

IDEA Collective: May 2025

Pride Month

Celebrating Pride Month in Dietetics and Nutrition

Pride Month is a celebration of the **Lesbian, Gay, Bisexual, Transgender, Queer +** (LGBTQ+) community and recognition of the fight for civil rights and the ongoing pursuit of equal justice for this community. June is Pride Month because the [Stonewall Riots](#) in June 1969 marked a pivotal moment in the modern LGBTQ+ civil rights movement.

As dietetic professionals, it is essential to provide inclusive care and recognize health disparities experienced by the LGBTQ+ community.

Resources:

- The [Human Rights Campaign](#) has resources on allyship, LGBTQ+ youth, and laws & legislation for LGBTQ+ rights and equality. Helpful resource:
 - [Glossary of LGBTQ+ Terms](#)
- The **LGBTQ+ community experiences higher rates of eating disorders and disordered eating**– in the United States, **LGBTQ adults have 2-4 times greater odds** of experiencing a **DSM-5 eating disorder diagnosis of anorexia nervosa, bulimia nervosa, or binge-eating disorder** compared to non-transgender heterosexual adults ([Nagata, Ganson, & Austin, 2021](#)). Check out the article below for care recommendations:
 - [Today's Dietitian: Eating Disorders in the LGBTQ Population](#) article reviews prevalence, risk factors, cultural competence, clinical implications for dietitians, and putting it into practice recommendations and key recommendations of care (see image below).

RECOMMENDATIONS FOR CARE

- Create intake forms that don't assume gender/sexual identity.
 - Train office staff to avoid presuming heterosexuality of patients.
 - Post LGBTQ-friendly signage, brochures, and reading material in your waiting room.
 - Deliver a message of acceptance of all sexual orientations and gender identities.
 - Provide additional education and referrals for transgender individuals to show increased support.
 - Create community groups and support advocacy efforts.
 - Educate yourself about local and national resources for LGBTQ clients.
 - Refer to competent providers if you're uncomfortable counseling LGBTQ patients.
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- The [National Resource Center on LGBTQ+ Aging](#) is a program of [SAGE](#) (Advocacy & Services for LGBTQ+ Elders), and both organizations offer resources and opportunities to get involved in LGBTQ+ advocacy. Resources apply to most age groups. Key resource to check out:
 - [Inclusive Services for LGBT Older Adults: A Practical Guide To Creating Welcoming Agencies](#) (great resource to becoming a more inclusive provider and applicable for most populations and settings)
 - [Healthy People 2020](#) reports the U.S. Department of Health and Human Services' goals, objectives, and evidence-based resources for the LGBTQ+ community.
 - For a comprehensive overview of LGBTQ well-being, see the National Academies of Sciences, Engineering, and Medicine's [consensus study report](#). (A very long report- I recommend reviewing the summary and the summary section on Physical and Mental Health).
 - The [Academy of Nutrition and Dietetics' LGBTQ webpage](#) has a few articles that may be helpful. Key resource:
 - [How to Approach Sex-Specific Nutrition Recommendations for Transgender People](#)

[CenterLink](#) is an online portal that hosts a directory of LGBTQ centers. The IAND IDEA team noticed **Iowa is not listed in the directory**, so there is no list of LGBTQ centers in the state. **We emailed CenterLink to get Iowa in the directory. CALL TO ACTION:** If you are aware of any LGBTQ centers in Iowa, please email Savannah at deieatrightiowa@gmail.com or report them using the Google form: <https://forms.gle/W3zeAH7d1prS7rwD9> .

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