

# 8:46

## #DietitiansforBLM

### 8:46 #DietitiansforBLM Social Media Campaign

The goal of the **8:46 #DietitiansforBLM Social Media Campaign** is to honor the life of Mr. George Floyd and the many other Black lives that have been senselessly taken. Mr. Floyd's life was tragically taken on Monday, May 25, 2020. According to accounts, the interaction with the Minneapolis police began around 8 pm CT and filming of the incident began by 8:20 pm CT, with video footage showing Officer Chauvin kneeling on Mr. Floyd's neck. After pleading for his life and witnesses pleading for his life for 8 minutes and 46 seconds, the footage shows Mr. Floyd's lifeless body under the mercy of Officer Chauvin, who continued to kneel on Mr. Floyd's neck even after he lost consciousness. Release of the footage has led to civil eruptions and peaceful protests across the nation and the world.

The **8:46 #DietitiansforBLM Social Media Campaign** urges NOBIDAN members and other Academy members to take a moment of silence, reflection, meditation, and prayer to honor the life of Mr. Floyd **every Monday at 8 pm CT for 8 weeks**.

Police brutality is the tip of the iceberg when it comes to structural and systemic racism in this country. Alongside this moment of remembrance, the campaign will therefore also highlight a specific social justice issue each week. Please find these 8 messages below along with relevant resources.

#### Week 1: Systemic Injustice

Injustices in the judicial system is one prevailing social injustice, others include inequities in our education system, income inequality, affordability and quality of housing, and directly relevant to our field of nutrition and dietetics, disparities in access to affordable and healthy foods and issues of food insecurity.

#### Sources

- <https://www.cdc.gov/socialdeterminants/index.htm>
- <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

#### Week 2: Inequity in Education

Systematic racism manifests itself in a host of systems in the U.S. and not just within our judicial system. For example, in our education system, most public schools are funded by local property taxes, which perpetuates inequalities in quality of early and secondary public school education. If you live in a poor, densely populated neighborhood with low property values, this results in lower funding to local public schools and therefore less resources, higher student to teacher ratios, etc.

#### Sources

- <https://www.npr.org/2016/04/18/474256366/why-americas-schools-have-a-money-problem>

### **Week 3: Lack of Diversity and Racism in Dietetics**

Racism in the U.S. is not always overt as in the case of recently exposed police brutality. Other forms of racism, also known as racial microaggressions, can be subtle and insidious. These can be described as brief and commonplace verbal, behavioral or environmental indignities, which communicate hostile, derogatory or negative racial messages or assumptions to the receiver. These interactions can leave minorities feeling left out and “othered.” Arguably, this form of racism is pervasive in the field of dietetics and nutrition; 80% of the registered dietitians identify as being white. Meanwhile, African Americans make up only 2.6% of the profession.

#### Sources

- <https://www.cnn.com/2020/06/05/health/racial-microaggressions-examples-responses-wellness/index.html>
- <https://www.sph.umn.edu/site/docs/hewg/microaggressions.pdf>
- <https://www.cdnet.org/registry-statistics-new?id=1779&actionxm=ByDemographics>

### **Week 4: Consequence of Employment Options and COVID-19 Infection/Mortality**

Systematic racism manifests itself in inequities we see in employment rates and types of employment. According to the Economic Policy Institute, Black workers are twice as likely to be unemployed as White workers overall and even Blacks with college degrees are more likely to be unemployed than similarly educated Whites. Given the inability to socially distance as essential, front line workers, disparities in types of work have also underpinned why African Americans and Hispanics have experienced greater infection and mortality rates from the COVID-19 virus.

#### Sources

- [https://www.bls.gov/web/empsit/cpsee\\_e16.htm](https://www.bls.gov/web/empsit/cpsee_e16.htm)
- <https://jamanetwork.com/journals/jama/fullarticle/2764789>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7207142/>

- <https://www.epi.org/publication/labor-day-2019-racial-disparities-in-employment/>

### **Week 5: COVID-19 Impact on Black and Latinx Communities**

Social determinants of health and inequities in our social systems have also contributed to the disproportionate impact of COVID-19 on communities of color. According to data from the [Centers for Disease Control and Prevention](#), Blacks account for 21.8 % of confirmed cases with known race/ethnicity compared with 13.4% of the total population. Meanwhile, Hispanics account for 33.8% of the confirmed cases and represent 18.3% of the U.S. population.

#### Sources

- <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>

### **Week 6: Financial Barriers to Nutrition Education**

Generational wealth and income inequalities is another manifestation of systemic racism in this country. According to a recent report on the racial wealth divide, the median White family has 41 times more wealth than the median Black family and 22 times more wealth than the median Latino family. Generational wealth and income inequalities have a tremendous impact on the dietetics field with the requirement of a 10-12 month, unpaid internship serving as a significant barrier to increasing diversity in the field. Economics and financial inequalities also relate to the field of dietetics and nutrition practice in particular, since some households may not have discretionary income to afford more expensive and quality fruit and vegetables, nuts, and fatty fish that are encouraged for a healthy diet.

#### Sources

- [https://inequality.org/wp-content/uploads/2019/01/IPS\\_RWD-Report\\_FINAL-1.15.19.pdf](https://inequality.org/wp-content/uploads/2019/01/IPS_RWD-Report_FINAL-1.15.19.pdf)

### **Week 7: Opportunity to Diversify Dietetics**

Historically Black Colleges and Universities (HBCUs) have played a major role in educating Black students with bachelor's degrees in the STEM fields, including nutrition science. The decline in federal funding for both public and private HBCUs and the closing of dietetic internship programs since the 1970s has contributed to the decline in black dietetic professionals. These inequities in funding for HBCUs, therefore have an important influence on the diversity of our field. To this end, the Academy's policy group recently collaborated with the [National Association for Equal Opportunity in Higher Education](#) to call for Congress to provide \$300 million in funding for minority-serving institutions that would support allied health programs, including

nutrition and dietetics. More work needs to be done as African Americans make up only 2.6% of the profession.

### **Week 8: Food Insecurity + Black and Latinx Communities**

Food insecurity is another manifestation of the social inequities and injustices in our U.S. system. 11.1% (14.3 million) of U.S. households were food insecure at some time during 2018 and the COVID-19 pandemic has drastically increased these numbers. Rates of food insecurity, however, are higher among Black households (21.2%) and Hispanic households (16.2%). Systemic inequities in access to quality education and employment opportunities are some of the factors that underpin these realities.

#### Sources

- <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx>