TAMBRA RAYE STEVENSON,

EQUITY & NUTRITION EDUCATION

DC FOOD POLICY COUNCIL
TODAY'S MENU

KEY TOPICS

BACKGROUND
ROLE OF MEDIA
ROLE OF GOVERNMENT
ROLE OF ADVOCACY GROUPS
ROLE OF CONSUMERS
NEXT STEPS
Tambra Stevenson

Nutrition Research
Research at Oklahoma State University, Harvard School of Public Health, UPenn Med, Baylor College of Medicine, PUCMM-Dominican Republic

Career in Government
Fellow in US Dept of Health and Human Services, US Dept of Commerce, DC Women’s Policy and Initiatives, DC Food Policy Council

Nonprofit Advocacy
EVERYONE PLAYS A ROLE IN AN INCLUSIVE NUTRITION SYSTEM
WHAT DOES EQUITY IN NUTRITION EDUCATION LOOK LIKE?

QUESTION
Should the Dietary Guidelines Help Fight Systemic Racism?

The new guidelines, published every five years, don't reflect the nation's growing diversity, nor the particular health and dietary risks that communities of color face.
HOW IS RACE BAKED INTO THE FOOD SYSTEM?

QUESTION
‘White People Food’ Is Creating An Unattainable Picture Of Health

There’s a perception in the black community that eating healthy means eating like white people, but it doesn’t have to be that way.

By Kristen Glison

MONOLITHIC DIET DEBATE
Should Federal Dietary Guidelines Be More Diverse?

Federal nutrition guidelines don't include many traditional Black and Latino foods.

This article is based on reporting that features expert sources.

DOES THE FEDERAL government’s general guidance that people should eat more fruits and vegetables and consume fewer processed foods and less sugar contribute to systemic racism?

Several Black and Latina registered dietitians and a nutritionist interviewed by U.S. News say there’s nothing wrong, per se, about such broad nutritional guidance. However, a set of dietary recommendations that inform federal nutrition policy and a separate program aimed at individual consumers don’t take into account the country’s increasing diversity, they say. Latinos, the fastest-growing demographic group in the U.S., comprise about 20% of the country’s population. Blacks account for about 13% of...
WHAT'S THE ROLE OF POLICY IN NUTRITION?

QUESTION
INVESTING IN NUTRITION AND THE PEOPLE

EQUITY IN NUTRITION RESEARCH
EQUITY IN HUMAN CAPITAL INVESTMENT
EQUITY IN CONSUMER CHOICE
NEXT STEPS...

QUESTION
DC FOOD SYSTEMS & NUTRITION EDUCATION

LANDSCAPE NUTRITION EDUCATION ASSESSMENT

COMMUNITY TO CLINIC LINKAGES

NUTRITION EDUCATION COLLABORATIVE

CREATE & MONITOR LEGISLATION
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FOOD FOR THOUGHT

Nutrition justice is our civil rights issue today.

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