or uncertain access to adequate food.” Rates of food insecurity in the United States have fluctuated over the past 20 years, yet disparities between people of color and whites have continued to persist. There is growing recognition that discrimination and structural racism play an important role in shaping health behaviors and outcomes. However, exploration of mass incarceration as a potential pathway by which racial inequity leads to disparities in food insecurity is limited. The largest prison population in the world, approximately 2.3 million people in the United States (U.S.) are confined within the American Criminal Justice System. Black Americans are overrepresented in the justice system including being more likely than white Americans to be arrested, more likely to be convicted once arrested, and more likely to face stiff sentences and once convicted. Black men are six times as likely to be incarcerated as white men and similar racial disparities in incarceration are also evident among black women and youth. This paper provides a review of the literature on incarceration and food insecurity and highlights the critical role of nutrition and dietetic professionals in promoting health equity.

Contact Person: Angela Odoms-Young, odmyoung@uic.edu

Title: **Inherited Learning: Planting seeds of Etuaptmumk-Two-Eyed Seeing (E-TES) through an undergraduate Dietetics Curriculum**

Presenters: Ann Fox, Associate Professor, Department of Human Nutrition, St Francis Xavier University (StFX)

Kara Pictou, Research Assistant for Lands Coordinator, Paqtnekek Mi'kmaw Nation)

Mentors: Cheryl Bartlett, Professor Emeritus, Cape Breton University

Kerry Prosper (Elder in Residence, St Francis Xavier University

Student Contributor: Monika Hotson, Dietetic Intern, Northern Ontario Dietetic Internship Program

Format: Paper presentation

We initiated Etuaptmumk-Two Eyed Seeing (E-TES) approaches in our undergraduate dietetics curriculum, and as with the runners of a wild strawberry plant, we were often surprised where and how they spread. The purpose of this session is to share some of our original E-TES course planning that was informed by the teachings of Elders Albert and Murdena Marshall and Professor Emeritus Cheryl Bartlett (CBU), and supported by Elder in Residence at StFX, Kerry Prosper. We will highlight the sometimes unexpected opportunities and challenges that have arisen, and where we hope the next tendrils might extend. We are early in this process but we have observed that one initiative leads to another, and interesting ideas seem to come out of ones that went before. Education theorists refer to this as “inherited” learning. Elders teach us that through story, this is how the wisdom of ancestors is shared through generations. Our presentation follows a group of 4th year nutrition students through their initial exposure to the concept of E-TES, on to a course project on Traditional Foods, a reflective study on what they learned, and the launch of an intergenerational Land2Lab program on Traditional foods, for youth in Paqtnekek Mi'kmaw Nation. We invite you to explore these E-TES teaching and learning opportunities with us.

Contact Person: Ann Fox, afox@stfx.ca

St. Francis Xavier University is located in Mi'kma'ki, the unceded territory of the Mi'kmaq People.

Title: **Community-Based Treatment for Binge Eating Disorder using a Weight-Inclusive Approach.**

Presenter: Ann McConkey, RD., Provincial Eating Disorder Prevention and Recovery Program, Women's Health Clinic, Winnipeg, MB

Format: Pecha kucha

The Provincial Eating Disorder Prevention and Recovery Program located at Women's Health Clinic in Winnipeg, Manitoba is a community-based, outpatient treatment program for all genders. We use a weight-inclusive approach to treat all types of ED including Binge Eating Disorder. We do not use weight change as a measure of recovery, and we do not promote weight loss. Recovery from BED is indicated through improved quality of life, increase in self-compassion, ability to manage emotions, physical health indicators and a more peaceful relationship with one's body and with food. Ann will highlight how the dietitians in the ED program merge the concepts of mindful eating, intuitive eating, body acceptance, and compassion into an approach that promotes healing the relationship with food and body.

Contact Person: Ann McConkey RD, amcconkey@womenshealthclinic.org

Title: **A Weight-Inclusive Approach to Health and Wellness**

Presenters: Ann McConkey RD, Women's Health Clinic, Winnipeg, MB

Caitlin Peiris RD, Women's Health Clinic, Winnipeg, MB

Format: Workshop

Women's Health Clinic, in Winnipeg, Manitoba, is a feminist community health clinic that serves all genders. For 35 years it has incorporated a weight-inclusive model of care. As a Clinic we are committed to respect, acceptance and provision of appropriate care for people of all shapes and sizes. As dietitians we blend the concepts of mindful eating, intuitive eating, body acceptance, and compassion into an approach that promotes healing the relationship with food and body.

We will discuss how weight-inclusivity has been incorporated into all programming at Women's Health Clinic including eating disorders, midwifery, counselling, medical, parenting and school programs. 'Eat your Heart Out', a 6-week program which helps clients move from a focus on weight to a focus on self-care, compassion and wellness, will be highlighted.

This interactive, skill-building workshop will help you challenge your own assumptions about weight and health and learn the language and practical skills to provide weight-inclusive health care. Learn how to integrate self-compassion, intuitive and mindful eating with social justice issues such as gender and weight stigma in a community setting with clients, in programs, or developing educational materials.

After this presentation, the attendees should be able to:

- Evaluate how weight-inclusive their current practice is, and where bias/diet culture may still be present
- Confidently talk about food and bodies with clients in a way that is weight-inclusive and client centered
- Incorporate weight-inclusive techniques and practices to support long-term positive behaviour change in clients

Contact Person: Ann McConkey RD, amcconkey@womenshealthclinic.org

Title: **Transforming Indigenous health through shifting the lens.**

Presenter: Dr Annabelle Wilson, Senior Research Fellow, College of Medicine and Public Health, Flinders University, Adelaide, Australia

Format: Paper presentation

Much of what is written about transforming Indigenous health globally and reducing inequity in health between Indigenous and non-Indigenous peoples focuses on what Indigenous peoples can do to improve health and/ or how health professionals can work with Indigenous peoples to empower them to make change.

