

# Disclosures

Sponsors of the Pre-conference:

- American Dairy Association Mideast
- Pierpont Community and Technical College
- West Virginia Academy of Nutrition and Dietetics

# Agenda

- ***Food for Thought part I:***
- ***10:30 – 11:30 Bridging the Gap Between Cultural Disparities and Health Equity***
- *Angel Cunningham, MS, RDN, LD*
- ***11:30 -11:45 Break***
- ***11:45 – 1:00 Cultural traditions meet modern food transitions.***
- Panel: recipe review with Belinda Nicholas DTR student, Ca'Terria Williams Cultural
- Considerations when counseling black clients Ca' Terria Williams with perspectives from all panelists
- Lunch featuring a traditional Appalachian and Southern Soul Food: Air fryer chicken, Collard Greens with pot likker, Hoppin' John, Sweet Potato Crisp with whipped, sweetened cottage cheese
- ***1:15 – 2:45 Food for thought part II***
- ***Back to our roots, foraging 101:***
- ***Appalachian Treasures for every Table: Becky Linger, PhD***
- ***Kitchen tour and demonstration with Chef Jay Mahoney***

*Bridging the Gap  
Between Cultural  
Disparities and  
Health Equity-  
“Right” from the  
Start*



# Objectives:

- **Participants will learn about health inequity in the black population and how nutrition can play an important role in decreasing health risks and disparities.**
- **Participants will gain knowledge in cultural awareness and sensitivity when working with various population groups with a focus on the black culture.**
- **Participants will learn about barriers to change in the black population from our panelists and will brainstorm ideas to overcome these barriers.**

# West Virginia Black Population

**Population estimates, July 1, 2024, 1,769,979**

**Black alone percent 3.8%**

**Kanawha County has the high population of black West Virginians, while McDowell County has the largest concentration.**

**There are three cities in McDowell County where blacks make up the majority of the population:**

**Northforth**

**Kimbell**

**Keystone**

# Health Disparities & Nutrition are Inextricably Linked

## African American adults are\*:

- 60% more likely to have been diagnosed with diabetes
- 50% more likely to have a stroke
- 40% more likely to have high blood pressure
- 30% more likely to die from heart disease
- 1.3 times more likely to have obesity

## Children and Adolescents:

- African American girls (2-19 years) have the highest prevalence of obesity (25.1% )
- African American teens (12-19 years) have the highest prevalence of high blood pressures (6.27%)

## Modifiable Risk Factors

(include but are not limited to)

- ✓ Diet
- ✓ Physical Activity
- ✓ Weight
- ✓ Smoking
- ✓ Alcohol Intake
- ✓ Stress

*\*% more likely than non-Hispanic white adults*

# Nutrition Can Help Address Health Inequities Among Black Americans



Pregnancy, Fetal Development & Lactation	Infants, Toddlers & Young Children (Birth to 4 years)	Children & Adolescents (5 to 17 years)	Adults (18-59 years)	Older Adults (60+ years)
Higher pre-term birth and infant mortality rates	Food insecurity, poor nutrition and higher childhood obesity rates	Continued food insecurity and both under-and over-nutrition	Higher rates of obesity and diet-related chronic disease	Worse health outcomes and higher mortality rates

***Dairy foods*** provide an affordable, accessible source of nutrition that can help support a lifetime of well-being for Black Americans who continue to face disproportionate health and nutrition challenges

# Where it all began...

**Frequently consumed foods, techniques of preparing and recipes date back to the days of slavery.**

**The phrase "soul food" previously known as "slave food" is believed to have originated in the 1960s, a time when the word soul was frequently used to describe black culture.**

**Today's "black diet" describes a way of eating that has been passed down through generations and adapted in the United States.**

**Over the years, many adaptations and modifications have become more and more unhealthy, contributing to the development of many chronic health conditions.**

