

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Considering different ways of knowing

Have uncomfortable conversations with colleagues.

Think

Make sure to listen and be open. Leave all biases at the door (as mentioned) and make sure to offer more services and resources.

I am an educator and am learning how to incorporate decolonization in professional practice curriculum (first year course).

include Indigenous perspectives in the work

Learn more about colonialism and food control

I made cultural safety training mandatory for our program this year and covered the cost for learners.

Share these learnings with my dietitian and non-dietitian coworkers

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Consider that 'evidence based' care doesn't capture lived experience.

Focus on listening, relationship building. Found the "food is never value neutral" quote very powerful.

Patience

Talk more about indigenous issues with dietetic classes

Educating myself (books, courses, etc.)

Setting a learning goal around the TRC recommendations

Continue to educate myself

Always be open and non-judgmental.

Hold space and welcome students to share their thoughts, lived experience, and hopes for the profession

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Learn more about trauma informed care

To include more cultural based information.

Better listen and be aware that it can be overwhelming for indigenous people to cope with all the initiatives that are going on

Come to client meetings without bias to create a relationship and ask what help I can offer. Look I to land learnings to gain deeper understanding of indigenous ways.

The quote about how much we value "evidence-based" but who is that evidence true for? Wow. I need to reflect on that one

Being open to conversations in a safe environment.

Devote more time to holding conversations with indigenous folks in my LTC home

Finding ways for our teams of clinical dietitians to connect with on-reserve RDs. Can we make the handover of patients smoother?

Ensure I provide honorariums, offer tobacco, and honour those offering their knowledge to me in practicum and practice

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Lean more about Indigineous culture and food, planning to sign up for Nourish Indigenous Foodways

After hearing this presentation, it truly reminds me of the importance of cultural humility and the significance of continuing my lifelong learning regarding colonization and reflection throughout my future practice and through the rest of my life ,

Advocate for more indigenous foods in our LTC menu

Continue to acknowledge where I am on my journey of learning about opportunities for decolonization within dietetics and that my colleagues may be at different parts of their own journey.

Advocate for indigenous perspectives in planning of health promotion initiatives.

Making it standard practice to include a land acknowledgement at the start of every workshop.

Just more aware, paying more attention and not assume that it's all same??

I am able to begin my career with the knowledge and begin as an individual. I have already taken the safety course available in BC. I wish I could have a workplace that mandates this training just like sexual harrassment, etc.

Connect with local indigenous communities

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Decolonize and Indigenize my teaching

Reflect on how I can share my own life to better establish connection with Indigenous clients

Strong consideration to the mental load of indigenous peoples before asking for support /assistance

Continue unlearning the racist and colonialist nutrition knowledge

Seek out Indigenous learning opportunities to learn more about Indigenous cultures, traditional foods and the past and current food systems affecting Indigenous Peoples

ONGOING self reflection

As an intern, I look forward to advocating for future placements and advocating for a development of a new system that is inclusive. In my rural placements I will take action to spread awareness.

I will start taking the Nourish: Food is our Medicine course to help build my skills. I've been meaning to take it for a while!

Advocate for flexible internal organizational processes and policies that support and accommodate work relating with Indigenous peoples and communities, in a way that meets them where they are at.

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Become more familiar with how food is used as a tool of oppression by reviewing the literature

make connections/stronger connections with the RD working in the indigenous setting in my community

Be aware of wording used in practice to minimize harm

continue to advocate for indigenous teachings in education settings and mentor practicum students in my area working with FN communities. new: share these findings

- Within practicum, we will explore opportunities to work with indigenous organizations to provide meaningful land-based group learning opportunities for all students.

I can keep an open mind in hearing the experience of my indigenous patients holding "evidence -based" more loosely

I really liked the quote about how this is not hierarchal but begins with the individual. It trickles out from the individual and that is how the change happens. And that we can not think of food as neutral but be inclusive with what we talk about!

I think a quick start in the process would be to involve Indigenous Peoples in committees and projects.

Work on an institutional honorarium policy

Based on what you heard today, what action(s) are you able to take in your practice, and how?

