

Advancing Health Equity Through Culture-Centered Dietary Interventions to Address Chronic Disease

September 28 - 29, 2023, 12:00 – 5:00 PM ET, Virtual Workshop
National Institutes of Health

Workshop Co-Chairs:

Brie Turner-McGrievy, PhD, RD and Josiemer Mattei, PhD, MPH

Objectives:

- Review how cultural foodways and sociocultural factors could be leveraged to improve the effectiveness of dietary interventions among diverse populations underrepresented in health research, including immigrant groups, racial/ethnic minorities, and rural communities;
- Identify gaps and opportunities for research on the cultural tailoring and adaptation of evidence-based dietary approaches and for research on heritage foodways to prevent, manage, and treat diet-related diseases in culturally-diverse populations and under-resourced communities;
- Examine the influence of culture-related factors on the biological mechanisms (e.g., gut microbiome changes) underlying the response to traditional and evidence-based dietary patterns.

Day 1 - Thursday September 28, 2023

| 12:00 12:30 PM | Welcome and Opening Remarks |
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| 12:00 – 12:10 PM | <p>Welcome from NIH:</p> <p>Alison Brown, PhD, RDN, Program Director, National Heart, Lung, and Blood Institute Tanya Agurs-Collins, PhD, RDN, Program Director, National Cancer Institute Nutrition and Health Disparities Implementation Working Group Co-Chairs</p> |
| 12:10 – 12:20 PM | <p>Co-Chair Welcome:</p> <p>Josiemer Mattei, PhD, MPH, Harvard T.H. Chan School of Public Health Brie Turner-McGrievy, PhD, RDN, Arnold School of Public Health, University of South Carolina</p> |
| 12:20 – 12:30 PM | <p>Opening Remarks:</p> <p>Eliseo J. Pérez-Stable, MD National Institute on Minority Health and Health Disparities, Director</p> |
| 12:30 – 12:45 PM | <p>Keynote Presentation: Cultural Aspects of Food and Diet: Core Concepts</p> <p>Joel Gittelsohn, PhD, Johns Hopkins University</p> |
| 12:45 – 1:00 PM | <p>Keynote Presentation: Diet Interventions to Address Chronic Diseases</p> <p>Josiemer Mattei, PhD, MPH, MS, Harvard University</p> |
| 1:00 1:50 PM | <p>Panel 1: Sociocultural Factors Influencing Foodways and Food Sovereignty in Native American Communities</p> <p>Moderated by Kibbe Brown, MS, RDN, Indian Health Service</p> |
| 1:00 – 1:10 PM | <p>Food Sovereignty as a Pathway to Indigenous Health Equity</p> <p>Valarie Blue Bird Jernigan, DrPH, MPH, Center for Indigenous Health Research and Policy, Oklahoma State University, Center for Health Sciences</p> |
| 1:10 – 1:20 PM | <p>The Cheyenne River Sioux Tribe Cooking for Health Study: Adaption for an Indigenous Community</p> |

