1:30 - 4:00 pm  Film screening and discussion
Critical Dietetics conference attendees are invited to participate in a special screening of Six Primrose, a documentary about the Dartmouth North Community Food Centre. The purpose of this screening is to help inform the development of a curriculum guide that will accompany the film for academic use. Following the film viewing, there will be a facilitated discussion about how the documentary can be used as a transformational learning tool in post-secondary education including critical dietetics
Location: FoodARC, MSVU Campus

6:00 - 8:30  Diversify Dietetics Meet-up
McCain 301/302, MSVU
Come join us for a pre-conference event hosted by Gurneet Dahmi and Safura Syed for the 1st ever Canadian Diversify Dietetics Meetup. Diversify Dietetics' mission is to increase diversity in the field of nutrition by empowering students and young professionals from underrepresented minority groups to join the next generation of nutrition experts. Thank you, Deanne Belleny & Tamara Melton, for the opportunity to host and looking forward to meeting diverse nutrition students and dietetic professionals at the event in #Halifax, Nova Scotia. CHECK out the link for FREE TICKETS. Donations will also be collected to support the #DiversifyingDietetics.
https://secure.givelively.org/event/diversify-dietetics-inc/critical-dietetics-meetup
**Sharing, Learning, Transforming the Future: Building Allyship with Indigenous Communities Through Dietetics**  
**Education, Practice, and Research**  
K'jipuktuk (Halifax), Nova Scotia, Canada  
October 4-6 2019

**Friday October 4th**  
**Rosaria MPR**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00</td>
<td>Registration and Breakfast</td>
</tr>
<tr>
<td>9:15-9:45</td>
<td>Opening</td>
</tr>
<tr>
<td>10:00-1:00</td>
<td><strong>Blanket Exercise</strong></td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Lunch (in Rosaria Cafeteria)</td>
</tr>
<tr>
<td>2:00-3:15</td>
<td><strong>Keynote by Dr. Ian Mosby</strong></td>
</tr>
<tr>
<td></td>
<td>Title: Hunger, Human Experimentation, and the Legacy of Residential Schools</td>
</tr>
<tr>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>3:15-3:45</td>
<td>Coffee break</td>
</tr>
<tr>
<td>3:45-5:00</td>
<td><strong>Keynote by Elder Clark Paul</strong></td>
</tr>
<tr>
<td></td>
<td>Elder Clark Paul is from the First Nation Mi’kmaq community of Eskasoni, located in Mi’kma’ki (Nova Scotia). He graduated from Cape Breton University with a Bachelor of Arts in linguistics and history. He is a survivor of residential school, and a Mi’kmaq language speaker, dancer, and drummer. He is certified by the Health Commission of Canada to teach mental health first aid for First Nations communities. Elder Clark also travels often, using his experience and knowledge to teach others about Mi’kmaq tradition and language.</td>
</tr>
<tr>
<td>6:00-9:00</td>
<td>Banquet dinner</td>
</tr>
<tr>
<td></td>
<td>Following Dietitian as Artist, Archive of Dietetics in Canada, Student awards, Book launches</td>
</tr>
</tbody>
</table>
### Saturday October 5th