**It is important for providers to understand the history to effectively illicit trust and foster change.**



# Question

**When you think of the phrase "soul food" what comes to mind?**

# Question

**When you think of the phrase "soul food" what comes to mind?**

**Answers from my family:**

**"Comfort food."**

**"Fried chicken."**

**"Collard greens."**

**"Mac and cheese."**

**"Rolls or cornbread."**

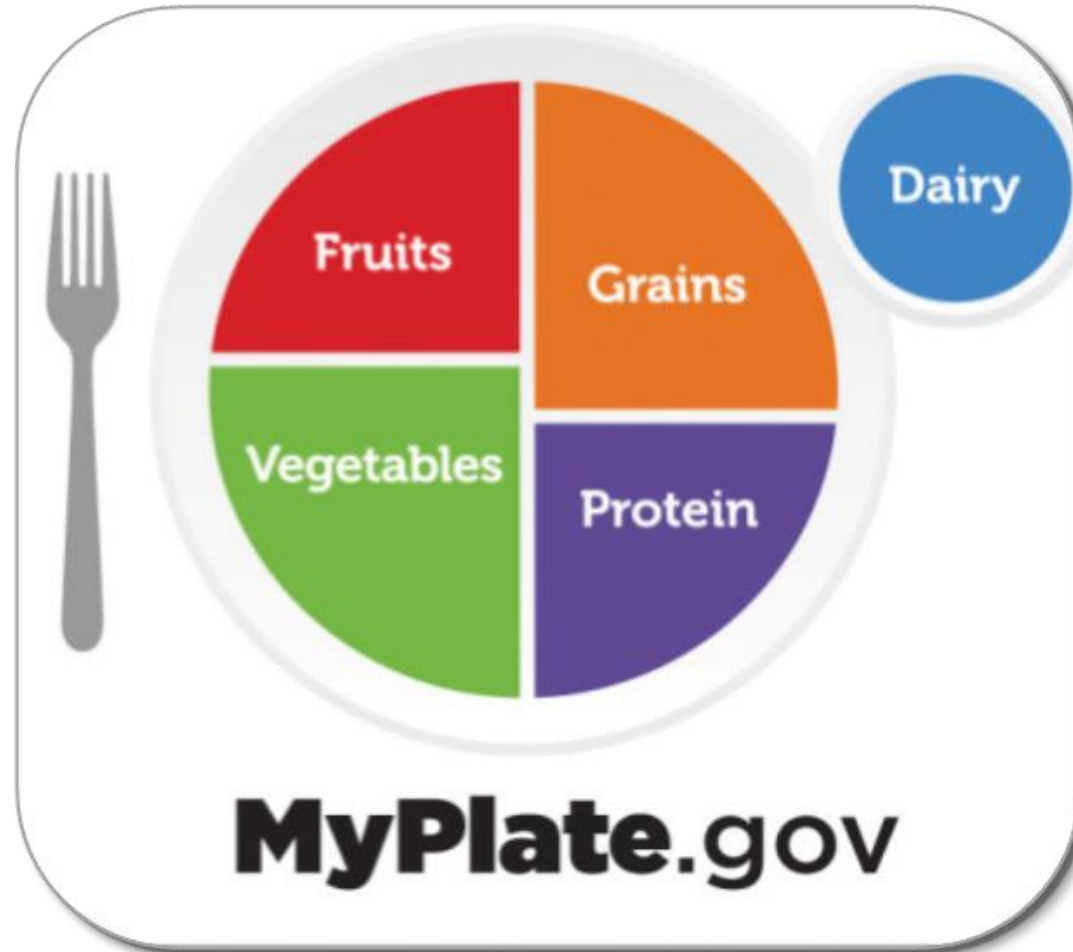
**"Sweet Potatoe pie."**

**"Peach cobbler."**

**"BBQ ribs."**

**"Girl, why are you making me hungry?"**

# The Black Diet vs MyPlate



# Myth Busters

## **True or False**

**Black people cannot eat dairy.