In this paper, I argue that a shifting of the lens is required for true transformation in Indigenous health to occur. That is, the focus of change must be the non-Indigenous people, policies, structures and institutions that need to change in order to move towards equity in health outcomes between Indigenous and non-Indigenous peoples.

I draw on examples including:

1. Community of Practice for dietitians and nutritionists working in Indigenous health, run and evaluated with dietitians and nutritionists across Australia in 2013 and 2014, with a follow-up study being conducted in 2019 to assess long-term change on dietitians/ nutritionists' practice
2. Author reflections and interviews with Indigenous and non-Indigenous colleagues

A model for how this lens can be shifted will be presented, including strategies for how privilege and associated concepts within institutions could be questioned.

Contact Person: Dr Annabelle Wilson, annabelle.wilson@flinders.edu.au

Title: **Resetting the narrative in Aboriginal nutrition research**

Presenter: Dr Annabelle Wilson, Senior Research Fellow, College of Medicine and Public Health, Flinders University, Adelaide, Australia

Co-Authors: Tamara Mackean, John Coveney, Claire Palermo, Roland Wilson, Robyn Delbridge, Emma Tonkin, Colleen Hayes

Format: Paper presentation

As the oldest, continuous living cultures in the world, Aboriginal and Torres Strait Islander peoples have strength, tenacity and resilience. However, past and ongoing colonisation of Australia has impacted food systems and food knowledges of Aboriginal people, and led to severe health inequities in particular disproportionate rates of nutrition-related health conditions. There is an urgent need to work with Aboriginal and Torres Strait Islander people to address nutrition and its underlying determinants in a way that integrates Aboriginal and Torres Strait Islander peoples' understandings of health, healing and wellbeing.

One way in which to do this is to 'reset the narrative' in Aboriginal nutrition in Australia to one that is strengths-based, inclusive of Aboriginal concepts of health, healing and well-being and culturally responsive. Resetting the narrative means to reframe the current approach that is based within a Western biopsychosocial construct of health and healing to one that is centred on the beliefs and values of Aboriginal people.

This paper will explore the current, dominant narrative in Aboriginal nutrition research in Australia and present a case for why this is inadequate. A new, alternative approach and how this could be implemented, will be presented. The role of dietitians in advocating for and facilitating this new narrative and what is needed for dietitians to take on this role will be discussed.

Contact Person: Dr Annabelle Wilson, annabelle.wilson@flinders.edu.au

Title: **(Im)mobilizing students? Teaching social justice and activism in dietetics.**

Presenters: Jennifer Brady, Assistant professor, Department of Applied Human Nutrition, Mount Saint Vincent University

Jacqui Gingras, Associate professor, Department of Sociology, Ryerson University

Barbara Parker, Assistant professor, Department of Sociology, Lakehead University

Format: Paper presentation

Social justice sits at the core of our work as critical dietetic educators, scholars, practitioners, and students. For dietetic educators, including content- and skill based or experiential learning opportunities about social justice and activism in the classroom is an essential piece of “critical professional praxis” (Croom and Kortegast, 2018). Bringing such opportunities to the classroom can mobilize educators and learners to engage as citizens and professionals in social justice action outside of the classroom. But, what happens when learners feel immobilized or “belated” (Levinson, 2001) in their learning of professional realities in their educational process? How can critical dietetics educators challenge, inspire, and activate learners without overwhelming them? There are few opportunities for dietetics educators and learners to safely and collectively reflect on these questions. This session will engage attendees in reflection and discussion about teaching social justice and activism in the dietetic classroom. Specifically, the session aims to draw out the experiences and insights of dietetic educators and learners who have made learning about social justice and activism a focus of their teaching and learning, as well as to create a space for sharing and collective contemplation related to the questions noted above that help enhance our profession within a social justice realm.

Croom, N. N., & Kortegast, C. A. (2018). When ignoring difference fails: Using critical professional praxis. *About Campus: Enriching the Student Learning Experience*.

Levinson, N. (2001). The paradox of natality: Teaching in the midst of belatedness. In M. Gordon (Ed.), *Hannah Arendt and education: Renewing our common world* (pp. 11–36). Boulder, CO: Westview Press.

Contact Person: Jennifer Brady, Jennifer.brady@msvu.ca

Title: **Social justice and dietetic education: Are we preparing practitioners to lead?**

Presenter: Jennifer Brady, Assistant professor, Department of Applied Human Nutrition, Mount Saint Vincent University

Format: Paper presentation

This paper presentation will share the results of two phases of a mixed-methods, multi-phase project that explored dietitians' understandings of, attitudes towards, and engagement in social justice through their practice and advocacy. More specifically, the proposed presentation will share results of two studies that explored the role of dietetic education in preparing dietitians with the knowledge, skill, and confidence to engaged in social justice. The first study included a content analysis of course descriptions for all required courses included in undergraduate training programs across Canada. The second study included a semi-quantitative survey that elicited dietitians' perceptions of their preparedness to engage in social justice practice and/or advocacy as a result of their dietetic education and training. Together, these studies highlight the gaps and in dietetic education that must be addressed for dietetic practitioners to take up a role in advancing social justice.

Contact Person: Jennifer Brady, Jennifer.brady@msvu.ca

Title: For the Love of Food
Presenter: Jingyi “Celia” Luo, BSc, PDt/RD
Format: Workshop

In this presentation, I would like to expand on my Pecha Kucha presentation from 2018 Critical Dietetics Conference and focus on sharing my collaboration work with Growing Strong Neighbourhoods Program at Immigrant Services Association of Nova Scotia (ISANS).

This work happen between 2017- 2019, it included: For the Love of Food workshop series, which is an eight-sessions food programming for 20+ participants, with 2/3 of them being ISANS clients and originally arrived in Canada as refugee’s status, as well as my work at interviewing people and creating a community cookbook drawing from the culinary knowledge of the many ISANS clients representing the various communities, such as Bhutanese, Arab, Persian, people from the African Great Lake region.

