



# Health Equity in Nutrition and Dietetics Practice

Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health\*

## SOCIAL DETERMINANTS OF HEALTH (SDOH) IMPACT HEALTH AND QUALITY OF LIFE

Examples include access to:

- Nutritious foods | Physical Activity | Clean air
- Clean water | Safe housing | Transportation
- Safe neighborhoods | Education | Job opportunities
- Income | Addressing language and literacy skills
- Addressing racism, discrimination, and violence

## MALNUTRITION AND FOOD INSECURITY CAN INTERSECT AND CAUSE INEQUITIES

**Food insecurity** is the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways\*\*

**Malnutrition** can be a contributing factor to health inequities, whether caused by challenges from disease and functional limitations, food insecurity, other factors, or a combination of multiple causes\*\*\*

### IMPROVING HEALTH EQUITY IN PRACTICE

Screen patients for risk of SDOH causing food insecurity & malnutrition

Nutrition assessment of clients at risk of malnutrition or food insecurity

Identification of resources & strategies to support the client & address SDOH

Nutrition Care Plan with goals that align with client's needs and culture

## Nutrition & Dietetics Credentialed Practitioners can:

- Stay up to date on research and understand how SDOH influence nutrition security and health equity.
- Prioritize outreach to communities with prevalent health inequities.
- Devise innovative strategies to enhance continuity of care.
- Identify how inequities are impacting the ability to meet nutrition needs and address health problems.
- Develop realistic goals of care aligned with individual needs and cultural practices while connecting to appropriate and accessible resources.
- Establish a process to identify, diagnose and address malnutrition and food insecurity.

## Health Equity Resources:

- Definitions: [www.cdrnet.org/definitions](http://www.cdrnet.org/definitions)
- CDR's [Quality Management](#) and [GMCS Page](#)
- [Healthy People 2030- Social Determinants of Health](#)
- Centers for Disease Control and Prevention, [What is Health Equity?](#)
- Self-Study (2.5 CPEU) [Malnutrition and Health Equity: Key Measures of Quality Care for Nutrition and Dietetics Practitioners](#)

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\*Centers for Disease Control and Prevention: (2022). What is Health Equity? Retrieved July 27, 2023, from <https://www.cdc.gov/healthequity/whatis/index.html>. \*\*The Association of State Public Health Nutritionists. (2023, July 26). Food and Nutrition Security Terms and Definitions. Retrieved from ASPHN: <https://asphn.org/food-and-nutrition-security-primer-terms/> \*\*\*Academy of Nutrition and Dietetics . (2022, October). Nutrition Security at the Intersection of Health Equity and Quality Care. J Acad Nutr Diet, 122(10), S12-S19.