



ETHNIC CUISINE

A BRIDGE TO HEALTH EQUITY

Wednesday, April 17, 2019 | 2 – 3 PM

PRESENTED BY
Constance Brown-Riggs, MEd, RD, CDE, CDN




Learning Library
TODAY'S DIETITIAN

Constance Brown-Riggs MEd, RD, CDE, CDN

Award winning author of *The Diabetes Guide to Enjoying Foods of the World* and *The African American Guide to Living Well With Diabetes*

Chair-Elect, Diabetes Care and Education, DPG, Academy of Nutrition and Dietetics



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DISCLOSURES

- Consultant to OldwaysPT
- Honoraria from OldwaysPT
- No conflict of interest exists for this program

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OBJECTIVES AND LEARNING CODES

OBJECTIVE 1	OBJECTIVE 2	OBJECTIVE 3	LEARNING CODES
Describe the prevalence of diet-related chronic diseases in African Americans and identify barriers to achieving better health and nutrition outcomes	Classify healthful foods from across the African diaspora that make up African Heritage Diets	Reframe nutrition education programming in a way that is culturally relevant to participants	1040 4010 6020 8015

African Americans (AA) are Living Longer

Death rate declined 25% in 1999 and 2015
65 years and older

Centers for Disease Control (CDC)



AA 20s, 30s and 40s
Living/dying from diabetes, high blood pressure and stroke

AA 18-49 years
Die from heart disease 2x more than whites

AA 35-64 years
50% more have high blood pressure compared to whites

Centers for Disease Control (CDC)

IS SOUL FOOD PUTTING THE "DIE" IN DIET?



JAMA. 2018; 320(13):1330-1348 7

TRADITIONAL AA SOUTHERN DIET



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The Great Migration

Early 20th Century

Movement from rural South to large cities in the North and West changed the eating habits of African migrants



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Shifts From Traditional Eating to Industrialized Meal Patterns

Health Outcomes:

- Metabolic syndrome and obesity increases in Botswana
- New rates of hypertension in West Africa
- Urbanization linked to poor dietary quality and greater risk for chronic disease

South African Medical Journal, May 2009, Vol. 99, No. 5 

Fat, fibre and cancer risk in African Americans and rural Africans

Nature Communications 6, Article number: 6342 (2015)



TWO WEEK FOOD EXCHANGES

AA fed African-style diet

- 55g high-fiber
- 16% fat

Rural Africans fed Western-style diet

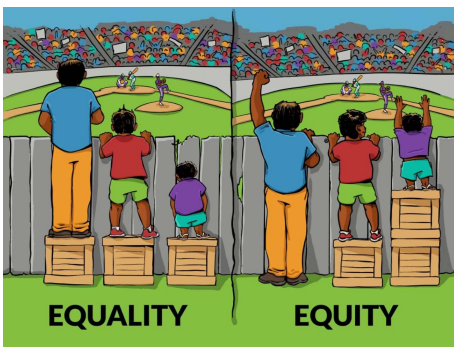
- 12g low-fiber
- 52% fat

"African Americans experienced a reduction in inflammation of their colons, improved markers for cancer and an increase in the diversity of their healthy gut bacteria. On the other hand, rural Africans who ate a Western-style diet produced more bile acid - a risk factor for colon cancer -and experienced a decrease in the diversity of healthy gut bacteria."

Nature Communications 6, Article number: 6342 (2015) 

CLOSING THE CULTURE GAP





Interaction Institute for Social Change | Artist: Angus Maguire.

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Dietary Guidelines are Culturally Challenging for AA

THREE SERVINGS OF DAIRY DAILY

AA avoid milk as a cultural preference or lactose intolerance

ANCESTRAL ORIGIN

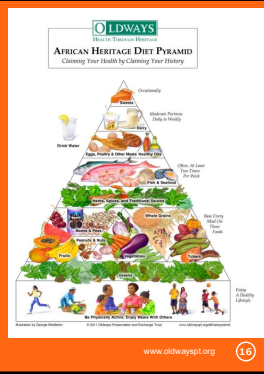
Lactase nonpersistent AA with West African ancestry retain calcium in bones despite low calcium intake

Africans of East African ancestry are susceptible to osteoporosis despite higher calcium intake

Bonekey Rep. 2016 Jun 29:5:803. 15

Culturally Inclusive Messaging

- Dairy “if tolerated”
- Inspires AA to reclaim their healthful heritage



Traditional Cultural Cuisines

- MEDITERRANEAN-STYLE
- VEGETARIAN PATTERN
- Asian
- Ethiopian
- Korean
- Indian

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Helping AA Reclaim Their Cultural Heritage

Tips for Nutrition Professionals



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'WHITE PEOPLE FOOD' CREATES AN UNATTAINABLE PICTURE OF HEALTH



Kristen Akken, Huffingtonpost 2018



- Be inquisitive and identify cultural barriers
- Take the African Heritage Diet CPE course offered by OldwaysPT

- Use educational materials representative of the client's ethnicity
- Teach an African Heritage cooking class



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In Summary

Adopting a westernized diet increases susceptibility to health problems.

Reclaiming traditional cultural cuisines have both culinary and health appeal.

Ethnic cuisines can play a key role in bridging the health-equity gap in African Americans.


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**Constance Brown-Riggs
MSEd, RD, CDE, CDN**

Constance has established herself as an expert in nutrition, diabetes, and the cultural issues that impact the health and health care of people of color. Her work has appeared in books for health professionals and health care consumers, and she has been a featured expert in national magazines such as *Essence*, *Real Health*, *Diabetic Living*, and *Diabetes Forecast*. She also is a regular contributor to *Today's Dietitian*, also serving on the magazine's advisory board, and to BlackDoctor.org.



Credit Claiming

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for 1 year; you do not have to complete it today.

Credit Claiming Instructions

1. Go to www.CE.TodaysDietitian.com/ethnic
OR Log into www.CE.TodaysDietitian.com and go to "My Courses" and click on the webinar title.
2. Click "Take Course" on the webinar description page.
3. Select "Start/Resume" Course to complete and submit the evaluation.
4. Download and print your certificate

Resource	URL
Office of Minority Health	www.cdc.gov/omh
National Medical Association	www.nmanet.org
National Hispanic Medical Association	www.nhmamd.org
Diversity RX/Cross Cultural Health Care Network	www.diversityrx.org
EthnoMed (Ethnic medicine information)	www.ethnomed.org
Oldways Preservative Trust	www.oldwayspt.org

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