<table>
<thead>
<tr>
<th>Time</th>
<th>Concurrent Session 1A - Workshop Series</th>
<th>Concurrent Session 1B - Beyond Nutrients</th>
<th>Concurrent Session 1C - What is Healthy Food?</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:00</td>
<td>Rosaria MPR</td>
<td>MCC 301</td>
<td>MCC 302</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>A Weight-inclusive approach to health and wellness, Ann MCConkey</td>
<td>An intersectional perspectives on the social sustainability of the recommendations for families to cook at home in Canada, Janet Jessica Wiles</td>
<td>Racial indigestion and the politics of Canada's food guides for First Nation, Inuit, and Metis populations, Alissa Overend</td>
</tr>
<tr>
<td>10:30-11:00</td>
<td>Workshop: Writing your own story in what you see, feel, hear, and do in dietetics, Safura Syed and Gurneet Dhami</td>
<td>Exposing lies: Fear of death and the social construction of fat in health care practice, Tanya L'Heureux</td>
<td>Confronting settler colonialism in food systems: Exploring food movement organizations in Canada and Australia, Michaela Bohunicky</td>
</tr>
<tr>
<td>11:00-12:30</td>
<td>Concurrent Session 2A - Workshop Series</td>
<td>Concurrent Session 2B - Constructing Bodies</td>
<td>Concurrent Session 2C - Food systems and Reconciliation: What are RDs' Roles?</td>
</tr>
<tr>
<td>11:30-12:00</td>
<td>Coffee Break</td>
<td>Dietitians' roles in a sustainable food system, Rachael Powell, Haley Jenkins, and Marissa Park</td>
<td>Healthy on our own terms: Indigenous wellbeing and the colonized food system, Mary Kate Dennis and Tabitha Martens</td>
</tr>
<tr>
<td>12:30-1:00</td>
<td>Workshop: Writing your own story in what you see, feel, hear, and do in dietetics, Safura Syed and Gurneet Dhami</td>
<td>Toward gender diverse nutrition care guidelines: A participatory process, Cath Morley, Heather Bonnell, and Lindsay Goodridge</td>
<td>Acknowledging Privilege, Julie Rochefort (Pecha Kucha)</td>
</tr>
</tbody>
</table>
### Saturday October 5th

<table>
<thead>
<tr>
<th>Time</th>
<th>Rosaria MPR</th>
<th>MCC 301</th>
<th>MCC 302</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30-1:30</td>
<td><strong>Concurrent Session 3A - Workshop Series</strong></td>
<td><strong>Concurrent Session 3B - Biopedagogies and Disciplining the Fat Body</strong></td>
<td><strong>Concurrent Session 3C - Mind the Gap: Equity in Education and Practice</strong></td>
</tr>
<tr>
<td></td>
<td>Lunch (in Rosaria Cafeteria)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30-3:00</td>
<td><strong>Workshop: The 'Healthy Roots' Journey: Looking Back and Moving Forward Together, Kelly Gordon</strong></td>
<td><strong>Lucrative libations: Exploring attitudes toward taxation of sugar-sweetened beverages in rural Michigan, Andrea E. Bombak, Taylor E. Colotti, Dolapo Raji, and Natalie Riediger</strong></td>
<td><strong>Perplexed! Can Obesity Canada reconcile fighting fat stigma while also fighting fat?, Jacqui Gingras, John James Stranz</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Workshop: The 'Healthy Roots' Journey: Looking Back and Moving Forward Together, Kelly Gordon</strong></td>
<td><strong>The experiences of fat students in accredited, undergraduate dietetics training programs in Canada, Meredith Bessey and Jennifer Brady</strong></td>
<td><strong>Privilege and oppression: Alive and well in dietetics, Lisa Blundell</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Transforming Indigenous health through shifting the lens, Annabelle Wilson</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Community-Based Treatment for Binge Eating Disorder using a Weight-Inclusive Approach (Pecha Kucha), Ann McConkey</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00-3:30</td>
<td><strong>Coffee Break</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30-5:00</td>
<td><strong>Concurrent Session 4A - Workshop Series</strong></td>
<td><strong>Concurrent Session 4B - (Inter)professional Practice and Equity</strong></td>
<td><strong>Optional excursion - Local Tasting Tours hosts a walking tour of out of the way hot spots in Halifax's South end (City bus leaves MSVU at ~ 1:00 to arrive downtown at 2:00 to 5:00 pm Additional fee - $50). See the Critical Dietetics website for details. (criticaldieteticsblog.com)</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Workshop: Writing Our Lives in Dietetics, Christin Seher, Jacqui Gingras, Tanya L'Heureux, and Jenna Eastman</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>The making of sense and self: A classroom experience, Kathryn Fraser, Jennifer Brady, and Daphne Lordly</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Inter-Cultural Food Bridging Society-the bridge between Canadian and international food cultures, Yue Li and Shuying Xie</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### 6:00-8:00

**Student Professional Development Event - McCain 301**

**Title:** Critical Dietetics in Practice? What does that look like?

This session will include brief insights from experienced dietitians about how they incorporate critical dietetics into their work, and group discussions on imagining one’s future in practice. Panelists: Tanya L’Heureux, Lindsey Mazur, Sarah Hewko

