

WORLD



CRITICAL  
DIETETICS

World Critical Dietetics Conference 2025 Preliminary Program				
Time (EST)	Length	Friday Feb 14	Saturday Feb 15	Sunday Feb 16
9-1030 am	90 min	Session #1: *Introduction / Opening Panel	Session #16: *Journal Presentation (Starts at 10 am – 30 mins) (Kate)	
1030-1045	15 min	Stretch / Break	Stretch / Break	
1045-1115	30 min	<p>*Individual presentations (1 of 2 choices)</p> <p>Session #2: *‘We’d receive better treatment if we were white’ – qualitative analysis of Muslim South Asian lay-experts’ accounts of navigating cardiometabolic disease. (Humaira)</p> <p><b>OR</b></p> <p>Session #3: *Exploring the experiences of student and graduate dietitians from an ethnic minority background in the UK. (Tosin)</p>	<p>*Individual presentations (1 of 2 choices)</p> <p>Session 17: *Hybrid writing options: Enhancing one’s reach (Cath)</p> <p><b>OR</b></p> <p>Session #18: *Abandoning the traditional? How a shared passion for arts-based methods to support food systems justice has nurtured a PhD student &amp; supervisor relationship (Hannah, Clare)</p>	
1115-1145	30 min	<p>*Individual presentations (1 of 2 choices)</p> <p>Session #4: *Caring for Indigenous peoples living with diabetes using an Indigenous knowledge framework (Rachel)</p> <p><b>OR</b></p> <p>Session #5: *From Self-Reflection to Systemic Change: Dietitians Journey of Anti-Indigenous Racism (Kayla)</p>	<p>Individual presentations (1 of 3 choices)</p> <p>Session #19: *Beyond the Expansion of Medical Nutrition Therapy in the United States: Calling Nutrition Professionals to Support Medicare for All (Malik)</p> <p><b>OR</b></p> <p>Session #20: *‘‘Everyone who works should be able to eat’’: Critiquing legislative</p>	

			discourses of food insecurity in Alberta, Canada (Matt)  <b>OR</b> Session #21: *Building for credibility: foodways' influence on dietary advice in Mexican health students. (Abigail)	
1145-1230	45 min	Session #6: Lunch / Online Mingle Break outs	Session #22: Lunch / Online Mingle Breakouts	
1230-2 pm	90 min	*Workshops (1 of 2 choices)  Session #7: *Embodied Allyship: Rethinking Gender Affirming Care (Neathery, Charlie)  <b>OR</b> Session #8: *Chemsex and Nutrition: Moving from research to practice recommendations (Jason)	*Workshops (1 of 2 choices)  Session #23: *Zines as Advocacy - How I made a zine to disrupt, and you can too! (Jex)  <b>OR</b> Session #24: *A Weight-Inclusive, Trauma-Informed Approach to Reduce Binge Eating (Sydney)	*Panel (1 of 2 choices)  Session #32: *Pecha Kucha (10 mins) Expanding Opportunities in Food and Agricultural Sciences: Past, Present, and Future Perspectives in the United States (Mia) With *Building Inclusive Pathways in Dietetics Education: Practical Approaches to Support and Empower Marginalized Students (Kate)  <b>OR</b> Session #33: *The Weight Inclusive Toolkit: Foundations, Development and Dissemination (Gerry)
2-230 pm	30 min	*Individual presentations (1 of 2 choices)  Session #9: *Tracing the structures of feeling of bariatric surgery: An affective body-mapping analysis (Meredith)  <b>OR</b> Session #10: *Towards a Weight-Inclusive Approach in Public Health (Kim)	*Individual presentations (1 of 2 choices)  Session #25: *Co-Design and Food Security: Towards More Inclusive Services for 2SLGBTQI+ (Joanie)  <b>OR</b> Session #26 *Facilitating a sexual and gender diversity workshop in a graduate dietetics course (Eric)	*Individual presentations (1 of 2 choices)  Session #34: *Grounding McGill's Dietetics Education in Cultural Safety: A Pathway to Truth and Reconciliation in Quebec (Caroline)  <b>OR</b> Session #35: *Transforming Nutrition Education Through Cultural Narratives and Artistic Expression (Jenelle)

230-245	15 min	Stretch / Break	Stretch / Break	Stretch / Break
245-415	90 min	<p>*Panels (1 of 2 choices):</p> <p>Session #11: *From Plates to Policy: Dietitians as Agents of Change in Colorado, USA (Greta)</p> <p><b>OR</b></p> <p>Session #12: *Critical Considerations for Canada's National School Food Program: Labor, Literacy, and Inclusivity (Kaylee)</p>	<p>*Panel (1 of 2 choices)</p> <p>Session #27: *Futility is the First Step in Change: How A Dietitian and Lawyer Partnered to Change the Way Insurance Treats Eating Disorders (Jessica S.)</p> <p><b>OR</b></p> <p>Session #28: *Queering Dietetics – a roundtable session (Cath)</p>	<p>*Closing Panel</p> <p>Session #36: *Building an International Dietetic / Nutrition Community (Jill)</p>
415-445	30 min	<p>Individual presentations (1 of 2 choices)</p> <p>Session #13: *Abolition for breakfast, lunch and dinner: reimagining the healing of eating disorders through decarceral politics (Max)</p> <p><b>OR</b></p> <p>Session #14: *"I like going into town and eating food": Youth's experience navigating rural food environments (Alexa)</p>	<p>*Individual presentations (1 of 2 choices)</p> <p>Session #29: *Exploring evidence of oppression through dietetics education; reflections from students and teacher (Robyn)</p> <p><b>OR</b></p> <p>Session #30: *Evaluating Australia's first Dietetic program focusing on Indigenous Australian and remote community nutrition perspectives: Charles Darwin University's Master of Dietetics (Judith)</p>	<p>Session #37: Conclusions / Reflections / Next Steps – Jill &amp; Jessica</p>
445-5 pm	15 min	Session #15: Closing / Reflections	Session #31: Closing / Reflections	

## Session #1: Introductory Panel

Chair - Open and Welcome: Jessica Hayes-Conroy, World Critical Dietetics President

Jacqui Gingras - Founding Member, Previous Journal Editor - Situating the Conference in the history of the Journal of CD

Jill White - Past President -Building Progressive Movement in a Reactionary Climate

Lucy Aphramor - Founding UK member - Implications for the Transgender and LGBTQ community.  
Resilience and unity

Evelyn Crayton -International Committee and Honorary Board member- the solution - Building Solidarity

Welcome to our 13<sup>th</sup> Conference! This introductory panel will provide an overview of the organization (World Critical Dietetics), the Journal of Critical Dietetics, and the influence of WCD in past and future social justice issues.

