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## Diversity

Our social culture has become very diverse, and diversity is one of the key values in the Nova Scotia public service. Valuing diversity in people and accepting our differences and similarities is the first step in creating a healthy work environment. When conducting any of the activities listed in this resource, please remember to acknowledge the importance of diversity and create an environment that is welcoming and comfortable for everyone. For guidance, please refer to the following Diversity Checklist.

### Diversity Checklist

Use this Diversity Checklist when planning your healthy eating activities.

- Be sensitive to and aware of different religious observances and cultural food preferences of employees.
- Design activities so that everyone can participate at some level, regardless of any physical limitations.
- Consider dietary requirements when ordering foods for an activity such as a breakfast nutrition session.
- When using brochures, posters, videos, or other media resources for health education, ensure that they reflect the diversity of Nova Scotia.
- Consider individuals' disabilities and ask ahead of time what supports they might need to participate fully in activities.
- Ensure that diverse perspectives and views are honoured and respected.
- Understand that perceptions of health, wellness, and preventive health services have different meanings to different cultural or ethnic groups.