---

**Sunday October 6th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Concurrent Session 5A - Workshop Series</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:00</td>
<td>Rosaria MPR</td>
<td>Concurrent Session 5B - From white sauce to white rice: Dismantling Whiteness in Food and Nutrition</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Rosaria MPR</td>
<td>Structural racism, mass incarceration, and food insecurity: The role of nutrition and dietetic in promoting health equity, Angela Odoms-Young</td>
</tr>
</tbody>
</table>

**Breakfast**

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

Truth and reconciliation for the health of Indigenous peoples in Canada: Implications for dietetic practice and nutrition policy, Treena Delormier and Sandra Juutilainen

**Concurrent Session 5A - Workshop Series**

**Workshop:** (Im)mobilizing students? Teaching social justice and activism in dietetics, Jennifer Brady, Jacqui Gingras, Barbara Parker, Andrea Kirkham, and Maria Jude

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

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

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

Racism and sexism in creating and shaping health inequities for Aboriginal women in Canada, Kaitlyn Patterson

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

**Representation at the table:** Saving a seat for dialogue in dietetics, Gurneet Kaur Dhami (Pecha Kucha)
<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30-1:00</td>
<td>Concurrent Session 6A - Workshop Series</td>
</tr>
<tr>
<td></td>
<td>Inherited learning: Planting seeds of Etuaptmumk-Two-Eyed Seeing (E-TES)</td>
</tr>
<tr>
<td></td>
<td>through an undergraduate dietetics curriculum, Ann Fox, Kara Pictou, Cheryl</td>
</tr>
<tr>
<td></td>
<td>Bartlett, Kerry Prosper, and Monika Hotson</td>
</tr>
<tr>
<td></td>
<td>Eating with IBD: A hermeneutic phenomenology approach to exploring eating</td>
</tr>
<tr>
<td></td>
<td>experiences with intestinal illness, Heather Bonnell</td>
</tr>
<tr>
<td></td>
<td>Social justice and dietetics education: Are we preparing practitioners to lead?</td>
</tr>
<tr>
<td></td>
<td>Jennifer Brady</td>
</tr>
<tr>
<td></td>
<td>&quot;You and your ideas matter&quot;: Working with students toward social justice, Cath</td>
</tr>
<tr>
<td></td>
<td>Morley</td>
</tr>
<tr>
<td></td>
<td>Facing challenge: The transition from learner to novice practitioner, Charna Gord</td>
</tr>
<tr>
<td></td>
<td>(Pecha Kucha)</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Lunch (in Rosaria Cafeteria)</td>
</tr>
<tr>
<td>2:00-2:30</td>
<td>AGM</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Reflection and priority setting</td>
</tr>
<tr>
<td>4:00-4:30</td>
<td>Closing</td>
</tr>
</tbody>
</table>
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
The Ontario Public Health Standards which mandate public health programs and policies have recognized the resulting impact of colonialism, racism and social exclusion in maintaining health inequities that exist between Indigenous Peoples and the general population. Scholars have argued that it’s imperative that institutions explore and review their own practices and policies that may be reinforcing health inequities among Indigenous communities. Unfortunately, institutional racism is often covert and even unrecognized by practitioners working among it. The presentation will introduce the Social Identity Mapping tool as a starting point for unveiling how social identity, positionality and privilege influence our practice. In doing so, practitioners can begin to uproot institutional and systemic forces that maintain health inequities within Indigenous communities.

Contact Person: Julie Rochefort-Wood, haesrd@gmail.com
Since the Enlightenment, Western epistemology has separated mind and body, logic and emotion, and elevated the mind, logic, and reason over the body, emotion and feelings. In its pervasive system of dualities, the Western way of knowing separates science and politics, blind to the ways in which science is always political. Over the past half-century, postmodern thinkers, feminists, and Indigenous academics and activists have sought to dissolve these dualities and re-integrate body and mind (and maybe even soul), reason and emotion, science and politics in their quest for a more just and equitable world. This presentation is inspired by Cornel West’s beautiful statement that “justice is what love looks like in public” and considers the role of emotion, particularly compassion and love, in igniting solidarity and allyship for social justice. Drawing on research with community food program volunteers, participants and directors in four communities, I examine the conditions in which community food programs, such as hot meal, food skills and gardening programs, might provide fertile ground to engage more people in solidarity and advocacy for a more just world.

