

**Background:** Diet and culture are inextricably linked, and nutrition education should be culturally appropriate to be effective. Communicating healthy eating principles to a diverse audience is a critical skill for future nutrition professionals.

**Methods:** For this project, we have partnered with Lutheran Family Services (LFS) in Greeley. We conducted a needs assessment and developed nutrition education materials to be delivered to clients of Lutheran Family Services.

**Undergraduate Nutrition and Dietetics students in the class END 452 will be recruited to participate in a nutrition education and cooking demonstration service learning project.**

**Undergraduate Nutrition and Dietetics students will be trained in cultural humility before creating materials, and we will measure pre- and post levels of cultural awareness.**

**Significance:** This program will train students in areas of diversity, equity, and inclusion as future health professionals, and provide valuable nutrition education services to the community of Greeley. It is important for nutrition practitioners to have the skills to navigate cultures and backgrounds different from their own when discussing healthy eating behavior and delivering care.



**Translator services are available**

**Desired topics include school lunch accommodations, water safety, hypertension, and pre-diabetes**

**IFS Staff can incorporate materials during client orientations and grocery store tours**

**IFS Staff encourage and facilitate use of SNAP benefits**

**An initial nutrition education handout and script have been created**

1. Gatto RG et al. The cultural adaptation of preventive interventions: Resolving tensions between fidelity and fit. *Prevention Science* 2004;5(1):31-41

2. Ng M, Ford ES, et al. Global burden of diseases and injuries and risk factors, an overview. *Annals of the New York Academy of Sciences* 2014;1309:5-20

3. Glanz K, et al. The role of behavioral science theory in development and implementation of public health interventions. *Annu Rev Public Health* 2010;31:399-418

4. Glanz K, et al. Impact of worksite health promotion on stages of dietary change: the Working Well Trial. *Health Educ Behav* 1998;25(4):489-603

5. Mestelos N, et al. Trans-theoretical model stages of change for dietary and physical exercise modification in weight loss management for overweight and obese adults. *Cochrane Database Syst Rev* 2014(2):G008036

6. de Gooijer PP, et al. The trans-theoretical model is an effective guide for management interventions in randomized controlled trial. *BMC Public Health* 2020;20(1):652

7. Nakabayashi T, et al. Trans-theoretic

6 H 1 L O , Q

im

Up D O !