**

**People with lactose intolerance cannot eat dairy.**

**Taking lactase pills or drinking lactose free products is bad for overall health.**

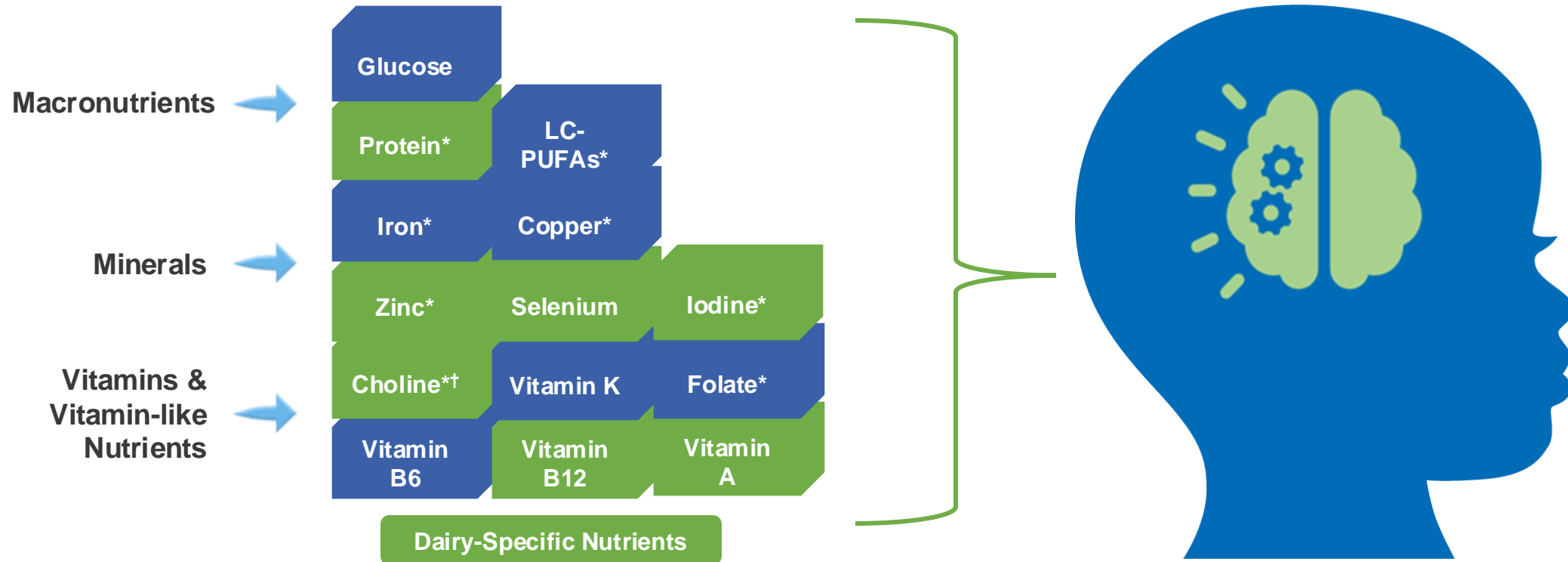
**You should not go to the doctor for suspected lactose intolerance.**



Unlocking the Potential of Dairy Foods to  
Help Improve Health Equity in the First 1,000 Days

# Dairy Foods Deliver 7 of 14 Brain-Building Nutrients the American Academy of Pediatrics Recommends

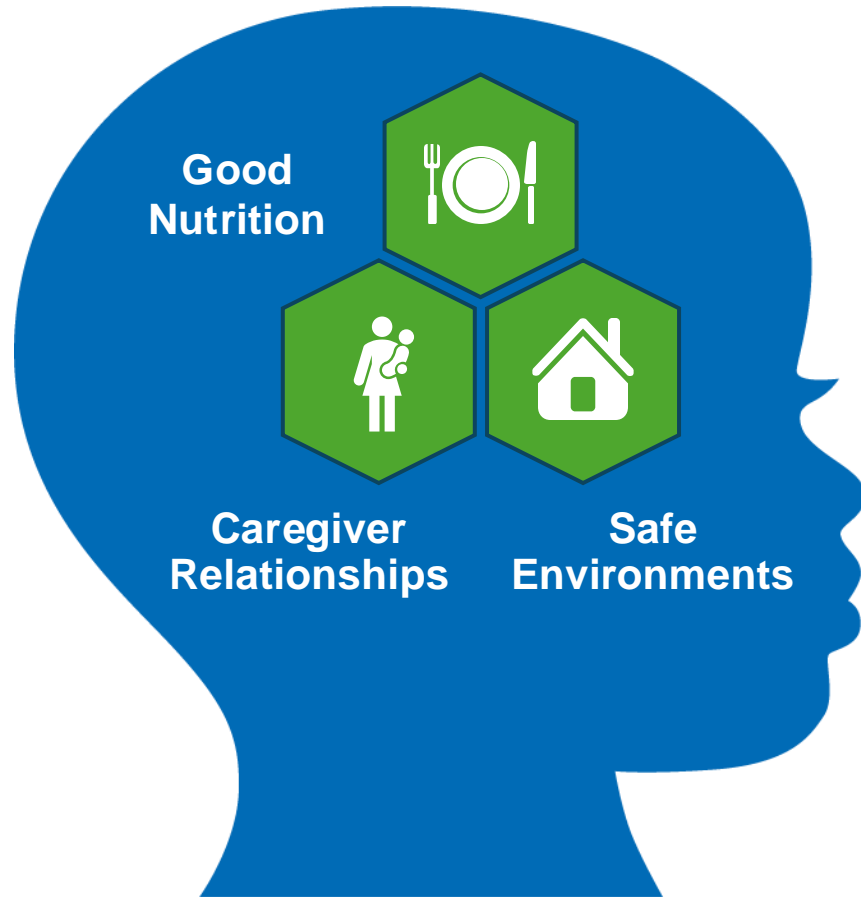
## AAP's 14 Building Blocks for Early Brain Development