Session #2: 'We'd receive better treatment if we were white' – qualitative analysis of Muslim South Asian lay-experts accounts of navigating cardiometabolic disease

Authors: Humaira Mayet, Kevin Walsh, Lucy Aphramor

**Background:** British Muslims experience higher rates of cardiometabolic disease and face earlier mortality compared to the rest of the population. There is a paucity of research investigating how British Muslims understand and experience cardiometabolic disease.

**Aim:** This study explores British Muslim's experiences of accessing healthcare for diet related disease, and their insights on the causes of cardiometabolic disease.

**Methods:** Focus groups with British South Asian Muslims living with, or having family of, Type 2 Diabetes or Cardiovascular Disease were transcribed and coded using latent thematic analysis.

**Results:** Participants expressed multiple structural barriers to ensuring health, causing them profound stress. Five core themes were identified: insights of racism and islamophobia in healthcare, feelings of guilt and shame, the links between social class and Muslim identity, experiences of racialisation within healthcare, and insights into the role stress and epigenetics in disease causation.

**Conclusions:** British South Asian Muslim's experiences of racism and islamophobia is harming their health and ability to mitigate and manage cardiometabolic disease. Dietitians and other HCPs must do more to acknowledge and mitigate the harm caused by racism. More research, using more diverse methodologies and participant pools, is recommended.

Session #3: Exploring the experiences of student and graduate dietitians from an ethnic minority background in the UK  
Tosin Ogunbiyi

Background: Studies from North America have identified racism in dietetics and healthcare professions, with ethnicity being the strongest predictor of student attrition in UK healthcare courses. Limited research exists on experiences of diverse ethnic groups in UK dietetics.

Methods: Data were collected using an online questionnaire with multiple-choice questions, Likert scales, and open-text responses. Participants (n=109) were recruited through social media and gatekeepers. Analysis involved descriptive statistics, inferential statistics, and thematic-type analysis.

Results: Participants (51% students, 97% UK-based) represented various ethnic backgrounds including South Asian (30%), Black African and Caribbean (23%), Asian (17%), and Mixed (17%). While no statistically significant differences emerged between ethnic groups or qualification status, patterns varied across ethnic groups. Qualitative data revealed experiences of negative stereotyping, discrimination, and racist microaggressions throughout career stages. For example, a participant wrote, "...I have also experience not belonging and have challenged this using a BAME network group. I strongly believe I was subjected to unconscious bias and left the Trust as it was very difficult for the managers to see this..."(QD37, Mixed ethnicity)

Conclusion: The findings emphasize the necessity to examine experiences of minoritised ethnic groups in dietetic education and practice to develop better representation and support throughout the profession.

Session #4: Caring for Indigenous peoples living with diabetes using an Indigenous knowledge framework

Rachel Greening

This session will explore Indigenous peoples' experience with diabetes as a disease of colonialism, and how through operating outside of the current biomedical models, we can find responses grounded in Indigenous ways of knowing. This session will feature Indigenous (Ts'msyen) dietitian and diabetes educator Rachel Greenings' experiences working within First Nation communities, and Cree and Métis scholar Dr. Tabitha Robin's discipline of food as relationship and their contributions to Indigenous well-being. Knowledge will be shared on how interdisciplinary and interdependent relationships with Indigenous peoples living with diabetes and their families formulates a framework for a diabetes approach grounded in food system engagement. The inherent interdisciplinary nature of food system engagement allows us to cross disciplines when approaching Indigenous well-being, and provide a more fulsome, holistic framework for diabetes care.



## #Session #5: From Self-Reflection to Systemic Change: Dietitians Journey of Anti-Indigenous Racism

### Presenters:

Kayla Perry (she/her), RD, CDE

Cheryle Dreaver (she/her)

Joanna Thich (she/her) MPH, RD, CDE

First Nations Health and Social Secretariat of Manitoba

How far into your career were you before you learned about residential schools? What about the nutrition experimentation on children that occurred in these residential schools? Have you considered how this informs how we support First Nations peoples as dietitians? Sadly, too many dietitians learn about this horrid history too far into their career. The impact of colonialism is detrimental to First Nations wellbeing. Motivated by their own belated realization of the historical injustices, dietitians working in First Nations health sought to prevent future generations of dietitians from this late discovery and perpetuating harmful practices. Together with a team of researchers from the University of Manitoba, the First Nation Health and Social Secretariat of Manitoba (FNHSSM) developed and delivered a 10-week Anti-Indigenous racism training to dietetic interns and dietitian students to equip them with knowledge and skills to provide culturally safe, anti-racist care. The curriculum includes dietetic specific materials including the legacy of nutrition experimentation in residential schools and the ongoing whitewashing of “healthy” eating. This training uses a self-reflective discussion-based model as its form of knowledge transfer. This presentation will review the development of the course, personal reflections from the facilitators, and preliminary evaluation outcomes.

## Session #7: Embodied Allyship: Rethinking Gender Affirming Care

This advanced workshop is designed for professionals seeking to deepen their gender-affirming care practices through a unique, embodied approach. Drawing from the course *Gender from the Inside Out*, this workshop emphasizes the importance of right-brain learning—encouraging participants to move beyond intellectual understanding to a deeper, embodied experience of gender. Through a blend of experiential activities and somatic practices, participants will explore their own relationship with gender, uncovering how their internalized beliefs shape their care. By engaging in this personal exploration, participants will reduce implicit bias, better understand the lived experiences of gender-expansive clients, and gain practical tools for creating more inclusive, trauma-informed therapeutic spaces. This workshop supports professionals in developing a truly holistic approach to treating eating disorders with greater empathy and depth.