I will share what we learn from the For the Love of Food workshop series, in particular on the topic of newcomers’ food security perspective and share how we design the program that honour different ways of knowing and learning.

To end, I would like to share my reflection on cultural competence in dietetics, the role of a dietitian as an advocate and activist for food, health, and social justice, and the importance of learning about what it means to be accomplices and practicing allyship when serving the immigrants and refugees population. And I would like to invite participants in a brief discussion and share the implication to dietetic practice.

Title: **Facing Challenge: The Transition from Learner to Novice Practitioner.**

Presenter: Charna Gord, MEd, RD, Adjunct Lecturer, Division of Clinical Public Health, Dalla Lana School of Public Health, University of Toronto; Part-Time Faculty, Applied Human Nutrition, Mount St Vincent University

Format: Pecha Kucha

Students from a wide spectrum of backgrounds sometimes tell me about the disconnect they experience between their expectations and the realities they discover when they embark on practicum or early career jobs. This pecha kucha presentation will take a reflective, caring and critical gaze at some intriguing challenges facing educators and preceptors as we prepare students to enter the ever-changing world of work.

As a semi-retired dietetic educator with a background in public health, I am intrigued by questions that address this challenge such as:

How to fit everyone in? I have built curriculum and created classroom settings that invite conversation about the contested space of professional socialization. These conversations can provide opportunities to bridge difference and create brave(r) spaces.

How to fit everything in? Dietetic educators skillfully construct nutrition programs with robust core courses, experiential learning, and supplementary electives. How can we make room in already packed curricula for some of the underdeveloped and important content areas?

This presentation is designed to encourage us to reflect, to question and to share strategies on how to prepare a diverse student / intern population for entry into practice while at the same time nurturing their growth as individuals. Let's keep talking!

Contact Person: Charna Gord, cgord@sympatico.ca

Title: **Writing Our Lives in Dietetics**

Presenters: Christin Seher, Associate Professor of Practice, School of Nutrition and Dietetics, The University of Akron

Jacqui Gingras, Associate Professor, Ryerson University

Tanya L'Heureux, Doctoral Student, School of Kinesiology & Health Studies, Queen's University

Jenna Eastman, Master's Student, Development Practice, Regis University

Format: Workshop

This session examines the use of autobiographical ethnography and dialogue circles as critical feminist reflection tools to facilitate self-authorship, promote professional identity development, and to foster a spirit of collective professional activism. Drawing from research in multiple disciplines, the facilitators will provide a brief overview of the theoretical foundations and practical utility of these strategies, which includes sharing their own experience in using these methods, both as a teaching tool and for personal reflexive practice. Participants will engage in short, guided, autobiographical writing exercises around various dimensions of identity (i.e.: race, gender identity, body shape/size, health beliefs) and debrief in dialogue circles with other attendees, specifically considering intersections with dietetics practice. The goals of this session are to provide a framework for engaging in critical reflexive thinking around aspects of identity and dietetics practice not often engaged (or engaged with others), to provide an opportunity for personal and professional growth, and to connect conference attendees in vulnerable and authentic ways around contemporary issues of social and environmental justice, equity, and ways of knowing in the profession.

Title: Embracing the thorns: How Obesity Canada reconciles fighting fat stigma while also fighting fat

Presenters: Jacqui Gingras, Associate Professor, Ryerson University

John James Stranz, Ryerson University

Format: Paper presentation

Title: **Skills Development and Knowledge Sharing for Cultural Food Security and Occupational Justice for Newcomers Living in the HRM**

Presenters: Manfred Egbe, Mount Saint Vincent University

Jennifer Brady, Assistant professor, Department of Applied Human Nutrition, Mount Saint Vincent University

Format: Paper presentation

Power (2008) argues that food is central to “cultural health and survival,” and defines “cultural food insecurity” as a lack of access to cultural foods and foodways, which she asserts is an important social justice concern that lies beyond individual, household, or community food insecurity caused by financial insufficiency (95). Similarly, having an occupation is as important as access to cultural food and foodways in defining identity and connecting individuals to their communities.^{1,2} The lack of occupation, or occupational insecurity, is understood by occupational therapy scholars as fostering social exclusion and “occupational injustice”.³⁻¹⁴ Nowhere are these connections to cultural food, foodways, and occupation more threatened than in the lives of newcomers. Alleviating the disruption in access to cultural food and foodways and meaningful occupation, are key to newcomers’ successful relocation and integration in their host communities. As Koc and Welsh (2002) highlight immigrants’ feelings of belonging or identification with the host society cannot be achieved without full membership, or integration within every dimension of economic, social, cultural and political activities in the society. This roundtable will invite discussants to consider how cultural food insecurity and occupational injustice for newcomers are intertwining issues that require collaborative solutions, including support for newcomers to build on the food-related entrepreneurial, agricultural, and food processing skills that they often bring to their new communities.

Title: **Responsibilization of Healthy Eating and the 2019 Canada's Food Guide**

Presenter: Eric Ng, RD (he/his), PhD Student, Ryerson University

Format: Paper presentation

Responsibilization is the process of transferring responsibility for well-being from the state to citizens. Health education interventions often contribute to the responsibilization agenda where communities and citizens are asked to take on this responsibility. Dietary guidelines and healthy eating recommendations such as the Canada's Food Guide emphasize on citizens' responsibility for their health through choosing healthy foods and eating behaviours. In 2019, Government of Canada released an update of the Canada's Food Guide. While changes to the food guide was considered an improvement in focusing more broadly on the social aspects of food and eating, there are also critiques about the Food Guide's inadequate acknowledgement on social inequality and food insecurity. This presentation will outline how the responsibilization agenda is carried out in healthy eating discourse and how the language used within the 2019 Canada's Food Guide contributes to the responsibilization agenda.