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| | Amanda Fretts, PhD, MPH, University of Washington |
| 1:20 – 1:30 PM | Food Sovereignty: Engaging Indigenous Youth in Intergenerational Knowledge Exchange of Traditional Food Practices Christine Ha, PhD Candidate in Human Nutrition, McGill University |
| 1:30 – 1:50 PM | Q&A - Panel 1: Sociocultural Factors Influencing Foodways and Food Sovereignty in Native American Communities |
| 1:50 – 1:55 PM | Cooking Demonstration with a Focus on the Native American Perspective Brett Otis, MA, Harvard University |
| 1:55 – 2:05 PM | Break |
| 2:05 – 2:55 PM | Panel 2: Dietary Interventions Tailored to Blacks of Diverse Sociocultural Experiences in the U.S. Moderated by Loneke Blackman Carr, PhD, RD, University of Connecticut |
| 2:05 – 2:15 PM | Plant-based Soul Food Nutrition and Lifestyle Intervention to Improve Cardiovascular Disease Risk among Black Adults Living in the Deep South: A Pilot Study Samara Sterling, PhD, RD, The Peanut Institute |
| 2:15 – 2:25 PM | HAWAASH2 Study: Community-based Participatory Approach to Identify Factors Affecting Diet Following Migration From Africa Nicole Karongo, MPH, RDN University of California San-Diego |
| 2:25 - 2:35 PM | Med-South Lifestyle Intervention: A Mediterranean Dietary Pattern Adapted for a Southeastern U.S. Population Carmen Samuel-Hodge, PhD, RD, University of North Carolina, Chapel Hill |
| 2:35 - 2:55 PM | Q&A - Panel 2: Dietary Interventions Tailored to Blacks of Diverse Sociocultural Experiences in the U.S. |
| 2:55 - 3:00 PM | Cooking Demonstration with a Focus on the African-American Perspective Roniece Weaver, MS, RD, LD, Hebni Nutrition, Inc. |
| 3:00 – 3:50 PM | Panel 3: Migration, Acculturation and Dietary Interventions among Diverse Hispanic/LatinX Communities in the U.S. Moderated by Heather Greenlee, ND, PhD, MPH, Fred Hutchinson Cancer Center Integrative Medicine, University of Washington School of Medicine |
| 3:00 – 3:10 PM | Culture, Structure, & Food Practices: Learning from Hispanic Caribbean Communities Melissa Fuster, PhD, MS, Tulane University |
| 3:10 – 3:20 PM | Considerations for Conducting Culturally-Appropriate Diet-Related Research with Hispanic Families in a Transborder Context Sonia Vega-Lopez, PhD, MS, Arizona State University |

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| 3:20 – 3:30 PM | <p>Behavioral Approaches to Addressing Inequities in Chronic Disease in Latinx Communities</p> <p>Lisa Goldman Rosas, PhD, MPH, Stanford University</p> |
| 3:30 – 3:50 PM | <p>Q&A - Panel 3: Migration, Acculturation and Dietary Interventions among Diverse Hispanic/Latinx Communities in the U.S.</p> |
| 3:50 – 3:55 PM | <p>Lived Experience Session with a Focus on the Hispanic/Latinx Perspective</p> <p>Dalina Soto, MA, RD, LDN, Nutritiously Yours LLC</p> |
| 3:55 – 4:45 PM | <p>Panel 4: Cultural Considerations for Dietary Interventions for the Diverse Asian and Pacific Islander Populations in the U.S.</p> <p>Moderated by Sudha Raj, PhD, RDN, FAND, Syracuse University</p> |
| 3:55 – 4:05 PM | <p>Culture and Dietary Interventions for the Marshallese Populations</p> <p>Philmar Medoza Kabua, RN, MSN, University of Arkansas for Medical Sciences</p> |
| 4:05 – 4:15 PM | <p>Cultural Adaptation of Evidence-based Dietary Interventions for South Asian Americans</p> <p>Namratha Kandula, MD, MPH, Northwestern University</p> |
| 4:15 – 4:25 PM | <p>Cultural and linguistic Adaptation of a Web-based Diabetes Prevention Program in Chinese Americans</p> <p>Ming-Chin Yeh, PhD, MEd, MS, Hunter College, City University of New York</p> |
| 4:25 – 4:45 PM | <p>Q&A - Panel 4: Cultural Considerations for Dietary Interventions for the Diverse Asian and Pacific Islander Populations in the U.S</p> |
| 4:45 – 4:50 PM | <p>Lived Experience Session with a Focus on the Pacific Islander Perspective</p> <p>Sharon Ka'iulani Odom, MPH, RD, Kokua Kalihi Valley Health Center</p> |
| 4:50 – 5:00 PM | <p>Closing Summary</p> |

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Day 2 - Friday September 29, 2023