Contact: Elaine Power, power@queensu.ca
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, Paqtnkek 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 Paqtnkek 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
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
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
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
(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

Andrea Kirkham, PhD Student, Guelph University

Maria Jude, Ryerson University

Format: Workshop

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.


Contact Person: Jennifer Brady, Jennifer.brady@msvu.ca
Title: Fumbling towards Fat Futurities: From Pudgy to Practice to PhD

Presenters: Andrea Kirkham, PhD Student, Guelph University

Format: Pecha Kucha

What does the future hold for (research for) people in larger bodies? In this PechaKucha, you will glimpse behind the curtain of one person’s journey with their own fatness and with their research interests - that always have fatness at the centre. Using a “choose your own adventure” format, participants will have their say in shaping next steps for research that matters to themselves, to people in larger bodies, and to Critical Dietetics.

Contact person: Andrea Kirkham, andreakirkham@hotmail.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
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.

Contact person: Celia Lo, jingyicelia.luo@gmail.com
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.

Contact person: Christin Seher, christin10204@yahoo.com
Perplexed! Can Obesity Canada reconcile fighting fat stigma while also fighting fat?

Jacqui Gingras, Associate Professor, Ryerson University
John James Stranz, Ryerson University

Coincident with a moral panic towards “obesity” is weight stigma, which is the discrediting of the fat body as unacceptable. Individuals who are the targets of weight stigma often experience consequences to their wellbeing, such as coping through eating (5), lowered physical activity, body image disturbances, disordered eating (5-7), or avoidance of health care (8-9). More recently, it was found that felt weight stigma contributes to cortisol reactivity (a stress response) (10). Emerging stigma research reveals that it may be the stigma towards fatness that is a fundamental cause of poor health and chronic disease, not simply the fat itself (11). In this way, an otherwise healthy fat person may experience stigma in the context of an encounter with a health care professional such that the stigma has negative health implications that didn’t exist previously. This would mean that the health care professionals themselves are contributing to their patients’ poor health through their stigmatizing beliefs; a phenomenon called iatrogenesis.

Before engaging in research as to the negative health implications of fat stigma, the purpose of this project is to examine the seemingly contradictory coterminous perceptions among “anti-obesity” health care professionals that “obesity” is unhealthy and “obesity stigma” is harmful. More research is required to understand the reasons why health care professionals ignore the empirical evidence supporting health among a wide diversity of body shapes as well as whether promoting weight loss for health actually perpetuates weight stigma. The research question that underpins this project is: How can health care practitioners who proclaim themselves to be “anti-obesity” hold the simultaneous view that “obesity stigma” is harmful when taking the “anti-obesity” position itself is seen to be stigmatizing?

From a theoretical perspective, stigma research begins with Goffman (12), who described stigma as informed by social relationships. Additionally, attribution theory, which states weight stigma results when individuals attribute differences in outcomes to individual choice, is commonly accepted since (some) “anti-obesity” experts believe that “people living with obesity” have made poor choices (lack willpower) with regards to food and exercise and thus can be held responsible for their “obesity.” However, this theory can only provide a partial view in this particular project given the issue of power and the importance of how power operates in the health care professions. Thus, any “institutional stigma” (13) emerging from social consensus within the health care system that, “even unintentionally, increase prejudice and discrimination are ironic and paradoxical at best” (14). These “ironic and paradoxical” stigmas held by health care professionals leave us perplexed and are the focus of this project.

Contact person: Jacqui Gingras <jgingras@ryerson.ca>
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. The lack of occupation, or occupational insecurity, is understood by occupational therapy scholars as fostering social exclusion and “occupational injustice.”

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.
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
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.

Contact person: Kathryn Fraser, Kathryn.fraser2@msvu.ca
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.

Contact person: Meaghan Lee, meaghan.lee16@gmail.com
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
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.

