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## Raising Dietary Representation

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NORTHERN ILLINOIS UNIVERSITY

Raising Dietary Representation

A Capstone Submitted to the

University Honors Program

In Partial Fulfillment of the

Requirements of the Baccalaureate Degree

With Honors

Department Of

Health and Human Sciences.

By

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(Contributors: Rosary Donepanya and Ruby Rivera)

DeKalb, Illinois

June 6, 2021

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## Abstract

Representation within the field of dietetics nutrition and wellness has been a concurrent issue of the inclusion of racial groups. Creating a podcast to share research on different dietary practices within different ethnic groups to help bring awareness of the many challenges' minorities can face. To open a discussion, that helps educate us on how to be more inclusive will garner more techniques and skills to strengthen us for our professional future in dietetic, nutrition, and wellness. We want to further educate those in the family and consumer health field to become more aware of cultural traditions, practices, and religious backgrounds. This podcast will help us research more topics on inclusivity and ethical approaches to the health and human sciences field. As we are three minority females; Southeast Asian, African American, and Hispanic, we have a diverse background in racial issues, culture, and religious/ethical approaches to the health field. Being a minority student, we have noticed the lack of inclusion in the curriculum of dietetics, nutrition, and wellness. We have made it our mission to educate ourselves, fellow peers, and faculty on being more inclusive of dietary practices within different ethnic groups. This research will be guided toward research for our NUTR 410 course. Our goal is to inspire, empower, and overall bring awareness to future Didactic Program in Dietetics (DPD) students.

## Methodology

### Design

The podcast was conducted every month, each episode is 45-60 minutes long. The design of the podcast is three diverse outlooks and opinions of major inclusivity and diverse issues within the health care and nutrition field as long with society overall.

Each episode has an opening, middle, and conclusion. The intro begins with a primary topic each host shares their personal beliefs on the subject. Each host has a dedicated episode where they open the podcast, facilitate speakers, bring up new topics, and close the discussion. Each episode is centered around a main topic and feature research articles, trending topics, or headline articles. Research studies will support opinions and past relevant experiences for that topic. Listeners have the opportunity to listen and view our research findings on the various topics concerning nutrition.

The Podcast is recorded on Riverside, a platform that streams each host and record the audio. The audio is mastered and edited on *Garageband*. The podcast is

uploaded to a host site, *Buzzsprout*, that converts and automatically sends the episode on *iTunes*, *Spotify*, and *Pandora*. RDR podcast stands for Raising Dietary Representation that also is the hosts first initials of their name (**Rosary, Dottie, and Ruby**). Facebook and Instagram is used to provide additional information, announcements, and to interact with followers.

### Method

Each episode data was collected on *Interactive Advertising Bureau* provided by Buzzsprout. The statistical data shows how many downloads each episode received along with different platforms listened on and countries listeners are from. Spotify recorded age and gender of the listeners. In appendix 1 shows 168 downloads from January 11<sup>th</sup>, 2021, to April 17<sup>th</sup>, 2021. Appendix 2 shows episode one receiving 83 listeners, episode received 61 downloads and episode 3 received 25 downloads. 98% of the download came from North America and 2% from Asia. 48% of the listeners were between the ages of 23-27, 34% 35-44, 15% 28-34, and 3% 18-22. Appendix 5 recorded 3 genders reported as 81% were female, 15% male, and 5% non-binary.