Contact Person: Eric Ng, ericngrd@gmail.com

Title: **No brown rice: navigating nutrition advise through the lens of a Chinese-Canadian dietitian.**

Presenter: Eric Ng, RD, PhD Student, Ryerson University

Format: Pecha Kucha

Through a series of photographs based on personal and professional experiences with nutrition and food in Toronto, this presentation will represent the tensions and contradictions of practicing dietetics as a racialized immigrant in navigating colonialism and orientalism in nutrition and food. Using Critical Race Theory and Intersectionality, this presentation will ask questions about how dietitians are implicated in the perpetuation of racial stereotypes, how we can resist whiteness of nutrition advise, and how racialized immigrant settler dietitians see themselves in reconciliation through food.

Contact Person: Eric Ng, ericnrd@gmail.com

Title: **The making of sense and self: A classroom experience.**

Presenters: Fraser K.

Brady J.

Lordly D.

Format: Paper presentation

Experiences of current and future nutritional professionals participating in a Special Topics course entitled Compassion and Creativity for Critical Professional Practice were explored. The course was designed to support understandings of compassion, creativity and coherence as they apply to personal growth and professional practice with the aim of supporting students to participate in justice-enhancing roles in the future. Seven of fifteen students participated in semi-structured interviews. Qualitative analysis illuminated three themes: 1) Personal meaning and sense making; 2) relational and power dynamics; and 3) disruption; these emerged as part of a dynamic interplay within and between the domains of self, pedagogy, and practice. The critical pedagogical and constructive epistemological approach that informed the course encouraged students to make personal, interpersonal, and systemic connections between their own subjective experiences, the experiences of their peers, and the broader social impacts on health. Given nutrition classroom environments are largely positivist and non-relational, it would be important to consider how those environments may inadvertently impact compassion, sense of coherence, and ultimately the health and wellbeing of students. Through embracing sense of coherence and compassion as critical health resources and working to support their development in students through organizational and epistemological reform, we may move closer to fulfilling the aims of social justice and health equity.

Title: **From academics to practice: Gaps and social barriers to equity education and facilitation in Canadian dietetics**

Presenters: Meaghan Lee RD, MPH

Roselin Mensah RD, MPH

Eric Ng RD, MPH

Mikahelia Wellington RD, MPH

Format: Paper presentation

Through generative dialogue, a group of registered dietitians in Toronto, Canada reflect and compare their experiences between academic to dietetic practice settings, as members of marginalized populations. This presentation will identify how the social barriers and gaps to equity education that existed in the academic setting persist in workplace; and how the often-unspoken values taught in dietetic education manifest in professional settings when working with marginalized communities.

Title: **Representation at the Table: Saving a Seat for Dialogue in Dietetics**

Presenter: Gurneet Kaur Dhani, MSc AHN Student at Mount Saint Vincent University

Format: Pecha Kucha

I am proposing a pecha kucha presentation that aims to discuss representation in the dietetics profession. Representation comes in all forms, be it race, ethnicity, size, language and so forth. Having spaces where dialogue and representation meet are crucial in transforming the future of dietetic practice. I will be using a Critical Race Theory (CRT) approach and counter story tell beyond status quo narratives and tokenization of diverse individuals. I anticipate in gathering quotes/photos from BIPOC colleagues that I have meet though out my dietetic socialization journey, which showcase how the take space for dialogue and representation with the various hats they wear. The power of narrative through a counter storytelling approach will help steer future discussion and create space for dialogue around diversity in dietetics with the involvement of diverse individuals.

Contact Person: Gurneet Kaur Dhani, Gurneet.Dhani@msvu.ca

Title: **Interdisciplinary Nature of Nutrition and Well-Being**

Presenter: Josseline Williams, Dominican University

Format: Paper presentation

This proposal's goal is to better understand and bring awareness to the variety of perspectives that contribute to overall wellness. There are many approaches to health and many belief systems, and I believe that utilizing and understanding these approaches help people obtain an entire wellness, not just a treatment for a symptom.

Through the combination of a Naturepath, an MD, a Massage Therapist, a Craniosacral Therapist, a Mental and Life Coach, Energy Kinesiologists, an Acupuncturist, Personal Trainer, and Nutrition Specialists, I have been able to play collegiate sports and have a successful college career while being diagnosed with Lyme Disease, Epstein Barr Virus, CTMV, and Exercise-Induced Anemia. Each specialist I have visited exhibited a different approach to nutrition based on their specialties. After visiting each specialist, I would learn more about nutrition in a context that I had never thought before and in all, it contributed to my overall wellness and understanding of how to take care of my body. Approaching nutrition through a vast scope of awareness and knowledge from interdisciplinary venues will allow you to better serve your client and community.

Contact Person: Josseline Williams, jw.soleil@gmail.com

Title: **Exploring the Embodied Experience of Compassion in Dietetic Education: An Autoethnography**

Presenter: Kathryn Fraser, MScAHN candidate, Mount Saint Vincent University

Format: Paper presentation

Compassion is defined as participation in the other's experience which empowers mindful action to alleviate suffering.¹ Compassion is a personal, moral framework which is critical for effective and socially just health care.^{2,3} Literature from various health professions suggests that compassion for others may be hindered by low self-compassion, which may be cultivated by internalizing compassion within a supportive environment.⁴⁻¹⁵ The dietetic profession holds compassion as an important value,¹⁶ but there is no literature elucidating its meaning, development, or performance. Moreover, research on dietetic education indicates that the focus on objective knowledge, evidence-based learning, and competition for internship placements may generate conflict, isolation, and contribute to intra- and/or inter-personal disconnect among students which may undermine the development of compassion for self and others.¹⁷⁻²⁰ As an underexplored, embodied experience which may be inclined to reflexive development,²¹ researching compassion lends itself well to autoethnography. In this session I will present an autoethnography that explores my meaning and performance of compassion during my dietetic education as an individual with mental health challenges. Data analysis will draw on Bourdieu's critical social theories to explore my embodiment of compassion, and the overarching socio-cultural value system within dietetic education.

