

Topic Area: Vulnerable Groups and their Nutritional Needs

Abstract Title: Toward trans-friendly and respectful dietetic practice
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Purpose: Our purpose is to develop a respectful approach to nutrition counselling and assessment with a trans-inclusive focus that builds on existing methods that include synthesis of anthropometric, biochemical, clinical, dietary, eating experiences and environments, meanings of food, and relationships with family and friends through food (ABCDEF) parameters.

Process: As a family (RM - trans masculine; CM – parent and dietitian), we have had conversations about moving ‘beyond the gender binary’ (male/female) in nutrition assessment and counselling. Further, we have been following the Community of Practice discussions of the Canadian Professional Association for Transgender Health on making one’s practice in health and human services trans-friendly.

Systematic approach used: Based on approaches to teaching and practicing nutrition assessment using ABCDEF parameters, many questions arise. These include determining anthropometric parameters to assess energy, protein, and other nutrients, how the *Health At Every Size* philosophy aligns with trans-appropriate anthropometric assessment, how hormone therapy affects appetite and body composition, how transitioning can affect body image, how lack of trans-friendly public restrooms can result in fasting and lack of fluid consumption when away from home, and the adjusting to gendered social norms for eating behaviour.

Implications and conclusion: With so many possibilities for how approaches to dietetic practice may develop, we advocate that any exploration of trans-friendly nutrition assessment and counselling practice be collaborative between the trans community and nutrition professionals (that is, “Nothing about us without us”). We invite colleagues interested in these explorations to join us toward making dietetics education, research, and practice trans-friendly and inclusive (Contact cmorley@acadiau.ca).