Contact person: Kathryn Fraser, Kathryn.fraser2@msvu.ca
Title: The ‘Healthy Roots’ Journey: Looking Back and Moving Forward Together

Presenters: Kelly Gordon, RD, Six Nations Health Services

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.

Contact person: Kelly Gordon, kgordon@sixnations.ca
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.

Contact person: Lindsey Mazur, lindseymazur@gmail.com
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
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 food movement organizations 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
This paper aims to critique 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.
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 Dhami, 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 allyship 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 Dhami, gurneet.dhami@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.

Contact person: Samara Ohm, samarahom@gmail.com
One of the main approaches to reforming the food system and combatting the increase in obesity and chronic disease is to return to home cooking from scratch in the kitchen. However, the recommendation for Canadians to cook at home and eat as a family should not be touted as the silver bullet for restoring the health of Canadians because evidence shows home cooking does not necessarily translate to a healthy diet. Furthermore, a push to get back to the kitchen without considering gender, socio-economic status, and race ignores the burden it places on mothers, morality surrounding motherhood and home cooking, and implications for low-income and racialized families.

In my proposed 20 minute individual paper presentation I will discuss the need to shift away from individual responsibility towards public responsibility, and to implement creative solutions for sharing the work of feeding families in Canada. It is a priority to recognize the need for social sustainability of the food system by increasing the financial resources available for families, supporting more forms of communal food preparation and provision, and increasing public access to healthy food in communities.

Contact person: Janet Jessica Wiles, jwiles@ryerson.ca
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 specialities 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, Assistant Professor, Indigenous Health and Nutrition, Ryerson University

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, Sandra Juutilainen, sandra.juutilainen@ryerson.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.

Contact person: Rachael Powell, 146976p@acadiau.ca
Title: Toward diverse 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@acadiau.ca
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 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
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
Title: Inter-Cultural Food Bridging Society-the bridge between Canadian and international food cultures

Presenters: Shuying Xie, Undergraduate Student, Mount Saint Vincent University
          Yue Li, Graduate Student, Mount Saint Vincent University

Format: Paper presentation

Intercultural Food Bridging Society (ICFBS) is a start-up society that provides opportunities for international students at Mount Saint Vincent University (MSVU) to make close contacts with Canadian food culture. As the number of international students enrolling in the Applied Human Nutrition continues to increase, understanding the diversity in dietary cultures are essential for them to enhance the learning and living experiences in Canada. Through assorted food touring and learning activities, students are able to learn the most popular traditional North American diet, cultures and reasons why Canadians enjoy their foods. These activities provided a platform of learning, networking and culture exchanging for students and faculty at MSVU, that did not only enhance the connection between international students and Canadian students, but also positively influenced the greater Mount community. ICFBS is known as an innovational society predominantly improve the linking of culture toward students’ health mentally and physically (Dressler, 2012). ICFBS builds a bridge between Canadian and international food cultures in an academic setting to equip young professions entering this field with cultural competency. Strengthening cultural understandings and competency amongst students may translate into a professional practice that will better serve the diverse Canadian population.


Contact Person: Yue Li, yue.li1@msvu.ca
Title: Racism and Sexism in Creating and Shaping Health Inequities for Aboriginal Women in Canada

Presenter: S. Kaitlyn Patterson (she/her), MAN, RD, Doctoral Student, School of Kinesiology & Health Studies, Queen’s University

Format: Paper Presentation

In this presentation, I will examine Canada’s history of colonization and the synergistic effect of racism and sexism in shaping and creating the health inequities experienced by Aboriginal women in Canada. Aboriginal women exist in an environment historically designed to destroy culture, health, and entire societies of Aboriginal people. But they have resisted colonialism from the beginning. Aboriginal women who have endured and resisted colonialism are reclaiming their cultures, their languages, their heritages and are thus reclaiming their health. They deserve the reinstatement of the sovereignty they held prior to colonial Canada. This presentation will also incorporate my own experiences as an Algonquin First Nation woman and a practising registered dietitian in Ontario, Canada.

Contact Person: Kaitlyn Patterson, 17skp5@queensu.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

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