More awareness and more observant and ask a bit more questions

Reach out to my former internship program to see what actions they are taking to decolonize the dietetics program

Incorporate patients' lived experience and their voices in program designs.

Joanne's teaching was impactful for me. Listen, show respect, build relationship before giving education/advice, share my personal experience and my story, don't give recommendations that I don't live myself.

Joanne's teaching was impactful for me. Listen, show respect, build relationship before giving education/advice, share my personal experience and my story, don't give recommendations that I don't live myself.

Partnering with Indigenous dietitians and educators to provide their expertise so that future programming we offer is through an Indigenous lens.

I can bring my awareness but I am a dietetic intern, so it would be doing my best to learn and invite people to be more aware and invite the right stakeholders to the table.

We also encourage the Nourish program and resources. An excellent resource for dietetics.
<https://www.nourishleadership.ca/food-as-medicine>

More connections with Indigenous partners

Based on what you heard today, what action(s) are you able to take in your practice, and how?

I will take these steps to continue to provide empathy and compassion for my clients

Relationship building through sharing some personal experience

Finding a balance require looking at things like a pendulum. After swining so far one side with the residential school and assimilation, now the pendulum is swining the orther.... be patient it will find a better balance.

We encourage our learners to take part in the Nourish learning journey and access their resources.
<https://www.nourishleadership.ca/food-as-medicine>

Discuss with HR manager and the board to pay for webinars to cover indigenous health topics

Indigenize the education material used in our lectures and courses

Mentorship for Indigenous students

Qualitative research is so imperative to conducting research regarding indigenous experiences

Continue to learn and listen how to advocate for indigenous as well learn and take part in understanding how my actions affect others.

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Ensuring any request of Indigenous partners are thoughtful and properly compensated

Start to unlearn the hierarchical structure in not just dietetics but in all systems

Not currently in practice but this is important learning just to be better humans...

model the messy road to unlearning and relearning to our students. Taking imperfect action, and together it will snowball

Ensure public health programs consider non-western perspectives and lived experiences of priority populations. Establish relationships with priority groups (Indigenous peoples and other groups) and ensure programs are created by and for them.

Complete Nourish course to improve knowledge. Take advantage of learning opportunities provided by agency.

Come to meetings with clients without bias with an attitude of sharing and relationship building, asking how I can help. Look into land learning opportunities to develop understanding of indigenous ways of knowing

Seek out information on indigenous perspectives on cancer care

I can work on my relationship building with indigenous clients, patients and healthcare workers. As well as create a safe space for difficult conversations with indigenous colleagues, and understanding that their work is harder and traumatic

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Focus on strengthening relationships with Indigenous communities within my home/work area. This means showing up to community events when invited and just meeting with folks without an agenda, just to connect and share stories.

As a student: Question and advocate for action and initiative at the program level

As an RD who works for an tribal council, today was a great reminder that everyday I come to work I want to continue to move forward in truth & reconciliation!

Being more aware of the burden on Indigenous people in dietetic practice; doing more listening; more learning; having more conversations about this

Continue my education on Indigenous food ways & cultural practices, & working with Indigenous communities in a collaborative & supportive approach/ asking for feedback & continue to evolve my practice & advocating for Indigenous communities

Improved curriculum and more opportunities for mentors who have Indigenous experience.

"Having the qualification" is based on colonial definition of what qualifies you. We need to broaden our definition of what it means to have qualifications in dietetics and bring these up in work places and education institutions

Look into supervising a dietetics intern and offer the opportunity to collaborate with the Indigenous Health Centre with which my employer has a partnership agreement.

Set preconceived thoughts aside and ask how I can help.

Based on what you heard today, what action(s) are you able to take in your practice, and how?

Continue to learn and be open minded.

I started in a pilot project as a dementia Patient Navigator I have six FN in my area. I am in NB and the provincial government is not very supportive of FN communities. We have a holiday next Monday for the Queen, toujours rien pour les PNs!

Persistently taking the opportunity to listen to Indigenous voices any chance I get when they are offered so Indigenous voices are woven into my work and live for my entire life.

Constantly speak up to elevate the diversity of Indigenous voices and perspectives. We need to do this intentionally to support decolonization.