Title: **The ‘Healthy Roots’ Journey: Looking Back and Moving Forward Together**

Presenters: Kelly Gordon, RD, Six Nations Health Services
Russel DeSouza, RD, McMaster University

Format: Workshop or Round Table

The objective of this roundtable is for the participants to experience the ‘Healthy Roots’ journey from different voices. To learn about collaborative Indigenous health research methods and to hear about the impact of positive community change, rooted deep within Haudenosaunee culture. The ‘Healthy Roots’ initiative was developed in Six Nations of the Grand River Territory by Haudenosaunee community members. ‘Healthy Roots’ is a community-based dietary intervention which aims to return Haudenosaunee peoples to a traditional diet in order to become healthy again. This was a holistic approach to improving physical, mental, emotional and spiritual wellbeing by growing stronger roots in each the individual and within the community.

Kelly and Russ will share their stories and experiences with the ‘Healthy Roots’ community initiative from conception through pilot testing in “Assessing the efficacy of a Haudenosaunee lifestyle (the ‘Healthy Roots’ intervention) on cardio-metabolic factors a pilot study”.

The roundtable will be fluid and interactive as we move through questions and conversations about the power and resilience of Indigenous knowledge, acknowledging the land, how these lands directly connect to our foods, the impact of establishing trusting relationships and how to incorporate these important learnings and dialogues into dietetic research and practice.

Title: Weight stigma and perinatal care

Presenter: Lindsay Mazur

Format: Paper presentation

Fat women in perinatal care, have been denied fertility treatment and are assumed to be unfit to mother. Research on fat women in perinatal care centers around the doctor-patient relationship, where the dietitian-patient relationship is largely unexplored. Methods: Using a critical social theory framework, semi-structured interviews will be used to explore experiences of weight stigma in perinatal dietetic care from the perspective of fat women and dietitians. A total of 20 women and 10 dietitians will be recruited (currently, women n=4, dietitians n=4). Results: In data collected so far, women describe a range of experiences with dietitians in the perinatal period from positive to negative. Negative experiences include feeling dietitians are not tailoring recommendations to their lives, and more pressure to make changes due to their weight status. Positive experiences reveal the opposite. Dietitian experiences include disillusionment, whereby they feel they were not given the tools in their education to help people in real-world contexts, e.g. Resistance to “evidenced-based guidelines”. Conclusion: Preliminary results reveal women with high BMI experience weight stigma, and/or empowering experiences with dietitians; Dietitian experiences reveal overall frustration with current evidence-based guidelines in the perinatal period.

Title: **Privilege & Oppression: Alive and Well in Dietetics**

Presenter: Lisa Blundell, RD, MPH, Memorial University of Newfoundland

Format: Paper presentation

Entry to dietetics involves competition between peers and many who apply for a dietetic internship may be denied a placement even though they exceed the admission criteria. The nature of what is expected from people during dietetic training (e.g., financially) creates a barrier for people of a lower socioeconomic status and those with fewer social supports. Considering intersectionality, it is probable that groups of people are less likely to enter the dietetic profession, and therefore are less represented in this form of healthcare. Using Iris Young's 'Five Faces of Oppression', I explore how the systems in place to select dietetic interns, and consequently dietitians, are composed of oppressive structures that promote horizontal violence and inevitably contribute to the professional identity of dietitians. During competition of dietetic internship applications, subjectivity of internship coordinators may lead to the selection of people possessing similar characteristics of current dietitians, hindering professional diversity and perpetuating the cycle of oppression. Systematic entry to dietetics negatively affects the professional socialization and identity of dietitians, and ultimately the culture of dietetics – by altering the values, attitudes, interests, and skills that are considered necessary. In turn, professional socialization impacts how dietitians practice, identify with clients, and provide care.

Contact Person: Lisa Blundell, Lisa.blundell@mun.ca

Title: **Healthy on Our Own Terms: Indigenous Wellbeing and the Colonized Food System**

Presenters: Mary Kate Dennis, PhD, MSW, Assistant Professor, Faculty of Social Work, University of Manitoba

Tabitha Martens, Faculty of Social Work, University of Manitoba

Format: Paper presentation

Indigenous peoples' health is often reported through physical health disparities and prevalence of chronic disease experiences. Western perspectives often quantify health by reducing it to a set of numbers using a bio-medical approach. Health for Indigenous peoples is experienced more holistically, through a broader concept of "being well", which is achieved through relationships to other people, to the land and creation, and to our ancestors in the spiritual realm. Using this Indigenous lens, the notion of health is applied to the food system and to healthy eating. Indigenous peoples maintain their health through accessing original and healthy foods on their traditional lands. The food system is composed of a network of complex relationships that holistically feed people from their traditional lands. Colonization through starvation tactics, residential schools and hunting and fishing laws has created numerous barriers and pain for Indigenous peoples to be healthy on their own terms. The concepts of health and wellbeing, in the context of Indigenous food systems and cultures, should be adapted to serve the needs and represent the realities of Indigenous peoples.

Contact Person: Mary Kate Dennis, Marykate.dennis@umanitoba.ca

Title: **The experiences of fat students in accredited, undergraduate, dietetic training programs in Canada**

Presenter: Meredith Bessey, MScAHN Candidate, Mount Saint Vincent University

Co-author: Jennifer Brady, Assistant professor, Department of Applied Human Nutrition, Mount Saint Vincent University

Format: Paper presentation

Dietetic students and practicing dietitians have been found to hold stigmatizing beliefs about fat patients, and thinness is often viewed as a “professional credential” of a good dietitian. Dietetic students often feel a pressure to align with this thin ideal, and are at significant risk of disordered eating and eating disorders. Furthermore, fat dietetic students are likely subject to bias within their educational environment, given the negative messages about fatness perpetuated in dietetic education. This has yet to be explored in the dietetic context. The current research explores the experiences of fat students who are or were previously enrolled in accredited, undergraduate, dietitian training programs in Canada through qualitative interviews. Specifically, we were interested in their experience within dietetic education, in terms of curriculum, faculty interactions, physical environment, etc., as well as how the dominant messages around weight in dietetics influences fat students’ perceptions of their body and health. 11 semi-structured interviews were conducted with dietetic students from across Canada. Preliminary findings suggest that fat students grapple with their identity as fat dietitians or dietetic students in a variety of ways, which are influenced by biopedagogies within the dietetic environment and by conflicting messages which they receive within their education.