\* **Demonstrate a critical or sensitive period during development**  
† **One glass of milk provides ~8% DV choline**

• Schwarzenberg SJ, Georgieff MK, AAP COMMITTEE ON NUTRITION. *Pediatrics*. 2018;141(2):e20173716. (Note, this statement was reaffirmed October 2023)  
• Georgieff MK, Brunette KE, Tran PV. *Dev Psychopathol*. 2015;27(2):411-423.















# Setting the Stage for a Lifetime of Benefits



***When one or more of these components are absent, there can be negative effects on a child's physical, social, emotional and cognitive development***

# Everyday foods can fuel brain development in the first 1000 days

## AAP's 14 nutrients for early brain development\*

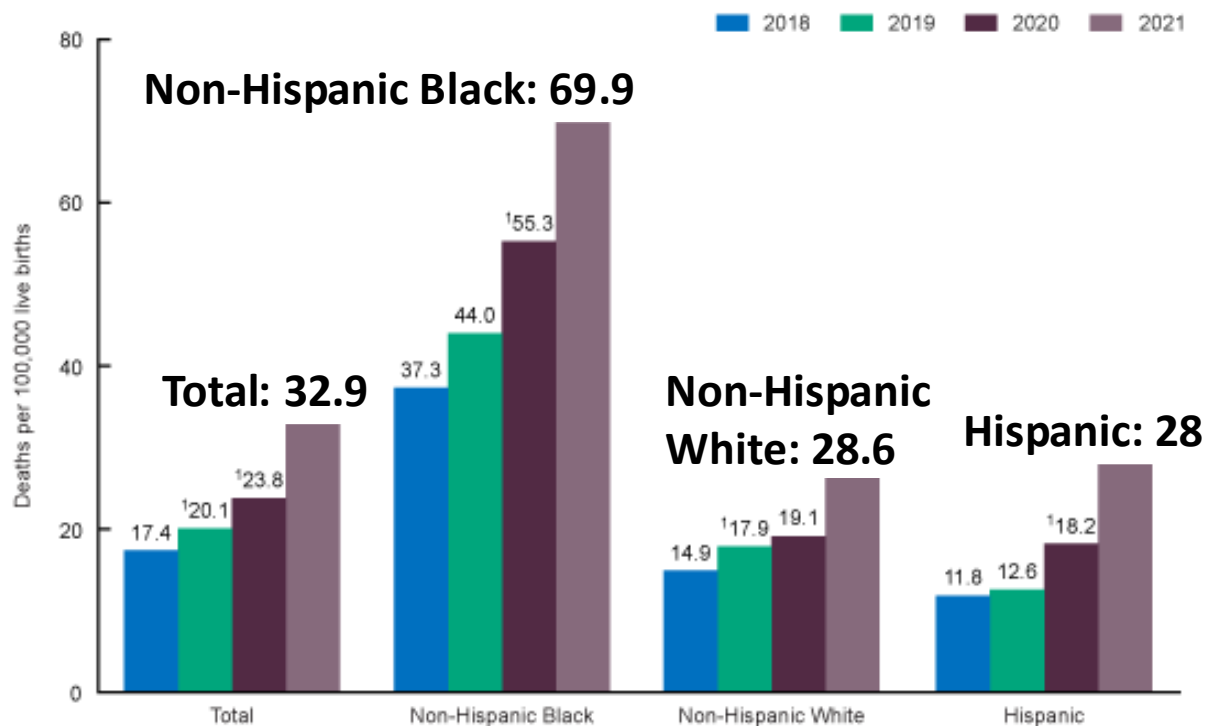
Iron†	Vitamin A	Zinc	Protein
<ul style="list-style-type: none"> <li>Tofu</li> <li>Spinach</li> <li>Beans</li> <li>Beef</li> </ul> 	<ul style="list-style-type: none"> <li>Sweet potatoes</li> <li>Pumpkin</li> <li>Carrots</li> <li>Milk</li> </ul> 	<ul style="list-style-type: none"> <li>Beef</li> <li>Turkey</li> <li>Yogurt</li> <li>Pecans</li> </ul> 	<ul style="list-style-type: none"> <li>Chicken</li> <li>Beef</li> <li>Greek yogurt</li> <li>Beans</li> </ul> 
Omega-3 Fats (EPA/DHA)	Vitamin B6	Vitamin B12	Vitamin K
<ul style="list-style-type: none"> <li>Herring</li> <li>Salmon</li> <li>Sardines</li> <li>Trout</li> </ul> 	<ul style="list-style-type: none"> <li>Salmon</li> <li>Potato</li> <li>Turkey</li> <li>Chicken</li> </ul> 	<ul style="list-style-type: none"> <li>Beef</li> <li>Salmon</li> <li>Milk</li> <li>Turkey</li> </ul> 	<ul style="list-style-type: none"> <li>Kale</li> <li>Broccoli</li> <li>Spinach</li> <li>Parsley</li> </ul> 
