



**Tatyana El-Kour, MA, MS, RDN, FAND**

**Health and Nutrition Coordinator  
Action Against Hunger**

**Author: Section 2 Showcase: “Nutrition Communicators are Equipped to Address the Global Challenge of Misinformation”**

Tatyana El-Kour is a recognized global expert and thought leader with a profound understanding of international nutrition and public health contexts. For over 20 years, Ms. El-Kour has delivered progressive nutrition specific and sensitive strategies with a behavior change focus. More recently, Ms. El-Kour’s technical specialty has evolved to address the changing landscape of global health and nutrition, incorporating social media and psychology to nutrition and public health programming in order to reach entire populations and drive behavior change. As a champion for innovative solutions to complex health and gender challenges, Ms. El-Kour brings transformative, cutting edge approaches to promoting nutrition and women’s health in the Middle East. She has served in technical and leadership roles at national and international levels within the World Health Organization and global humanitarian organizations, including most recently the Syrian crisis, while also strategically supporting the regional refugee nutrition response in the Middle East. Ms. El-Kour has also been involved in implementing innovation programs and projects and delivering care for patients on behalf of the United Nations, governmental agencies, non-governmental agencies, private practices, pharmaceutical and educational organizations. She is currently completing her doctoral studies in understanding impact of emergent technologies on nutrition education and behavior. She holds a master’s degree in media psychology from Fielding Graduate University, a master’s degree in medical nutrition therapy and policy from Tufts University, a bachelor’s degree in general dietetics from Kansas State University, and a bachelor’s degree in nutrition and food technology from University of Jordan. She is a recognized fellow of the Academy of Nutrition and Dietetics. She has received numerous awards and honors, including the prestigious 2018 Michael R Neal Legacy Award from Fielding Graduate University, the 2015 Leah Horowitz Humanitarian Award from Tufts University, the 2011 Outstanding Young Member of the Year Award from the Public Health and Community Nutrition Practice Group of the Academy of Nutrition and Dietetics, and the 2009 Young Professional of the Year Award from Kansas State.

**What led you to contribute your time and expertise to writing *Communicating Nutrition*?** I was driven by my passion and my duty to fellow registered dietitian professionals to highlight how critical the role of nutrition communication is in turning empirical experiences into evidence while bringing about possibilities in times of disruption and change. From crisis to sustainability, registered dietitian professionals are at the frontiers of addressing the underlying and basic causes of hunger and all forms of malnutrition and their effects. Our ability to communicate effectively lies at the heart of our ability to analyze the various social, geopolitical, geographical, and technological aspects related to hunger and malnutrition with a solid understanding of food, nutrition, and health systems and contexts.

**What is the impact you hope this book, and specifically the portion you helped write, has on the profession of nutrition and dietetics?** Nutrition communication touches every aspect of our lives, including large impacts on food, nutrition, and health systems. The book enables us to better define how nutrition communication can be used to improve perception and decision-making effectively at the humanitarian and development nexus, and within one’s personal, social, and cultural constructs. It enables us to forge engagement and partnerships with individuals at the global scene whose vision is to effectively apply nutrition communication principles to complex global issues. It highlights a collective of global evidence-based learnings in communicating the science of nutrition and dietetics and provides the opportunity to demonstrate diverse competence in our profession while advancing skills in certain areas as well.

**What is one piece of advice you would like to share with current and future nutrition communicators?**

Be like a sponge and act like an omnilingual. Now more than ever, the need to be able to effectively communicate with anyone anywhere in the world is very much needed, and in an emotionally intelligent manner.

### **Connect with Tatyana:**

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