### Learning objectives:

Participants will learn the difference between left-brain (intellectual) and right-brain (embodied) learning, and how integrating embodied practices can create a deeper, more compassionate understanding of gender. Participants will cultivate greater empathy and awareness of the unique challenges faced by gender-expansive clients in eating disorder recovery, leading to more inclusive and affirming care.

Participants will identify areas where implicit biases may be present in their work and learn strategies to mitigate these biases for more equitable and compassionate care.

Neathery Falchuk (they/elle), Ample and Rooted  
Charlie Golightly (they/them), Moxie Mind

### Bios:

Neathery Falchuk, LCSW-S, CGP (they/elle) is the founder of Ample and Rooted, an inclusive psychotherapy and training practice specializing in eating disorders and body liberation. Neathery is past President of Central Texas Eating Disorder Specialists, past board member of the Association for Size Diversity and Health, and currently on the program committee for Project HEAL.

Charlie Golightly (they/them) is a queer & gender expansive dietitian, educator, speaker, and supervisor. They are the founder of Moxie Mind, a virtual private practice based out of Denver, Colorado. Charlie is passionate about supporting heart-led clinicians do less harm and more good through individual and group supervision, the Counseling Skills for Dietitians Who Give a Damn course, and the *Gender From the Inside Out* course. Learn more about Charlie at [www.moxie-mind.com](http://www.moxie-mind.com)

## Session #8

Chemsex and Nutrition; Moving from research to practice recommendations (workshop)

Jason Simpson-Theobald (he/him/his)

HIV and Infectious Diseases Specialist Dietitian

Nottingham University Hospitals NHS Trust, England

### Workshop overview;

Chemsex, which is recreational drug use (RDU) prior to or during sex between men, can impact on a person's nutrition, particularly with prolonged use. Given that by its definition, chemsex involves RDU in men who have sex with men, it is a form of intersectionality. The session includes interactive polls to establish baseline knowledge followed by a brief presentation on how chemsex may impact on a person's nutritional status. The main body of the workshop would be a facilitated discussion to develop practical recommendations to manage the nutritional risks. The session's aim would be to increase attendees knowledge on nutrition and chemsex and to develop strategies, through a facilitated discussion, on nutritionally managing those implications.

### Session outline;

1) Interactive poll on baseline knowledge

2) Brief presentation including;

- what chemsex is

- intersectionality of RDU and the LGBTQIA+ community

- direct drug effects on nutritional status

- wider nutritional impacts of chemsex (including impact of rectal douching on gut microbiome, prolonged periods of fasting)

2) Facilitated discussion covering but not limited to;

- raising RDU with patients/clients

- appropriate language use

- minimizing the impact of prolonged poor oral intake on nutritional status

- pros and cons of over the counter supplements/shakes/meal replacements

- managing those with insulin dependent diabetes.

Session #9: Tracing the structures of feeling of bariatric surgery: An affective body-mapping analysis

Presenters: Meredith Bessey (she/her) and Carla Rice (she/they), Department of Family Relations and Applied Nutrition; Re•Vision: The Centre for Art and Social Justice, University of Guelph

Bariatric surgery is an increasingly common intervention into “obesity,” though it remains a contentious topic amongst obesity experts, critics, and fat activists. As part of a larger dissertation study, four participants were recruited for an online body-mapping workshop in Fall 2023. Body-mapping as a method can bring attention to somatic and affective elements, and “structures of feeling,” of embodied experiences like bariatric surgery. We used an affective analytic approach and organized findings into three overlapping affective strands: shades of grey, sensorial-cognitive relationalities with food and body, and entanglements of anticipated and unruly sensations and affects. In this presentation, we present the body-maps and provide time for attendees to contemplate their initial responses, before providing our own analysis. The body-maps highlight the affective politics that underlie, and stem from, surgery and highlight hegemonic discourses as well as unruly affects that emerged at the intersections of gender and fatness.

## Session #10: Towards a Weight-Inclusive Approach in Public Health

Kim McGibbon (she/her)

Affiliation: Thunder Bay District Health Unit

Weight-based oppression is a significant public health problem and social justice issue that leads to health inequities. It is perpetuated and maintained through weight-normative and health-centric approaches, which remain the dominant discourse on how weight is understood, studied, and discussed. In contrast, a weight-inclusive approach aims to reduce the prevalence and impact of weight stigma. Ontario Dietitians in Public Health (ODPH) recently released the position statement “Towards a Weight-Inclusive Approach in Public Health” to highlight the systemic injustices that result from weight stigma and provide recommendations to mitigate this harm through a weight-inclusive approach.

The aim of the presentation is to demonstrate the importance of adopting a weight-inclusive approach in public health. This presentation will provide a summary of the current literature on weight stigma and will highlight evidence-informed recommendations for advancing weight-inclusive care in public health practice to reduce weight stigma and improve population health outcomes.

Session #11: From Plates to Policy: Dietitians as Agents of Change in Colorado, USA  
Greta Allen

This panel will explore the evolving role of Registered Dietitians (RDs) in shaping public health, policy, and systems-level change in Colorado. We reflect on the opportunities for the profession within our state, and the growing need for a food justice lens within the field of dietetics. The panel will feature diverse voices from multiple sectors—including state department, local public health agency, advocacy organizations, schools and healthcare—offering a roadmap for how RDs can carve out their own professional paths and contribute to health equity.

Key Themes:

1. RDs Creating Their Own Professional Paths: Colorado's unique policy landscape, including local/county control, has created opportunities for dietitians to innovate in roles focused on food access and justice.
2. Impact of Policy and Advocacy: Colorado's approach to Community Health Needs Assessments (CHNAs) in hospitals and public health settings has led to a broader focus on food security and Social Determinants of Health (SDoH). Pandemic-era ARPA funding has further centered food access, signaling a call to action for RDs to fill related positions and shape policy.
3. Training and Workforce Development: Increasing access to paid internship opportunities and offering rotations responsive to what new RDs need is essential to diversifying the profession. Dietetics must move beyond the traditional narrative of choice and healthy eating by incorporating food justice and health equity into education and practice.