Iodine†	Folate†	Choline†	Copper
<ul style="list-style-type: none"> <li>Milk</li> <li>Cod</li> <li>Shrimp</li> <li>Turkey</li> </ul> 	<ul style="list-style-type: none"> <li>Lentils</li> <li>Enriched rice</li> <li>Chickpeas</li> <li>Asparagus</li> </ul> 	<ul style="list-style-type: none"> <li>Eggs</li> <li>Beef</li> <li>Salmon</li> <li>Broccoli</li> </ul> 	<ul style="list-style-type: none"> <li>Cashews</li> <li>Sunflower seeds</li> <li>Lentils</li> <li>Mushrooms</li> </ul> 
Selenium	Glucose	<p><b>* top foods based on % DV</b>  <b>† nutrient of concern/special consideration for P/L women</b></p>	
<ul style="list-style-type: none"> <li>Tuna</li> <li>Shrimp</li> <li>Pork</li> <li>Brown rice</li> </ul> 	<ul style="list-style-type: none"> <li>Raisins</li> <li>Dried apricots</li> <li>Dates</li> <li>Honey</li> </ul> 		



# The U.S. has a maternal health crisis and it's affecting Black mothers the most

## Maternal Mortality is Increasing<sup>1</sup>

Maternal deaths per 100,000 live births



## 2022 Report from MMRIA<sup>2</sup>

Pregnancy-Related Deaths: Data from  
Maternal Mortality Review Committees  
in 36 US States, 2017–2019



**84%** deaths were preventable

Top causes of death:

1. Mental health (23%)
2. Hemorrhage (14%)
3. Cardiac and coronary condition (13%)
4. Infection (9%)
5. Thrombotic embolism (9%)
6. Cardiomyopathy (9%)

1. CDC. [Maternal deaths and mortality rates: 2018-2020](#).  
2. Trost SL, Beauregard J, Njie F, et al. [Pregnancy-Related Deaths: Data from Maternal Mortality Review Committees in 36 US States, 2017-2019](#). 2022..

