

FAQ: Why do I need to submit a Category K (Equity, Diversity, and Inclusion) activity each year?

What is Category K?

Category K refers to an annual activity focused on Equity, Diversity, and Inclusion (EDI). It's part of your Continuing Education requirement to help ensure dietetic practice remains responsive, respectful, and inclusive for all clients.

What are the continuing education requirements?

CDPEI continuing education requirements include one Category K activity annually.

Why is this requirement in place?

The population of PEI is becoming more diverse every year. Immigration has introduced a growing number of cultural, linguistic, and religious communities to our province. As dietitians, we are increasingly supporting clients with unique food practices, beliefs, and nutritional needs shaped by their cultural backgrounds. For example, many Islanders now follow diets connected to religious traditions or have dietary needs influenced by migration experiences and settlement patterns.

Following the 2021 Annual General Meeting, CDPEI established an Equity, Diversity, and Inclusion (EDI) Sub-Committee to help guide this work. The subcommittee reviewed national approaches and recommended stronger EDI education and awareness within continuing education, recognizing that advancing EDI is a shared responsibility among registrants, Council, educators, and employers.

By requiring ongoing learning in EDI, the College supports dietitians in building cultural competence, cultural humility, and the skills to provide safe, respectful, and effective care to all clients. This isn't a one-time learning event—it's an ongoing responsibility that evolves with our changing communities.

How does this connect to my professional obligations?

Both the *CDPEI Standards of Practice* and *Code of Ethics* highlight the importance of cultural competence and equitable care. As professionals, we are expected to recognize our own biases, engage in reflective practice, and ensure that every client feels respected and understood. Equity is not simply about treating everyone the same—it's about understanding differences and responding appropriately to meet individual needs.

Other dietetic regulatory bodies across Canada, like the College of Dietitians of Ontario and the BC College of Allied Health Professionals, have also embedded EDI as a core competency in dietetic practice, recognizing its central role in safe and ethical care.

What types of activities count for Category K?

Activities may include formal coursework, workshops, webinars, or professional development related to topics such as:

- Cultural safety or cultural humility
- Addressing implicit or unconscious bias
- Inclusive communication strategies
- Anti-racism education
- Equity-focused clinical care approaches

The learning activity should be relevant to your practice and enhance your ability to provide culturally competent care.

Where can I find resources?

Many professional organizations also offer relevant education, and registrants are encouraged to seek out reputable, evidence-informed learning opportunities.