Significant health and well-being disparities exist among children and adults living in the United States. As such, there has been a strong emphasis on health care systems and social service agencies to focus on the importance of becoming organizationally and professionally culturally sensitive or aware. This has resulted in a variety of models and language designed to address cultural diversity in health promotion.

**Cultural competency** aims to help individuals “see the difference and understand the difference that difference makes” (Lindsey, Robins, & Terrell, 2003). Cultural competence plays a vital step in providing culturally sensitive and appropriate care and service, however, it is not until cultural proficiency is achieved that professionals can truly “work well with, respond effectively to, and [be] supportive of people in cross-cultural settings” (AAFP, 2017). Cultural proficiency requires individuals to not only “see our differences” but to know how to respond effectively and affirm those differences in order to provide person and family centered care (Lindsey et al., 2003).

As family strengthening professionals, a first step in becoming culturally proficient is recognizing “the ways in which our thoughts, perceptions, and impressions are shaped about people whose cultural backgrounds differ from our own” (Wells, 2000, p. 190). It is vital to understand, embrace, recognize, and respect the different cultures of the children, families and the communities we serve and to understand how our own biases may be directly or indirectly influencing our interactions (Nuri-Robins, Lindsey, Terrell, & Lindsey, 2005).

**Take Action:**
Start moving towards cultural proficiency today!

1. Identify the difference culture makes in health service and outcomes.
2. Begin seeing how those differences play out in your organization.
3. Sign up for Strategies 2.0 newest training “The Culturally Proficient Professional”, where you will actively engage in self-reflection while recognizing and challenging your ideas, biases, and beliefs about culture.
It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.

-Audre Lorde

Resources for additional information:


References:


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