# National Medical Association (NMA) Recommends Dairy Foods for Generational Health of Black Americans

Journal of the NMA Supplement:  
*The Role of Dairy Food Intake for Improving Health Among Black Americans Across the Life Continuum*



A review of dairy food intake for improving health for black women in the US during pregnancy, fetal development, and lactation

Natasha Lawson, Kevin R. Comerford, Edith P. Mitchell

**INTRODUCTION**

Pregnancy and lactation are special times in a woman's life. In 2021, there were over 3.8 million live births in the United States (U.S.), and approximately 10% of pregnancies resulted in preterm births. In 2019, the rate of preterm births increased to 10.1% among Black women, compared to 9.1% among White women. Black women also have higher rates of gestational diabetes, preeclampsia, and other complications during pregnancy. These disparities in health outcomes are largely due to systemic racism and social determinants of health, such as access to healthcare, education, and income. This supplement reviews the role of dairy food intake in improving health for Black women across the life continuum, from pregnancy and fetal development to lactation and beyond. The review highlights the benefits of dairy foods for bone health, muscle mass, and overall health, and provides practical recommendations for increasing dairy intake. The supplement also includes a QR code linking to the full review.





A review of dairy food intake for improving health among black children and adolescents in the US


Natasha Lawson, Michela Mposi, Kevin Young, Kevin Comerford, Edith Mitchell

**INTRODUCTION**

Childhood and adolescence mark key stages of human development, and reproductive health. This period of rapid growth and development, not only shapes much of an individual's personality and perspective on life, but also provides the foundation for musculoskeletal, metabolic, and immune health for years to come. Although regularly practicing healthy dietary habits during these formative years is critical for mental and physical well-being, over half of the children in the United States (US) have poor-quality diets, and their dietary patterns tend to persist into adulthood. This is particularly true for Black children and adolescents, who are more likely to consume diets high in added sugars, saturated fats, and sodium, and low in fruits, vegetables, and whole grains. These dietary patterns contribute to the higher rates of obesity, type 2 diabetes, and other chronic diseases among Black children and adolescents. This supplement reviews the role of dairy food intake in improving health for Black children and adolescents across the life continuum, from birth to 4 years, childhood and adolescence, and adulthood. The review highlights the benefits of dairy foods for bone health, muscle mass, and overall health, and provides practical recommendations for increasing dairy intake. The supplement also includes a QR code linking to the full review.




Healthy eating patterns are linked with benefits throughout life.



**Pregnancy & Lactation**

Favorable health for pregnancy and lactation supporting fetal development and birth outcomes




**Birth – 4 Years**

Favorable neurocognitive development and improved immunity



**Children & Adolescents**

Lower adiposity and appropriate bone mass development



**Adults, Including Older Adults**

Lower risk of mortality and chronic disease and favorable markers of health (e.g., bone)

• U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

• Journal of the National Medical Association, Volume 116, Issue 2, Part 2 Pages 209-316 (April 2024)

# NMA's Evidence-Based Recommendations



## Pregnancy, Fetal Development & Lactation

Eat 3 servings of dairy foods every day to help improve nutrition status and reduce health inequities and mortality rates

## Infants, Toddlers & Young Children (Birth to 4 years)

Breastfeeding is recommended as the primary source of nutrition for the first 6 months of life, and as complementary nutrition up to 2 years and beyond

## Children & Adolescents (5 to 17 years)

Eat 2.5 - 3 servings of dairy foods every day\* to support proper bone development, bone mass and bone density in children and adolescents

\*2.5 servings of dairy per day are recommended for 5- to 8-year-olds and 3 servings per day for 9- to 17-year-olds

## Adults (18-59 years)

Eat three servings of dairy per day to increase dairy nutrients and reduce risk of chronic disease

## Older Adults (60+ years)

Incorporate fermented dairy foods into a healthy nutrition pattern; use dairy-based beverages to help meet hydration and nutritional needs

# Realistic guidance can instill confidence and promote sustainable behavior change



## Simple

- Focused messaging
  - 1-2 areas of opportunity
  - Consider literacy
  - Food groups vs nutrients
  - Positive and unpretentious



## Real

- Budget-friendly
  - Generic brands
  - Frozen/Canned
  - Conventional
- Boring is okay
- Embrace culture
- Moderation = maintainable



## Convenient

- On-the-go options
- Shelf-stable
- Easy-prep
- Examples:
  - Bananas, apples
  - Instant rice
  - Frozen microwave-steamable veggies
  - String cheese
  - Canned tuna

# The Unique Nutrient Package of Milk is Affordable

Dairy foods are some of the most accessible and affordable sources of essential nutrients.