Panelists and Perspectives:

- Local Public Health: Tessa Cushman (she/hers), Food Access and Systems Coordinator at Adams County Health Department
- State Department: Emma Kett (she/hers), EBT and Incentives Project Administrator at Colorado Department of Human Services
- Advocacy and Policy: Greta Allen (she/hers), Policy Director at Colorado Blueprint to End Hunger
- Institutional Perspectives: Rebecca Robbins (she/hers), Farm to Institution Program Manager at Nourish Colorado; Jess Church (she/hers), System Director of Community Health at CommonSpirit Health
- Research: Lilia Chavez-Bernal (she/hers), Community Engagement and Outreach Program Manager, Colorado School of Public Health
- Moderator: Ynke de Koe (she/hers), Nutrition Integration Specialist at Colorado Department of Public Health and Environment

Call to Action: This panel will challenge dietitians to rethink traditional roles across different sectors and how RDs can advocate for policy changes, both big and small, systemic change and inclusion of the field in efforts that shape the future of food access and health equity.

## Session #12: Critical Considerations for Canada's National School Food Program: Labor, Literacy, and Inclusivity

School food environments and programs (SFPs) have long been understudied in Canada, with chronic underfunding affecting SFPs for decades. In April 2024, Canada announced a national SFP including a 1-billion-dollar funding announcement over five years. The Canadian SFP promotes pillars of accessibility, health promotion, inclusivity, flexibility, sustainability, and accountability. This panel presentation provides critical considerations for SFPs as they move forward in Canada, including literacy, labor, inclusivity, and wellbeing.

The panel will be comprised of the following speakers:

Kaylee Michnik (she/her), R.D, PhD Candidate, University of Saskatchewan

Kaylee will explore research findings from a universal, curriculum integrated school lunch pilot program in Saskatchewan. Results from this study demonstrated significant gaps in engaging SFP workers, with a lack of training opportunities, pay, and infrastructure as foundational issues. This presentation will provide evidence and discussion of the role of SFP workers and how Canada can recognize these valuable positions as we move forward.

Amanda Raffoul, Assistant Professor, University of Toronto

School food environments can play an important role in promoting healthful behaviours but can also endorse harmful and stigmatizing messages about nutrition, body weight, and appearance. Without careful planning and consideration, there is the potential for SFPs to exacerbate disordered eating, weight stigma, and poor body image, particularly among vulnerable youth (e.g., girls, youth with higher weights). Amanda will present current evidence and critical gaps in our knowledge of how SFPs may foster, or harm, mental health and wellbeing for young people.

Chloe Gao, MD/PhD Candidate, University of British Columbia - While the past several censuses have shown increased racial and ethnic diversity among the Canadian population, there has been limited work done to advance culturally informed nutrition programming and outreach among diverse communities. Chloe will present a case for the integration of culturally safe nutrition programming to address the unique health needs and preferences of diverse youth and families. I will present background evidence, youth engagement strategies, and implementation considerations of culturally safe nutrition programming from an anti-racist, critical lens.

Session #13: Abolition for breakfast, lunch and dinner: reimagining the healing of troubled relationships with food and eating

Max P Castle

The theory and praxis of prison abolition offers a much-needed disruption to the field of dietetics and nutrition. For too long, dietitians providing support to people living with eating disorders have been complicit within regimes of surveillance, coercion and the threat of punishment. Drawing on my lived experience of eating disorders and abolitionist community organising along with the work of activist scholar Ruth Wilson Gilmore, my paper brings abolitionist frameworks into dialogue with critical dietetics. I argue that an abolitionist standpoint helps debunk myths and binary arguments about disordered eating that pathologise individuals and justify coercive treatment regimes. In both inpatient and community care settings, I have experienced glimmers of a world where recovery is instead based in dignity, accountability and connection. My paper situates this radical reimagining of healing troubled relationships to food and eating within movements for social justice and liberation. As abolitionists, we must recognise our role in transforming the social conditions that prevent everyone from having access to nourishment and belonging. Abolitionist politics therefore offer an urgent call to action for critical dietetics to recognise our collective responsibility to create a world without cages and coercion for all bodies.



## Session #14: “I like going into town and eating food”: Youth’s experience navigating rural food Environments

This presentation reports on food environment research with youth (aged 13-18) in and around Drayton Valley, Alberta. Food environments refer to the physical, social, economic, and political contexts in which people access, eat, and learn about food. Food environment research to date has largely been adult-driven and urban-centric. Little is known about how youth understand and navigate rural food environments. This gap may hinder the potential for health-promoting change and behaviour development for youth. As such, this study aims to examine how rural youth understand and navigate their food environments. Data collection activities consisted of interviews with 21 participants. Some of the interviews were conducted during and after cooking sessions at a local youth hub, while other interviews were with students in a high school foods class. We explore three themes that shaped how participants navigated their food environments: (1) family dynamics around food (2) healthism (3) a desire for preference, choice, and liberty in food consumption. In each theme we delve into participants’ use of counter discourses to resist dominant framings of body image, nutrition, and youth as passive consumers of food messaging.

Presenter: Alexa Ferdinands (she/her), Athabasca University, Faculty of Science & Technology,  
Matt Ormandy (he/him), University of Alberta,  
Natalya Lynch (she/her), University of Alberta,  
Marian Sanchez (she/her), University of Alberta, School of Public Health

Session #16: Journal Presentation

Kate Littler, Journal Editor, PhD Student, Faculty of Health, Dalhousie University

Rachel Hitazeyu, Journal Administrator & Corporate Regulatory Compliance & Enforcement Advisor at Health Canada

Join Kate and Rachel as they provide an overview of the types of submissions the Journal of Critical Dietetics publishes, the publication process, including how to submit an article for consideration, and how to support the Journal by registering as a Reader and Reviewer. There will be time for questions and an opportunity to see the diverse array of submissions that the Journal encourages. People who have already published work in the Journal are encouraged to attend and share their experiences with those who are considering publishing their work in the future.