Contact Person: Meredith Bessey, Meredith.bessey@msvu.ca

Title: Confronting settler colonialism in food systems: Exploring two food movement networks in Canada and Australia

Presenter: Michaela Bohunicky, RD, MSc Candidate, Department of Health Sciences, Lakehead University

Supervisor: Dr. Charles Levkoe

Format: Paper presentation

In response to our corporate-led, industrial food system, food movements have emerged to challenge its legitimacy with food sovereignty becoming an increasingly important frame for working towards social and ecological health. Despite their many successes, food movement organizations have been charged with reinforcing features of the dominant food system, including settler colonialism. Settler colonialism is a key issue that has received little attention by food movements and their range of community and public health actors, including Registered Dietitians. While there is a small but growing body of literature on settler colonialism in food movements, there are far fewer studies that examine what meaningful action by food movement organizations looks like. This presentation will share preliminary findings of a community-based research project exploring how food movement organizations are addressing settler colonialism through discourse and practice. It will also provide insights for researchers, practitioners and organizations working towards healthy, equitable and sustainable food systems, insisting that more inclusive and impactful food movements must see food sovereignty, in particular the confrontation of power and settler colonialism, as a necessary approach to achieving social and ecological health. Finally, it will argue that as Registered Dietitians involved in food movements, incorporating social-ecological determinants of health and food sovereignty into our approaches to practice will allow us to explore the profession's relevance and value far beyond the biomedical system.

Contact Person: Michaela Bohunicky, mbohunic@lakeheadu.ca

Title: **Healthy Food? What? For Whom? With What Effects?**

Presenter: Myriam Durocher, PhD Candidate, Université de Montréal

Format: Paper presentation

This paper aims to critic the taken-for-grantedness of what we understand as being “healthy food”. Drawing on my research work in exploring Quebec’s food culture from a cultural studies perspective, I present how “healthy food” is permeated by power relationships that participate in producing variable definitions of what it “is” (both discursively and materially). By presenting how it gets to be defined differently according to its contexts of emergence and to the various power relationships that inform how it is going to be produced, claimed, consumed, discussed, etc., I also highlight the entangled webs of uneven relationships between humans as well as between humans and more-than-humans (Probyn, 2016) at play in these various definitions. My work is inspired by literature emerging from new materialisms (particularly feminist and environmentalist feminisms) and by works of critical food theorists such as Hayes-Conroy & Hayes-Conroy (2013) for whom it is necessary to question the knowledge involved in how food and bodies are linked as to open up new «ways of doing/knowing the food-body relationship, and to open the scope of possibility for what nutrition is, and how nutrition is practiced. » (Hayes-Conroy et Hayes-Conroy, 2013, p. 7)

I conclude this presentation by opening up on issues and questions such a critical exploration of what is “healthy food” raises.

Contact Person: Myriam Durocher, myriam.durocher@umontreal.ca

Title: **Rainbow Reflections: On Creating a Body Image Comic Book for Queer Men.**

Presenter: Phillip Joy, PDt, PhD (c), Dalhousie University

Format: Pecha Kucha

This presentation will explore several critical perspectives in dietetic practice including the role of art in dietetic education, research, and practice, critical perspectives of bodies, and dietetics through the lens of queer theory, experience, and identity. The presentation will relate the process of creating a comic book designed to explore, challenge, and disrupt cultural notions of bodies and body image of gay, bi, and trans men. The comic book, entitled *Rainbow Reflections* includes over 35 comics from queer artists in six different countries that reflect their personal experiences surrounding body image, weight, and muscularity. The presentation will also include personal reflections on the importance of using art for dietetic practice and knowledge translation. The visuals for the Pecha kucha will be illustrations from the various comic strips included in the book and be presented by Phillip Joy. Research team members include Stephanie Gauvin and Matthew Lee.

Contact Person: Phillip Joy, pjoy@dal.ca

Title: **Writing your own story in what you see, feel, hear, and do in dietetics**

Presenters: Safura Syed, MSc AHN Student, Mount Saint Vincent University

Gurneet Dhani, MSc AHN Student, Mount Saint Vincent University

Format: Workshop

Goals:

- How to get involved in the field of dietetics in your own unique way through education, activities and social media
- Shed light on the BIPOC community in dietetics and how to create safe spaces for dialogue
- Become or reaffirm role as a white ally in the field of dietetics

As two people of colour, we aim to provide students and professionals with insight into our lived experience of advocacy and activist work in the field of dietetics. Sharing the story behind the titles and photos will be discussed to support individuals interested in participating in advocacy and activist work.

We aim to showcase social media involvement in stirring discussion on and offline, through our own examples and from people we admire as mentors in the profession. The challenges, struggles, and how to move through hurdles as people of colour will be shared to create dialogue around diversity and making/ taking up space in the profession.

We anticipate in planning either mini groups with case studies or a world café setting to look at various situations on hard pressing issues such as reconciliation and diversity in dietetics and how we can go about taking discussions beyond our group discussion.

By sharing these stories and tactics we hope to reaffirm ally ship among our white colleagues, provide support to our BIPOC community members and in tune support culturally appropriate person-centred care practices.