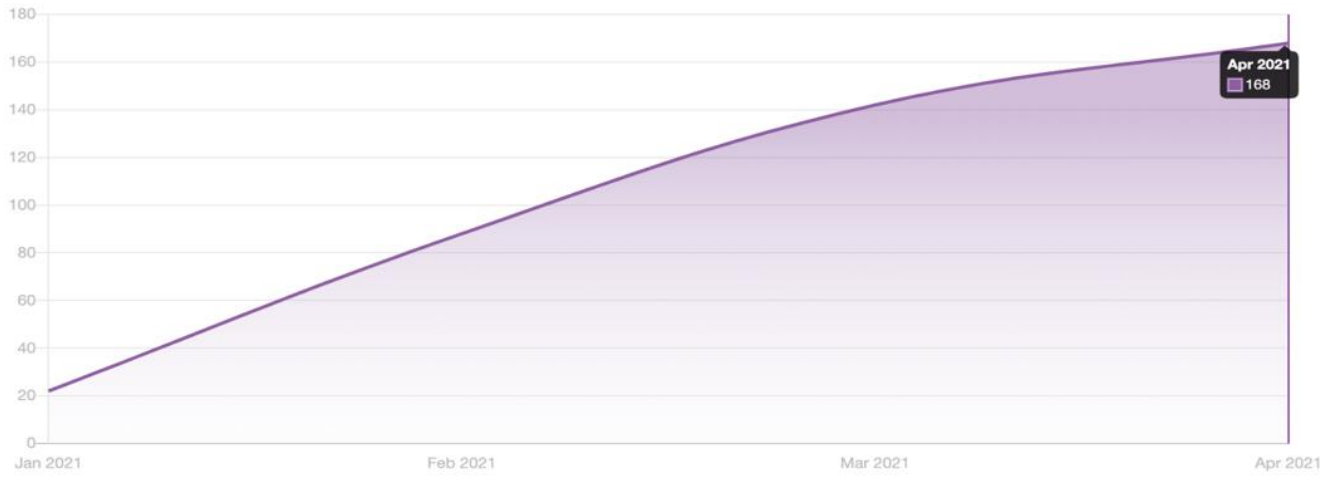
### Conclusion

Our primary source to educate those on Raising Dietary Representation is using a podcast approach to inform and bring awareness to issues within the health and human sciences field. With the trend on podcasting, we believe that a podcast format was the most efficient way to reach a broader audience. Addressing disparities of representation in the nutrition and dietetics field while being in the larger health care industry. By exposing health professionals to the diverse issues and differences faced by minorities. Based on our own observations we noticed the nutrition and dietetics field lacked diverse voices and wanted to make a platform for those, while also shedding a light on the profession of nutrition and dietetics as a career avenue for those who come from our backgrounds.