Session #17: Hybrid writing options: Enhancing one's reach  
Catherine Morley, PhD, RD, FDC (they/them)  
Principal, Catherine Morley Dietetics, Hantsport, Nova Scotia Canada

This proposal is for an individual presentation (30 minutes) on hybrid writing options to extend the reach of research findings. "Hybrid" refers to combining research reporting, memoir, and creative writing and can include many more options. The purpose of the presentation is to challenge outdated notions about where and what we publish as academics and non-academics.

Presentation goals:

1. To present options for publishing beyond the traditional categories of research, personal perspectives, etc. (Note: JCD does a wonderful job of accepting many types of submissions; I am thinking of beyond the JCD).
2. To share personal experiences of hybrid writing and how it eased the writing process.
3. To propose use of hybrid writing in education, research, and writing for public audiences.
4. Participant discussion about the potential for hybrid writing.

The session is consistent with the conference theme and aligns with the statement in the call for proposals, "... to challenge the outdated, sometimes harmful, practices and beliefs to make room for new ways of understanding, practicing, and educating."

Session #18: Abandoning the traditional? How a shared passion for arts-based methods to support food systems justice has nurtured a PhD student and supervisor relationship

\*Hannah Gardiner (PhD Student) [they/them] and \*Clare Pettinger (Associate Professor Public Health Dietetics) [she/her]

\*School of Health Professions, University of Plymouth, UK

Creative arts-based methods are considered powerful to express important food justice narratives (Flint et al, 2017) to inform systemic change. They can also be 'disruptive' when compared to more traditional food/nutrition practice and research approaches (MacLellan, 2019). This presentation will be a reflexive critical conversation between a PhD student and their supervisor, exploring the disruptive potential of creative methods across food/nutrition research and practice (Boak et al, 2022) and the doctoral journey (Twinley & Letherby 2021). These two individuals come from polarized disciplinary backgrounds (supervisor: health/dietetics vs student: community arts) yet, via shared passion for arts-based approaches, have navigated traditional power/authority boundaries.

A slow reflective email discussion, informed by 'collaborative autoethnography' (Blalock & Akehi, 2018), will take place between the presenters in advance, and the results shared in the presentation. The nature of the questions is yet to be confirmed, but examples include:

i) How did creative methods support you to rise to the challenge of being a non-health doctoral student in a traditional health space?

ii) What 'disruptive' opportunities have been created through this cross-disciplinary collaboration?

We will deliberately, yet comfortably, provoke each other, to enable deep critique around how creative approaches can disrupt food/nutrition practice/research and reimagine the doctoral process.

Session #19: Beyond the Expansion of Medical Nutrition Therapy in the United States:  
Calling Nutrition Professionals to Support Medicare for All

Presenter Name: Malik Tiedt (he/him/his)

Under the mentorship of Katherine Burt, Ph.D., R.D.N. (Lehman College, City University of New York) and John Allegrante, Ph.D. (Teachers College, Columbia University).

Institutional Affiliation: Department of Health Studies and Applied Educational Psychology, Teachers College, Columbia University, New York, NY, 10027

Advocacy efforts related to nutrition care in the United States have predominantly focused on expanding insurance coverage for Medical Nutrition Therapy (MNT). Recently, nutrition professionals have pushed for Medicare expansion to include MNT services for a variety of chronic health conditions. Because Medicare policies often inform Medicaid benefits, it is assumed that this will increase access to nutrition services among underserved and low-income populations. Medicare expansion, however, solely increases services to those who already qualify for federal programs. This fails to reach millions of people in the United States who forgo nutrition services due to prohibitive co-payments and insufficient coverage. Here, we outline how current advocacy efforts struggle to balance equity and accessibility with elevating the Registered Dietitian's professional identity. It is argued that shifting priorities away from Medicare expansion and toward universal health coverage (e.g. Medicare for All) addresses these shortcomings. Not only does Medicare for All increase the accessibility of healthcare services, but it elevates the importance of preventative nutrition care and counseling services in the healthcare system. Nutrition professionals and organizations that represent them should therefore consider how values central to their practice – equity, access, and improved health outcomes – ultimately align with supporting advocacy efforts in favor of Medicare for All.

## Session #20: “Everyone who works should be able to eat”: Critiquing legislative discourses of food insecurity in Alberta, Canada

Food security is a fundamental aspect of human health and well-being. This presentation responds to the conference call for critical understandings of rights-based approaches to health. We used critical discourse analysis to dissect legislative debates on food insecurity in Alberta, Canada from 2019-2023. We identified four hegemonic discourses: economic development as the solution to food insecurity, food insecurity as individual responsibility, food banks as a solution to food insecurity, and the deserving vs undeserving poor. We trace how these discourses arose and became entrenched in the context of neoliberal capitalist political economy in Alberta. In the records we analyzed, discursive pushback against these hegemonic discourses took place primarily from a lens of human rights - the human right to food. We critically interrogate the appropriateness of the human rights lens in the Canadian settler colonial context. In the presentation we consider how “human rights” have been discursively used to perpetuate settler colonial relations including food insecurity as a weapon of the settler colonial state. The presentation concludes by arguing that human rights and income-based solutions fail to grapple with the structural conditions that produce food insecurity in Alberta.

### Authors

Presenter: Matt Ormandy (he/him), University of Alberta,  
Janat Ibrahim (she/her), University of Alberta, School of Public Health,  
Jenelle Libo-on (she/her), University of Alberta, School of Public Health,  
Alexa Ferdinands (she/her), Athabasca University, Faculty of Science & Technology

Session #21: Building for credibility: foodways' influence on dietary advice in Mexican health students.  
Abigail Tronco Hernandez - Individual Presentation

Current evidence on the relationship between healthcare students' (HS) foodways and the dietary advice (DA) they provide is mostly quantitative. Qualitative research is needed to understand how health professionals address dietary issues in practice. My doctoral research sought to analyse this relationship, especially in a country with a unique gastronomic diversity and high rates of chronic diseases - Mexico. This paper aims to present key highlights of my findings and to create a dialogue with the literature on Critical Dietetics (CD) which underpins the influence of foodways on DA. Critical realism underpinned the thematic analysis used across data obtained from 30 people (through food diaries, interviews etc) who were studying a healthcare degree in Mexico.