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| 12:00 – 12:30 PM | Welcome and Day 1 Recap |
| 12:00 – 12:10 PM | <p>Welcome:</p> <p>David Goff, MD, PhD, Division of Cardiovascular Sciences, Director, National Heart, Lung, and Blood Institute, National Institutes of Health</p> |
| 12:10 – 12:15 PM | <p>Day 1 Recap:</p> <p>Josiemer Mattei, PhD, MPH, Harvard T.H. Chan School of Public Health Brie Turner-McGrievy, PhD, RDN, Arnold School of Public Health, University of South Carolina</p> |
| 12:15 – 1:20 PM | <p>Panel 5: Challenges and Opportunities for Developing Evidenced based Dietary Guidance for Diverse Populations</p> <p>Moderated by Teresa Fung, MS, RD, ScD, Harvard University</p> |
| 12:15 – 12:30 PM | <p>Evidence Review Approaches and Equity Considerations Informing the Development of Dietary Guidelines for Americans</p> <p>Janet de Jesus, MS, RD, Office of Disease Prevention and Health Promotion, HHS</p> |
| 12:30 – 12:45 PM | <p>Food Databases and Diversity of Foods</p> <p>Alanna Moshfegh, MS, RD, Agricultural Research Service, United States Department of Agriculture</p> |
| 12:45 – 12:55 PM | <p>Dietary Surveys to Promote Health in Diverse Populations</p> <p>Katherine Tucker, PhD, University of Massachusetts, Lowell</p> |
| 12:55 – 1:05 PM | <p>Challenges and Solutions Towards More Inclusive Dietary Guidance and Research Space</p> <p>Stella Yi, MPH, PhD, New York University</p> |
| 1:05 – 1:20 PM | <p>Q&A - Panel 5: Challenges and Opportunities for Developing Evidenced-based Dietary Guidance for Diverse Populations</p> |
| 1:20 – 1:30 PM | Break |

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| 1:30 1:50 PM | Flash Talk Presentations Session 1: Moderated by Marissa Shams White, PhD, MPH, National Cancer Institute, National Institutes of Health |
| (5-minute Talks, 2-minute Q&A) | <p>Perceived Acceptability, Barriers, Facilitators, and Cultural Relevance of the Three Dietary Patterns Highlighted in the 2020-2025 United States Dietary Guidelines among African American Adults</p> <p>Halide Aydin, MS, University of South Carolina</p> |
| | <p>Food Comes with Such a Rich Background of Peoples Heritage and Culture: Exploring South Asian, East Asian, and Southeast Asian Parent/Caregiver Perceptions of School Food Programs</p> <p>Selina Mae Quibrantar, BSc(H), MSc Candidate, University of Toronto</p> |
| | <p>Plasma Lipidomic Markers of Diet Quality and Coronary Heart Disease Risk in American Indians: The Strong Heart Family Study</p> <p>Xiaoxiao Wen, MS, PhD, University of Florida</p> |
| 1:50 2:35 PM | Panel 6: Precision Nutrition and Diet: Gut Microbiome, Metabolomics, and other Biological Mechanisms Moderated by Robert Kaplan, PhD, Albert Einstein College of Medicine |
| 1:50 – 2:00 PM | <p>Identifying Microbially Derived Metabolites that Regulate Host Inflammation</p> <p>Elektra Robinson, PhD, Stanford University</p> |
| 2:00 – 2:10 PM | <p>Lipidomics and Metabolomics in Native Americans</p> <p>Jinying Zhao, MD, PhD, University of Florida</p> |
| 2:10 – 2:20 PM | <p>Gut Microbiome and Fiber in Latinos</p> <p>Maria Carlota Dao, PhD, MA, University of New Hampshire</p> |
| 2:20 – 2:35 PM | <p>Q&A - Panel 6: Precision Nutrition and Diet: Gut Microbiome, Metabolomics, and other Biological Mechanisms</p> |

