



COLLEGE OF DIETITIANS
OF ALBERTA

Citizenship Award Guidelines

Award:

The Citizenship Award will be presented to a College of Dietitians of Alberta (CDA) member who embodies the CDA Values and Vision, and has demonstrated exemplary professionalism, leadership and citizenship in the areas of cultural humility and citizen and/or social engagement.

With a population growing in diversity, the emphasis on evidence-based practice within healthcare has sparked dialogues regarding cultural competence and cultural humility among health professionals. Given the complexity of diversity, it is beneficial to understand cultural competency as a process rather than an end product. From this perspective, competency involves more than gaining factual knowledge, it also includes our ongoing attitudes toward both our clients and ourselves.

The successful recipient will provide a short bio and photo to the College for publication in College communications. They will be recognized at an Award Luncheon in September of a given year.

For the purposes of this award, the following definitions are used.

Citizenship

Citizenship is having membership in a community, and one's response to that membership. In the case of recognition of citizenship, this includes being an active participant in one's community, helping others and accepting differences.

Cultural Humility

Cultural humility is a process of self-reflection to understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another's experience.

It is a way to frame interactions between medical professionals and patients. Cultural humility was developed as an alternative to cultural competency and

incorporates commitment to learning and reflection as opposed to mastery of a culture that is not one's own. Cultural humility encourages self-critique, addressing power imbalances, and maintaining partnerships.

Cultural humility, unlike cultural competence, does not assume an end point but a commitment to life-long learning. It is an approach that helps us create equitable institutions through the intentional practice of meeting others where they are, addressing power differentials, institutionalizing organizational consistency, and focusing on unlearning personal biases.

Citizen engagement

Citizen engagement is the meaningful involvement of individual citizens in policy or program development. To put it simply, citizens are "engaged" when they play an active role in defining issues, considering solutions, and identifying resources or priorities for action. This "meaningful involvement" can take place at a variety of stages in the research, planning, or implementation phases of a project.

Social Engagement

Social engagement is one's degree of participation in a community or society., including, and their interactions and social exchanges for the betterment of community/society. Key elements of social engagement include activity (doing something), interaction (at least two people need to be involved in this activity), social exchange (the activity involves giving or receiving something from others), and lack of compulsion (there is no outside force forcing an individual to engage in an activity, e.g., not a work requirement).

The College welcomes the nominations of College members who exemplify these traits.

Eligibility Criteria:

Consideration will be given to nominees who are CDA members, and are a mentor and/or are an exemplar to others in the profession. They will have demonstrated excellence in one or more of the following:

- advancing cultural humility and awareness in the profession
- social engagement with the greater citizenship and or professional health community
- community service
- mentoring and or teaching

Nomination Requirements:

A nominator¹ will write a letter in support of the nominee demonstrating the eligibility criteria. The nomination letter should be no more than 500 words in length.

Along with the nomination letter, two references with statements of support are required. At least one reference must be a CDA member. The statements of support should be no more than 250 words in length.

The nominee must provide signed permission to participate in the nomination process.

Nominators must include the following items in the nomination package:

- Completed Nomination Form with total of three (3) reference names
- Signed permission of Nominee to participate
- Letter in support of nomination (maximum 500 words)
- 2 Statements of support by references (maximum 250 words each)

Successful recipients will be chosen based on the eligibility criteria, letters of nomination and support and the demonstration of exemplary professionalism, leadership and citizenship in the areas of cultural humility and citizen and/or social engagement.

Nominations should be received at the College office on or before **July 1st** and sent to the following address:

Attn: Award Committee
College of Dietitians of Alberta
1320, 10123 99 Street
Edmonton AB T5J 3H1

Email: office@collegeofdietitians.ab.ca

Please contact the College office at 780-448-0059 if you have any questions about this process.

¹ Nominator can be a CDA member or non-member

References

Jones, N. A., & Bullock, J. (2012) *The two or more races population: 2010* (PDF, 2.23MB). 2010 Census Briefs. <http://www.census.gov/prod/cen2010/briefs/c2010br-13.pdf>

Tervalon, M., & Murray-Garcia, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*, 9, 117-125.

The Environics Institute. Canadians on Citizenship – 2011 National Survey, *The first national survey on what it means to be a citizen in Canada*. <https://www.icc-icc.ca/site/site/uploads/2016/10/Canadians-on-Citizenship-Final-Report-Mar-1.pdf> Pg. 5

Citizen Engagement – 2012 – Canadian Institutes for Health Research. <http://www.cihr-irsc.gc.ca/e/41592.html>

First Nations Health Authority - *#itstartswithme: Creating a Climate for Change* - Cultural Safety and Humility in Health Services Delivery for First Nations and Aboriginal Peoples in British Columbia