

Mara Wack, MPH, RD

Allyship and The Inclusion of Culture in Nutrition Education

Bio:

Mara Wack, a public health consultant, and registered dietitian has been serving indigenous communities throughout the last 8 years of her career. Her work with Indigenous populations started as an Extension Nutrition Educator at United Tribe Technical College where she conducted nutrition counseling, taught food safety and nutrition courses, implemented a comprehensive worksite wellness program, and developed policies and programming that reached staff, faculty, college students, and youth. Her current work is to build public health capacity in Indian country and has worked with various Tribes and Tribal organizations, including The Food Distribution Program on Indian Reservations and First Nations Development Institute.

Description of Presentation:

Being an ally is a lifelong process of taking action and focusing on building relationships based on trust, consistency, and accountability with marginalized groups. Allies are collaborators, accomplices, and co-conspirators who fight injustice and promote equity through supportive personal relationships. Dietitians and Nutritionists know that building trust and rapport is an essential part of delivering effective nutrition education. Expanding that knowledge and being an ally can help address food and health inequities in your community.

Learning Objectives:

1. Participants will understand the importance of allyship.
2. Participants will learn steps towards becoming an ally.
3. Participants will learn about ways to include culture in nutrition education.