Contact Person: Safura Syed, safura.syed@msvu.ca; Gurneet Dhani, gurneet.dhani@msvu.ca

Title: **More than a meal: Senior women connect through food in a multigenerational community space**

Presenter: Samara Ohm, MScAHN Candidate, Mount Saint Vincent University

Co-author: Daphne Lordly

Format: Paper presentation

Adults aged 65 years and older, in particular lone females, are a growing demographic. As individuals age, biological, psychological and social changes bring changes to food intake, one's identity and sense of self. For women, who traditionally are the primary food provisioners, identity and sense of self can be rooted within the role of feeding others and engaging socially around food. Connecting weekly with a women's group, Empowered Women Blossom, held at a youth organization in Halifax, exemplifies how places within the community can foster connection between senior women by sharing a meal. The research seeks to understand what having a space to gather for a meal means to women in this group. This research will provide a greater understanding of how aging women value community social spaces, and how, if at all, these interactions impact their lives. The barriers senior women experience, what brings the women to the space, and what makes the space accessible will be illuminated. Food intake and nutrition is critical but often compromised throughout aging. Understanding the importance of social eating for senior women, and respecting the connection women form through food, highlights how nutrition goes beyond nutrient content and food intake.

Title: **Disease “prestige” and job turnover among Canadian clinical dietitians: Preliminary findings**

Presenter: Sarah Hewko, Assistant Professor, Department of Applied Human Sciences, University of Prince Edward Island

Format: Paper presentation

Professional association with higher prestige medical specialties or diseases furnishes both material and nonmaterial advantages; these can include higher pay, greater autonomy and elevated social standing. Although specialization is largely informal in clinical dietetics, prestige is inherent to positions serving patients diagnosed with high prestige disease conditions and/or those under the care of physicians in high-prestige specializations. **Objectives:** 1) To assess the significance of medical “prestige” in clinical RD turnover. **Methods:** *Quantitative:* Managers of clinical RDs (≥ 3 FTE) completed a pilot-tested survey including both closed and open-ended questions. *Qualitative:* A selection of survey respondents participated in semi-structured interviews designed to gain a deeper understanding of the complexities of job turnover among Canadian RDs. **Results:** Preliminary analysis of qualitative and quantitative data indicates that “prestige” may play a role in mediating job turnover among clinical dietitians. **Conclusions:** Managers of clinical RDs could seek to more equitably distribute low-prestige tasks/assignments across RDs – this may equalize turnover rates across units/programs. Efforts to advocate for greater recognition of professionals in low-prestige areas of medical practice may reduce RD turnover in affected units and programs and increase the continuity of nutrition care provided to patients.

Contact Person: Sarah Hewko, shewko@upei.ca

Title: **Exposing Lies: Fear of Death and the Social Construction of Fat in Health Care Practice**

Presenter: Tanya L'Heureux (pronouns: she/her), RD, MAdEd, PhD student, School of Kinesiology & Health Studies, Queen's University

Format: Paper presentation

...faced with the current hostility toward fat, we must ask, why is this so? And how can we make it otherwise
(LeBesco & Braziel, 2001, p. 8).

The stigma of fat is pervasive and often perpetuated by health professionals due to unquestioning assumptions and desires about bodies, health, and longevity. Such desires can arise from anxieties about our bodies' inevitable death and vulnerability. This can create social fantasies, which socially construct identities. Drawing upon psychoanalytical and queer theories, I will examine how fear of death simultaneously constructs and erases fat identities, shapes health care policy and practice, and maintains social norms surrounding health, weight, and body size. Drawing upon the literature and my personal reflections as a practicing dietitian, I will argue that despite the best intentions, health care policies and practices reinforce lies about the association between fatness, health behaviours, health, and longevity and cause harm to fat bodies. I will provide critical questions and strategies to practice otherwise by attuning to our fear of death and "saving" efforts, opening ourselves to vulnerability and uncertainty, and simultaneously accepting and challenging our failures to do no harm.

Contact Person: Tanya L'Heureux, tanyarlheureux@gmail.com

Title: **Truth and reconciliation for the health of Indigenous peoples in Canada: Implication for dietetic practice and nutrition policy**

Presenter: Treena Delormier, PhD PDt, Associate Professor, School of Human Nutrition, McGill University, QC

Co-author: Sandra Juutilainen PhD, Adjunct Assistant Professor, School of Public Health and Health Systems, University of Waterloo, ON

Format: Paper presentation

Canada's Truth and Reconciliation Commission Calls to Action for health provide a framework for critical reflection on nutrition policy and dietetics practice. Minister of Health, Ginette Petipas Taylor, recognized the reconciliation narrative on the 2019 launch of Canada's Dietary Guidelines for health professionals and policy makers which broadly considers the Indigenous contexts. This is an important first step, however, addressing reconciliation within dietetics practice requires specific attention to Indigenous health inequities created as a consequence of colonization; including the disruption of social and food systems as foundations of healthy Indigenous societies. Our perspectives as Haudenosaunee health practitioners and trained dietitians we look critically at the assumptions underpinning the dietetics profession and nutrition policy by examining Canada's Dietary Guidelines. We discuss implications, present case studies highlighting wise practices; and, provide recommendations for systemic changes required for: culturally safe dietetic training and practice; and engaging Indigenous communities in developing nutrition policy. These insights aim to guide health and dietetics professionals, leaders, and policy-makers on building authentic relationships with Indigenous communities by centering Indigenous Food Systems and knowledge as the foundation for healthy eating. Reconciliation will require allies to recognizes strengths, and self-determination of Indigenous communities as the starting point of their efforts.

Contact Person: Treena Delormier, treena.delormier@mcgill.ca

Title: **Dietitian's Role in a Sustainable Food System**

Presenters: Rachael Powell, Acadia University

Haley Jenkins, Acadia University

Marissa Park, Acadia University

Format: Paper presentation

The purpose of this study was to identify how, if at all, dietitians are most strategically positioned to contribute to sustainable food systems (SFS). Based on the findings, the objective would be to identify areas in which dietitians can contribute to sustainable food systems and identify possible beneficial tools.

This process consisted of a literature review of peer-reviewed, grey, and PEN articles to examine the role of dietitians in sustainable dietetic practice. The literature was assessed to understand key sustainable food systems issues relevant to practice, which actions and tools are working, and what gaps exist to identify all areas dietitians can contribute to SFS and what areas need to be improved. Because of the unique role of nutritionists and dietitians across many sectors of Canadian food systems, there is opportunity to facilitate an integrative approach to sustainable food systems. The strategic guidelines we propose, along with suggested actions and tools, will hopefully increase dietetic involvement towards a more sustainable food system in the future.