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| 2:35 2:55 PM | Flash Talk Presentations Session 2: Moderated by TusaRebecca Pannucci, PhD, MPH, RD, Food and Nutrition Service, United States Department of Agriculture |
| (5-minute Talks, 2-minute Q&A) | Gut Microbiome and Inflammation in New Hampshire Bhutanese Refugee Adults with High Burden of Type 2 Diabetes Brandy Moser, MS, University of New Hampshire |
| | Chokeberry Reduces Inflammation in the Buffy Coat of American Indians and in Isolated Human Preadipocyte Cells Dale C. Brunelle, PhD, United States Department of Agriculture |
| | Echando una Mano: Community Food and Nutrition Assistance Providers' Perceived Ability to Adequately Serve Low-income and non-English Speaking Latino Adults in the U.S. Miguel Angel Lopez, PhD, MPH, RDN, LDN, Gretchen Swanson Center for Nutrition |
| 2:55 – 3:00 PM | Break |
| 3:00 – 3:10 PM | Health Equity and Culture in Federal Nutrition Assistance Programs Donna Johnson-Bailey MPH. RD, USDA Food and Nutrition Services |
| 3:10 – 3:20 PM | Cultural Considerations in CDC Programs to Address Healthy Food Environments Diane Harris PhD, MPH, Centers for Disease Control and Prevention |
| 3:20 4:25 PM | Panel 7: Translating Research into the Community: Bridge the Evidence into Practice Moderated by Sheila Fleischhacker, PhD, JD, RDN National Institute on Food and Agriculture, United States Department of Agriculture |
| 3:20 – 3:30 PM | Culturally Tailored Diabetes Nutrition Education Curriculum for American Indians and Alaska Natives with Type 2 Diabetes Sarah Stotz, PhD, MS, RDN, CDCES, University of Colorado Anschutz Medical Campus |
| 3:30 – 3:40 PM | Building a More Inclusive Charitable Food System in Northwest Arkansas Jenni Vaughan, RDN, LD, University of Arkansas for Medical Sciences & Marissa Spear, CPA, University of Arkansas for Medical Sciences |
| 3:40 – 3:50 PM | NYC Caribbean Diabetes Prevention Program Margrethe Horlyck-Romanovsky, DrPH, Brooklyn College |
| 3:50 – 4:00 PM | REACH LoWELL's 2022 Community Food Assessment for Multicultural Immigrant/Refugee Communities in Lowell, MA Jeanmerli Gonzalez, MPH, REACH LoWELL |
| 4:00 – 4:10 PM | Teaching Kitchens and Culture Nicole Farmer, MD, NIH Clinical Center |
| 4:10 – 4:25 PM | Q&A - Panel 7: Translating Research into the Community: Bridge the Evidence into Practice |

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| 4:25 4:45 PM | Flash Talk Presentations Session 3: Moderated by Jennifer Seymour, PhD, Division of Nutrition, Physical Activity, and Obesity, Centers for Disease Control and Prevention |
| (5-minute Talks, 2-minute Q&A) | Promoting Healthy Equity through Culturally-Appropriate Nutrition Interventions to Support Hispanic/Latinx Individuals with Hypertension Ambria Crusan, PhD, MS, RD/LD, St. Catherine University |
| | Perceived Facilitators and Barriers to Implementing Culturally Inclusive Diets into Hospitals and Long-Term Care Facilities Minakshi Raj, PhD, MPH, University of Illinois Urbana-Champaign |
| | Perceptions Regarding Healthy Eating, and Individual, Interpersonal Facilitators to Healthy Food Choices: An Investigation Among Middle-Age Central American Immigrant Men Karina R. Lora, PhD, RD, George Washington University |
| 4:45– 5:00 PM | Workshop Closing and Wrap-up Josiemer Mattei, PhD, MPH, Harvard T.H. Chan School of Public Health Brie Turner-McGrievy, PhD, RDN, Amold School of Public Health, University of South Carolina |