**13**  
essential  
nutrients in one  
serving of  
dairy milk

## Better Together:

Dairy foods and produce make an **affordable meal combination** – and can provide key nutrition for people on a tight food budget.



**23¢**  
for one  
serving of  
dairy milk<sup>1</sup>

**55¢**  
for one serving of  
lactose-free  
dairy milk<sup>2</sup>

1. Circana Group, L.P. Rolling 52 weeks through 10-08-23. Based on U.S. average price of unflavored, conventional milk (non-organic, full lactose, no additional health enhancements such as omega or A2), private label + branded milk, 1 gal.
2. Circana Group, L.P. Multi-outlets and convenience stores. 52 week-period ending July 16, 2023.



# Tried-and-True Tips Can Help with Lactose Digestion



## Try It

Opt for lactose-free dairy milk products



## Stir It

Mix milk with other foods to help slow lactose digestion



## Slice It

Choose natural cheeses (e.g., Cheddar, Swiss)



## Shred It

Top dishes with natural cheese



## Spoon It

Yogurt's live and active cultures help digest lactose



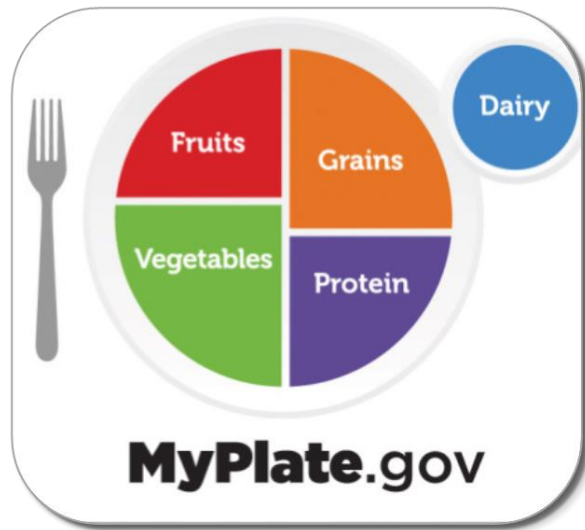
## Sip It

Start small and introduce dairy slowly

- Bailey et al. *J Natl Med Assoc.* 2013;105(2):112-27.
- NDC Science Summary: Lactose Intolerance and Dairy Innovation: <https://www.usdairy.com/getmedia/6e574c5d-9f03-48b3-af86-de68f9dd8035/Science-Summary-Dairy-Innovation-2021.pdf?ext=.pdf>

# Personalize Your Plate to Meet Daily Recommendations

- 1 Use the Dietary Guidelines approach with a balanced, healthy eating pattern



- 2 Make it an “and” – plant *and* animal foods



- 3 Personalize to meet cultural, taste, health and benefit needs



# Addressing Limitations & Gaps



## Future Efforts Must...

1

*Continue to examine systemic inequities and barriers that contribute to health and nutrition concerns*

2

*Focus on actions to improve diversity and inclusion in research, as noted in the recent White House Conference on Hunger, Health & Nutrition*

3

*Prioritize meeting national dairy intake recommendations (3 servings/day for adults/older adults) to help close nutrient gaps, improve diet quality and reduce health inequities*



# There Are Tools to Help



## Dietitian and health professionals can help:

- Dispel common myths
- Provide strategies to improve diets
- Personalize recommendations



## Mayo Clinic Parenting Hub provides tips for:

- Ensuring good nutrition in pregnancy
- Developing healthy eating habits in young, picky eaters
- Understanding the importance of bone- and brain-building nutrients.



## WIC participation can result in:

- Improved birth outcomes
- Better child cognitive development
- Better diets for pregnant women and children



## Social support systems can help:

- Foster communities
- Validate and solve challenges
- Promote mental well-being

Agency for Healthcare Research and Quality (2022). Maternal and Child Outcomes Associated With the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).  
Mayo Clinic Parenting Hub. <https://www.mayoclinic.org/dairy-for-healthy-child-development/ics-20563970r>



Questions?