Findings: Five main categories emerged from the thematic analysis framed by Critical Realism, most of which are underpinned by CD: food culture, gender issues, a cultural system, professional identity, and power issues. CD is part of a marginal discourse that represents a way of resistance to dominant views that are spread amongst HS. Obviously, this raises questions on how nutrition and dietary precepts and issues are addressed nowadays and how we offer dietary education, especially when HS have strong influences on their culture when forming their professional identity with social meanings, values, and attitudes towards foodways. A Mexican diet also has an influence on the way HS negotiate their identity and their advice on diet. Additionally, HS also maintain strong boundaries between their behaviours (and personal image) and what they expect from patients, which is compliance and submission to HS/HP's recommendations. This has implications in different arenas within healthcare structures, health policy, patients and society.

Conclusions: New approaches are essential to address the cultural and social aspects of nutrition and diet in healthcare curricula. Health policies should encourage a more compassionate and comprehensive approach to dietary health, which has been shown to be influenced by a moral, social and cultural context within a Mexican environment.

Session #23: Zines as Advocacy - How I made a zine to disrupt, and you can too!  
Jex Calvert, RDN (they), owner of Food Focused Nutrition,

Disrupting the traditional spaces of dietetics education, training, and practice are vital for change. As a panelist at a recent dietetics conference, I disrupted by ignoring the apolitical charge of my session, circumvented the “approved handout” pathway, and instead shared a zine resource with session attendees. This practice was received as novel, innovative, and engaging - I shared over 50 copies of my zine, a portable, easy to distribute, and relatable takeaway.

Zines have existed for almost 100 years, and now is the next-best time where making zines for advocacy can start a shift in the culture of our field as a whole! A zine exchange allows for the swap of ideas and sharing advocacy tips in quick, creative, and impactful ways.

At this workshop, I will share how I made my zine “Take Action in Three Words”, teach the basics of folding and creating a zine, and then support participants to make their very own draft of a zine about an advocacy topic that is meaningful to them, or to define their takeaways from a favorite WCD Journal article.

Required materials are standard printer paper, scissors, and a writing utensil. Additional art supplies could be used, but are not required.



Session #24: A Weight-Inclusive, Trauma-Informed Approach to Reduce Binge Eating (workshop)  
Sydney Wright, RD, MSW student  
BridgePoint Centre for Eating Disorder Recovery

Binge eating is a behavior that can create physical and psychological distress for people of all shapes, sizes, genders, and backgrounds. Several drivers of binge eating have been identified in the literature; however, most existing interventions are provided by different specialists with competing or contradicting priorities, resulting in confusion and ineffective treatment for patients and clients. Additionally, weight loss is often made to be a goal of binge eating recovery, perpetuating anti-fat bias while further enforcing food deprivation and stress—thus, increasing the behaviour we are trying to reduce.

The purpose of this workshop is to provide eating disorder professionals an anti-oppressive, streamlined guide to address binge eating in a variety of clients. Combining dietetic and social work experience, I will outline six drivers of binge eating (physiological deprivation, mental restriction, food scarcity, emotional dysregulation, trauma history, and habit/routine), the different mechanisms through which they influence the behavior, and will provide attendees 1-3 effective strategies to address each driver without perpetuating weight stigma/bias. This workshop will consist of a 50-minute interactive presentation on the six drivers of binge eating, 20 minutes for participants to work through a case study in small groups, and finally, a discussion period where attendees can ask questions and share their own experiences of supporting those who struggle with binge eating.

## Session #25: Co-Design and Food Security: Towards More Inclusive Services for 2SLGBTQI+

Dr. Joanie Theriault. Occupational therapist. Post-doctoral researcher, Applied Human Nutrition. Mount Saint Vincent University. Halifax, Nova Scotia.

Dr. Phillip Joy. Registered dietician. Assistant professor, Applied Human Nutrition. Mount Saint Vincent University. Halifax, Nova Scotia

Food insecurity is “the inadequate or insecure access to food due to financial constraints that is a serious public health issue, a marker of pervasive material deprivation, and a matter of public policy”<sup>1</sup>. Studies show that 2SLGBTQI+ individuals are two to three times more at risk of food insecurity than their heterosexual counterpart. While economic interventions to increase household income are essential to tackle this issue underconsidered groups like 2SLGBTQI+ need more inclusive and compassionate food security services. A partnership between academics and a community organization has been created to address these challenges for 2SLGBTQI+ individuals. Using a participatory community-based approach, the partners proposed a co-design<sup>5</sup> project to rethink the food security model with and for 2SLGBTQI+ communities. Design-thinking<sup>6</sup> workshops brought together individuals with diverse expertise – lived experiences, food security service representatives, practitioners, academics, and policy representatives. The objective was to co-create a food security service model, including its principles and essential, customizable characteristics, reflecting the needs of 2SLGBTQI+ communities and usable in various services. This presentation will: i) discuss the innovative user-centered co-design process; ii) present this exemplary service model as a first time premiere; and iii) discuss the dissemination and appropriation of the model.

Session #26: Facilitating a sexual and gender diversity workshop in a graduate dietetics course  
Eric Ng  
University of Toronto

During times of increasing anti-LGBTQ policies, there is a need for dietetics to address cis-heteronormativity and provide socially just care. This paper will discuss experience from including and facilitating a class on sexual and gender diversity for dietetic practice in a graduate communications and professional practice course. Using student evaluations and critical reflections, this paper will explore the key learnings, joy and challenges as a queer dietetic educator.

## Session #27: Futility is the First Step in Change: How A Dietitian and Lawyer Partnered to Change the Way Insurance Treats Eating Disorders

Jessica Setnick, MS, RD, CEDS-C (she/her), Dietitian, Director of The International Federation of Eating Disorder Dietitians and Co-founder of The IFEDD Access to Care Program

Domna Antoniadis, JD (she/her), Attorney, Public Health Doctoral Candidate and Co-founder of The IFEDD Access to Care Program

Hope Bigbee (she/her), Nutrition Student and Research Assistant

Even though US law requires nutrition counseling to be a covered benefit for individuals diagnosed with eating disorders, insurance denials of coverage are both frequent and challenging to dispute, leaving thousands of individuals without access to needed dietitian services. In 2023, an attorney and a dietitian teamed up to educate eating disorder dietitians and their patients about their rights and how to fight back. Within 72 hours, the members of the International Federation of Eating Disorder Dietitians had submitted over 170 case reports of illegal denials of coverage, and The Access to Care Project was born.