We recommend that a tool be created to support education of SFS to future and current dietitians – from undergraduate level and continuing through current and future practitioners. We also recommend that SFS education be implemented into dietetic internships and training.

Title: **Toward variant nutrition care guidelines: A participatory process**

Presenter: Cath Morley, Associate Professor, School of Nutrition and Dietetics, Acadia University

Student Contributors: Heather Bonnell, BFA, BSN, Dietetic Practicum Student, Acadia University

Lindsay Goodridge, HBSc, BSN, MPH Nutrition student, University of Toronto

Format: Paper presentation

Our research is a response to the lack of evidence informing nutrition assessment and nutrition counselling beyond a binary of those identified as male and female at birth. With the goal of drafting nutrition care guidelines for use when working with gender variant people, this session will be a sharing of participatory action research conducted to date and plans for ongoing research. We envision a multi-national collaboration to develop these guidelines. The intent is that attendees will become inspired to participate in the research process.

Contact Person: Cath Morley, cmorley@acadiu.ca

Title: **“You and your ideas matter”: Working with students toward social justice**

Presenter: Cath Morley, Associate Professor, School of Nutrition and Dietetics, Acadia University

Format: Paper presentation

Once upon a time, one of my brothers told me, “The *problem* with you, is you actually think you can change the world”. Recently, another brother advised that I shouldn’t work so hard, and focus on what matters in life. Turns out what matters to me is, through my work, moving toward social justice. I bring this ethos to my role as a facilitator of learning, frequently encouraging students that the world and a profession where people practice in support of social justice needs their energy, ideas, and empathy. I have reflected on how I came to this perspective since I was not socialized to believe I mattered nor that I could have influence. I believe this has happened not been through traditional ‘mentoring’ by people rather, it has to do with questioning life experiences including expectations of marriage, motherhood, juggling career and all else, grief, loss. This journey has also lead me to question the limited view of dietetics I was taught, and what is considered professional (i.e., non-emotive) behaviour. This session will focus on the important role we have to play with each other in mentoring a professionalism that embraces emotionality and empathy as a step toward social justice.

Contact Person: Cath Morley, cmorley@acadiau.ca

Title: **Eating with IBD: A Hermeneutic Phenomenology Approach to Exploring Eating Experiences with Intestinal Illness**

Presenter: Heather Bonnell, BFA, BSN, Dietetic Practicum Student, Acadia University

Supervisor: Catherine Morley, PhD, PDt, FDC, Acadia University

Format: Paper Presentation

Inflammatory Bowel Disease (IBD) is a chronic illness with serious impacts on nutritional status, eating, and relationships with food. The purpose was to explore how, if at all, are the food, nutrition, and eating experiences of people with IBD relevant to medical nutrition therapy, nutrition counselling, and research? Interviews were conducted with purposively recruited participants. Transcripts underwent content categorization using the domains and filters of the Organizational Framework for Examining Nutrition Narratives (OFFENN). Codes were developed, followed by thematic analysis using a hermeneutic phenomenological approach. Themes include changed eating behaviour in family, social, and professional environments; traumatic food experiences affecting mental health and body image; experiential knowledge guiding eating behaviour; and the value of support from people with a shared lived-experience. Advice for dietitians includes need for individualized care, specialized knowledge in diet and IBD, and long-term respectful relationships with clients. Interviews were effective in encouraging participants to share their experiences. As well, my personal experience living with IBD was instrumental in creating a supportive environment where participants felt comfortable sharing. Suggestions for nutrition counselling include the need to form trusting, respectful relationships with clients, respect a client's autonomy, focus on individual needs, and the importance of human connection.

Contact Person: Heather Bonnell, heather.e.bonnell@gmail.com

Title: **Acknowledging Privilege**

Presenter: Julie Rochefort, MHSc., RD, Doctoral Student, College of Social and Applied Human Sciences, University of Guelph

Format: Paper presentation

During my graduate studies I learned to ungrasp my professional worthiness as an nutrition expert and understood the need to shift power imbalances in order to foster self-determination and wellbeing. Following my graduate studies, I worked as a community dietitian servicing a northern rural Indigenous community in Ontario. In this role I grew more conscious of the elusive ways of how my unconscious biases and privilege continued to inform my dietetic practice. My presentation provides a visual story of my personal and professional journey of raising awareness of unconscious biases and privilege within dietetic practice.

Contact Person: Julie Rochefort, jrochefo@uofguelph.ca

Dietitian As Artist

Artist: Gurneet Dhami
Title: Empty Water glass & White Round Plate
Medium: mixed media

Artist: Jenna Eastman
Title: Body image and identity through portraits
Medium: photographic series

Artist: Kathryn Fraser
Title: Find Your Sacred
Medium: spoken word (performance)

Artists: Phillip Joy, Roberta Jackson, Maritza Miari
Title: Little Loli Loves Local Food
Medium: comic book

Artist: Daphne Lordly, Jenna Brady, Kathryn Fraser
Title: The Making of Sense and Self: Understandings of compassion, creativity and coherence
Medium: fibre

Artist: Daphne Lordly

Title: Food a Basic Human Right
Medium: mixed media

Artist: Daphne Lordly
Title: Life is not always a Chocolate Dot
Medium: mixed media

Artist: Cath Morley, Jeanine Morley
Title: Not Bad, Only Different
Medium: mixed media

Artist: Cath Morley
Title: Towel Tales
Medium: textiles

Artist: Cath Morley
Title: Feeding someone who is sick
Medium: photograph

Artist: Cath Morley

Title: You and your ideas matter

Medium: textiles and mixed media

Description: A critical pedagogy-inspired invitation for Acadia students to reflect on the idea of 'you and your ideas matter': a collection of pieces created by students

Thank you to Hillary Fry, Heather Bonnell, and Mallory Harvey for their work on the conference program.