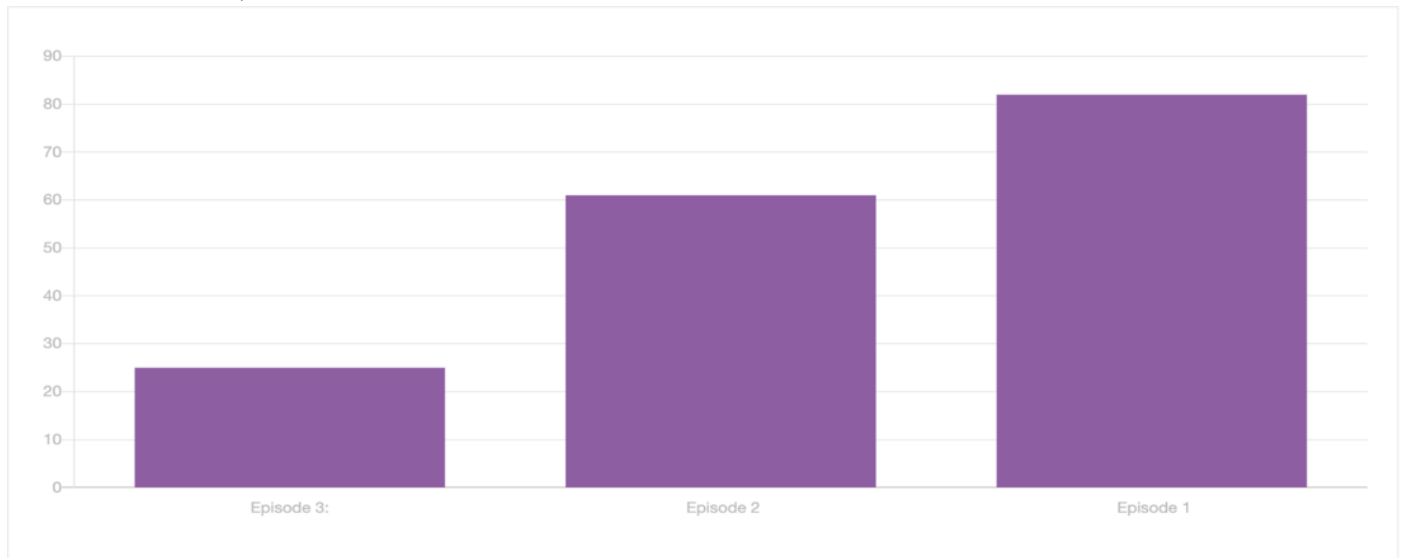
## Appendices

### Statistics

#### 1: Overall Number of downloads



#### 2: Downloads of episode 1-3

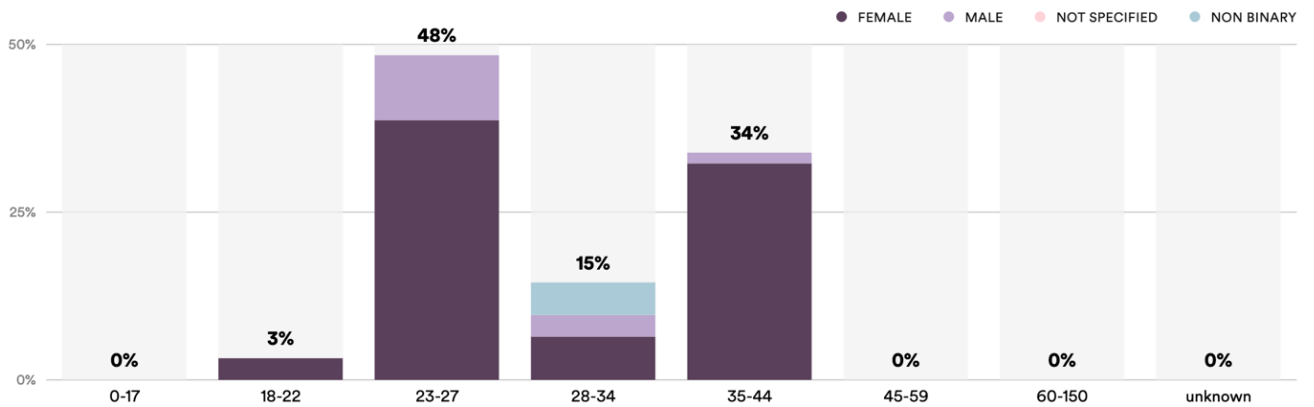


3: Countries

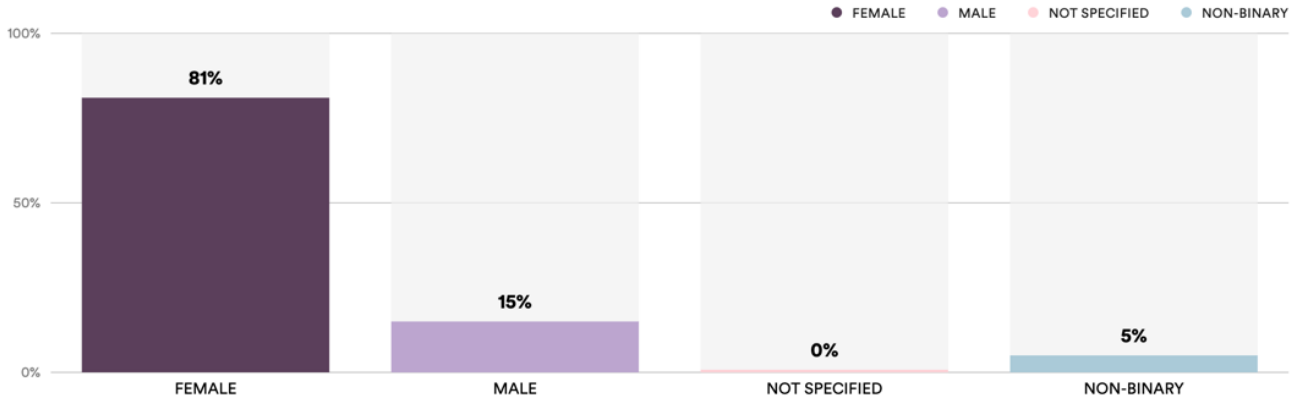


4: Age

Age



5: Gender  
**Gender**



Logo





Flyers

**PODCAST**  
*Dedicated* To Representation

RAISING  
R D R  
DIETARY REPRESENTATION

Raising Dietary Representation is a podcast that strives to address disparities of representation in the nutrition and dietetics field and the larger health care industry. We address issues and the cross-sections of diversity, culture, and nutrition. Our aim is to expose other nutritional professionals to diverse issues and needs that are faced by minority and marginalized individuals within the context of nutrition and dietetics; while also shedding a light on the profession of nutrition and dietetics as a career avenue for those who come from our backgrounds.

Get in touch      RaisingDietaryRepresentation@gmail.com  
https://linktr.ee/rdrpodcast

RDR  
podcast

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Eps. 2  
DICAS & Food  
Authenticity

◀ ▶ ▶▶

**New Episode Out Now**  
A podcast dedicated to exploring diversity within the realm of dietary practices.

Linktr.ee/RDRPODCAST