In this presentation, the lawyer, the dietitian and their student assistant will relate their grassroots efforts over 18 months attempting to change the system from the bottom up, including contacting insurance companies directly, submitting official comments and providing reports to federal and state regulatory agencies, compiling research for publication, and communicating with lawyers, journalists, and hundreds of impacted dietitians, patients and family members. They will share the highlights of their rollercoaster journey and their experiences – both frustrating and inspiring – will enlighten attendees about the impact a few committed individuals can have when they pool their knowledge and refuse to be deterred.

Session #28: Queering Dietetics – a roundtable session

Catherine Morley, PhD, RD, FDC (they/them), Principal, Catherine Morley Dietetics, Hantsport NS  
Canada

Lindsay Goodridge, RD, PhD(C), (she/her), University of British Columbia, Vancouver BC Canada

Workshop goals:

1. To guide participants through a gap analysis re: queering dietetics (articulating current and desired states of affairs to identify “the gap”).
2. Having articulated the gap, engage participants in discussion about requisite actions to challenge the status quo of a gender binary in nutrition assessment, care planning, and education/counselling (and the dominant assumptions of cisheteronormativity).
3. Support participants to contribute to a shared google document about actions they can/will take personally, and actions for the WCD collective.
4. Invite participants to be contributors to an article summarizing the outcome of the session for the JCD.

Participants will engage in active discussion throughout the session and contribute to a shared google document about gap identification, declaration of personal action plans, and suggestions for collective actions.

The session is consistent with the conference theme and aligns with the statement in the call, “... to challenge the outdated, sometimes harmful, practices and beliefs to make room for new ways of understanding, practicing, and educating.”

Session #29: Exploring evidence of oppression through dietetics education; reflections from students and teacher

Robyn Delbridge, (she/her), Senior Lecturer, La Trobe University, Melbourne Australia.

Reem El Daouk, (she/her), Master of Dietetics student, La Trobe University, Melbourne Australia.

Emma Grunwald, (she/her), Master of Dietetics student, La Trobe University, Melbourne Australia.

Dietetics education is criticized for focusing on biomedical and positivist evidence to inform practice, effectively ignoring critical scholarship which illuminates the evidence of oppression in health inequity. To address this, a LaTrobe Master of Dietetics class critically engaged with Nixon's "Coin Model" of privilege and students were invited to engage reflexively with their own positionality and listen to people with lived experience. Subsequently, student groups delivered oral presentation assessment tasks, presenting a synopsis of evidence related to a chosen system of oppression's (eg racism, ableism, weight-bias and LGBTQIA+ discrimination) impact in health and offer implications for dietetic practice. This presentation features the reflections of two students, wrestling with their personal implications of unearned marginalisation and privilege, the dynamic nature of intersectionality in their lived experiences and navigating being treated as a "representative". These student's reflexivity brings together the impact of knowledge and perspective in challenging systems in their emerging dietetic practice.

To close, the teacher will reflect on their goal of engaging with a pedagogy of discomfort to reshape the notion of evidence-based practice, emphasize dietitians' roles in anti-oppressive dietetics and invite students to engage personally through reflexivity.

Session #30: Evaluating Australia's first Dietetic program focusing on Indigenous Australian and remote community nutrition perspectives: Charles Darwin University's Master of Dietetics  
Judith Myers, Kay Gibbons, Anita Star, Rachael Smalley, Gina Absalom, Jane Willcox

Established in 2022, the Charles Darwin University's Master of Dietetics course is the first and only Dietetics program in the Northern Territory (NT), Australia. The NT has a diverse population encompassing regional, rural and remote communities with 26% identifying as Indigenous Australians and 40% speaking a primary language other than English. The longstanding health workforce challenges include difficulties in recruitment, retention and in attracting culturally capable professionals to work with Indigenous communities.

The program was designed to reflect the context of NT dietetic service delivery centring on principles of equity and social justice, with a strong focus on Indigenous Australian's nutrition and health perspectives, as well as the challenges of working in rural and remote communities. It is the first in Australia to be delivered via hybrid learning including face-to-face, online and 'blended' modalities providing flexible learning options. Students complete Indigenous Australian cultural training and work-placements across regional, rural and remote communities.

Our mixed-methods evaluation research aims to explore student, academic and supervisor stakeholder perspectives of the program using online questionnaires, focus groups and interviews and routine data collection and will be presented. Findings will inform continuous quality improvement and contribute to the broader knowledge-base on innovative dietetics course design.

## Session #32 (Pecha Kucha + Panel)

### Pecha Kucha: Analyzing Diversity, Equity, Inclusion and Belonging in Food and Agricultural Sciences: A Narrative Review

Names of presenters/co-authors: Mia Sims and Renata Blumberg

In the United States, the need to increase diversity in the dietetics profession has recently gained significant attention. Like other food and agricultural sciences, the dietetics profession does not mirror the diversity of the population more broadly. While the reasons for the lack of diversity in the various fields considered as food and agricultural sciences are complex, there is an important need to understand differences and similarities in achieving diversity, equity, inclusion and belonging within these fields. In the United States, university-based dietetics programs are often housed within departments that include programs related to other food and agricultural sciences. For practical purposes, it is therefore necessary to understand why different fields within the food and agricultural sciences have challenges attracting diverse students and how interventions are working to improve diversity. Our objective in this presentation is to review findings from our narrative review on diversity, equity, inclusion, and belonging within fields of food and agricultural sciences.

### Session #32 (Part 2 – Panel): Building Inclusive Pathways in Dietetics Education: Practical Approaches to Support and Empower Marginalized Students

The field of dietetics has historically reinforced hierarchical and white, Euro-centric perspectives, which limit perspectives and diversity within the field. This roundtable discussion explores the evolving dietetic education landscape to highlight ways educators are disrupting the dietetics pipeline and establishing more inclusive practices to support students from underrepresented backgrounds. Drawing on perspectives from articles in the Journal of Critical Dietetics and current examples, we will identify gatekeeping educational practices that hinder students' success. We will explore specific ways in which curriculum, admissions processes, and professional expectations can create systemic barriers, excluding those whose perspectives and experiences do not align with the established norms. To address these issues constructively and openly, participants will be invited to share barriers they experience, strategize, and discuss actionable ideas for fostering inclusivity in dietetics education. Topics will include addressing microaggressions, ways to integrate diverse perspectives into the curriculum, and supportive practices that empower students. Through critiquing established practices and sharing ideas for restructuring the dietetics pipeline, participants will leave with actionable ways to promote a more diverse, inclusive, and socially accountable dietetic education programs that better represent the communities' dietitians serve.

Moderator: Kate G. Burt, PhD, RDN (she/her), Associate Professor, Lehman College, City University of New York,

Panelists:

Francoise Knox Kazimierczuk PhD, RDN, LD, CLC, ATC, CSCS, NSCA-CPT, FAND, (she/her), Assistant Professor, University of Cincinnati;

Elsa Michelle Esparza, RD, MPH (she/her), Dietetic Internship Director, University of California, Berkeley;

June Thompson RDN, FAND (she/her), Fresenius Kidney Care, Greensboro NC



Session #33: The Weight Inclusive Toolkit: Foundations, Development and Dissemination

Amanda Jochimsen, RDN, CLE (she/her): Group Facilitator/Content Creator for the Weight Inclusive Toolkit Initiative

Anna Marquez Jones, MPH, RDN (she/her): DEI Board Member/Content Creator for the Weight Inclusive Toolkit Initiative

Jennifer Jackson, MPH, RDN, LD (she/they): DEI Board Member/Content Creator for the Weight Inclusive Toolkit Initiative

KyMBER Stephenson, RDN, LD (she/her): DEI Board Member/Content Creator for the Weight Inclusive Toolkit Initiative

Moderator: Gerry Kasten, RD, MSc, FDC (Any Pronoun): DEI Board Member/Content Creator for the Weight Inclusive Toolkit Initiative,

The goal of the Weight Inclusive Toolkit Initiative is to prevent harm to millions of clients by educating thousands of dietetics students, dietitians, and health professionals about weight stigma, eating disorders, and weight inclusive care, while also closely following the Diversity and Inclusion process in the creation of the toolkit.

In September of 2021, recruitment began for the Weight Inclusive Toolkit committee. The Nutrition and Dietetic Educators and Preceptors Dietetic Practice Group (a group of over 1350 plus educators/preceptors within the Academy of Nutrition and Dietetics) approved the development of a Weight Inclusive Toolkit.

During the Recruitment phase there was an intentional decision to create a governing board, seeking out and centering marginalized members. Board members, committee members, interns, consultant reviewers, and community members have diverse identities, as well as lived experience of the various topics for which teaching materials were being developed. The Diversity Equity and Inclusion (DEI) board has all the power for decision-making in the creation of the toolkit.

Session #34: Grounding McGill's Dietetics Education in Cultural Safety: A Pathway to Truth and Reconciliation in Quebec

Caroline Hunziker (she/her/hers)

Registered Dietitian and MSc-Thesis Student in Human Nutrition at McGill University (Montreal, Qc, CAN)

Despite increasing efforts for truth and reconciliation in Canada, there is still a lack of cultural safety in healthcare. Cultural safety is a set of practices that result in Indigenous Peoples feeling respected while receiving healthcare. This competence has been incorporated into accredited Canadian dietetics programs, including McGill's Dietetics Program. However, very little is known about whether these dietetics programs are successful in creating a culturally safe dietetics workforce for Indigenous Peoples in Quebec. This study focuses on the Dietetics Program at McGill University's School of Human Nutrition. Its goal is to identify the contextual factors that either support or hinder the Program from becoming a leader in cultural safety training with Indigenous Peoples in Quebec. A document analysis will be performed to pinpoint where and how cultural safety is currently integrated into the Program. Semi-structured interviews will then be conducted with key McGill stakeholders, Program graduates working in Indigenous contexts, and Indigenous Peoples who have received nutrition care in Quebec. A survey and focus groups will also be conducted with students to gain their insights on cultural safety. A thematic analysis will then be performed to guide future curriculum development. This study will help transform McGill's Dietetics Program and potentially inspire other healthcare education programs to enhance cultural safety training.

Session #35: Transforming Nutrition Education Through Cultural Narratives and Artistic Expression  
Presenter: Jenelle N. Robinson, PhD (her/hers/she)  
Associate Professor of Nutrition at Prairie View University, Prairie View, TX, USA

This presentation delves into the innovative integration of art as a culturally relevant pedagogy in nutrition education, aimed at enhancing student engagement and deepening the understanding of food as both nourishment and cultural expression. Through personal narratives and artistic activities, participants will explore how storytelling, poetry, and multimedia serve as powerful tools for conveying nutritional concepts that resonate with diverse cultural backgrounds. The presentation highlights transformative experiences with food and identity, demonstrating the effectiveness of these artistic approaches in fostering meaningful connections between students and their dietary choices. Emphasizing the significance of cultural relevance in educational practices, the discussion will also address its potential to inspire behavior change. This approach not only enriches the learning experience but also aims to improve health outcomes within minority communities, illustrating the vital intersection of art, culture, and nutrition in education.

## Session #36: Building an International Dietetic/Nutrition Community

COVID 19, climate change and the current economic crisis has made it clear that the right to food, water, health, and education are Global Issues. How can we as Nutrition Professionals build a movement that is inclusive and addresses communities that have been previously marginalized. What can we learn from Indigenous communities who have lived in harmony with Nature and Earth for thousands of years and others who have led struggles of resistance? The focus of this session is to provide a space for discussion how to expand multinational participation in Dietetics and to examine barriers to international inclusion in the profession.

### Speakers:

Jill White, Dominican University - facilitator

Esther Selman - Barbados

Rosalie Brown- Jamaica

Noell Burgess-Australia

Tambra Stevenson - WANDA (International Movement of Girls and Women of African Descent)

Beverly Elaine Blake Scarlett - Jamaica