



News from the Association of State Public Health Nutritionists

December 2016

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Start the New Year with New Tools for Success!

Leaders like you are finding new resources to advance health strategies in policy and programs through ASPHN!

This newsletter is packed with tools and educational opportunities to take your initiative to the next level. Read on and gather up the tools you can use to increase your effectiveness.

Get Results: Join the Pediatric Obesity Mini CoIN

ASPHN is excited to announce the Pediatric Obesity mini CoIN is expanding from 7 to 10 State Teams and funding will be extended until December 2017. [Check the ASPHN home page in mid-December 2016](#) for application instructions.



What is a CoIN?
CoIN is described as a team of self-motivated people with a collective vision who share ideas, information, and work. CoINs are known to achieve results quickly in response to complex health problems.

ASPHN has supported the Pediatric Obesity mini Collaborative Improvement and Innovative Networks (CoIN) for the past 3 years. The focus of the mini CoIN is to help states embed policies and practices that support healthy weight behaviors in early care and education systems.

In 2015, ASPHN and several partners launched the mini CoIN with 4 State Teams. In 2016 the mini CoIN was expanded to include 7 State Teams and soon there will be 10 State Teams. Watch the ASPHN home page for application instructions in mid-December 2016. Contact [Sandy Perkins](#) for more information.

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Resources for Healthy Workplace Makeovers!

You can model healthy lifestyle choices for your teams. Meetings, conferences and parties at work are perfect targets for workplace wellness makeovers.



The CDC has a treasure-trove of resources to guide your workplace toward policies for healthy eating and exercise.

Read [Tips for Healthier Options and Physical Activity at Workplace Meetings and Events](#) for easy-to-follow policy recommendations. Implement them in the meetings that are under your control and encourage others to do the same.

Also checkout CDC's larger collection of resources for [Healthy Food Service Guidelines](#). Share this valuable link with your colleagues.

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Save the Date: Promoting Healthy Weight March 24

Plan now to attend the [Promoting Healthy Weight Colloquium 2.0](#) via webcast or in-person at the University of Tennessee on March 24th.



Attendees will gain valuable insight and up-to-date information about food security, hunger, and promoting a healthy weight.

Watch this newsletter and the ASPHN website for registration information coming soon.

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New Year, New Job?

Considering a step forward in your career? Don't miss these great opportunities.

Click to find your next job on the ASPHN [Job Openings](#) page.

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Dues are Due in January

Dues to ASPHN are due January 1 each year. A letter from the Treasurer and an invoice was sent to each of the State Designees and all Associate members the week of October 31st.



Contact [Cyndi Atterbury](#) with questions about dues payment. Also, contact [Allison McGuigan](#) with questions about membership.

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Donate to ASPHN Today

Consider making your end of the year financial gift to ASPHN. Your contribution helps us to keep ASPHN active.

Based on member requests and feedback, the Association of State Public Health Nutritionists (ASPHN) provides relevant and timely support for the career success of you, our members, and the nutrition programs you lead.



ASPHN is a nonprofit organization supporting communication, training, resource sharing and professional development for our state public health nutrition workers. We have many activities which used to be grant funded but, are not covered by current grant funding.

Please consider a financial gift to ASPHN for the continuity of our collaborative and supportive work.

Give a gift to celebrate the nutrition success that is happening in your state this year. Celebrate your promotion, a new hire in your department, the establishment of your new program, or the publication of your research. Whether it is \$100, \$50, \$20, we are grateful for any level of support. Your generosity will make a difference! Commemorate success in your state with a gift to ASPHN today.

[Click here to make a tax-deductible donation today!](#)

Have a gift for fundraising? Contact [Karen Probert](#), ASPHN Executive Director, with any questions or to share new fundraising ideas.

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Welcome New Members

ASPHN welcomes new members from across the nation, adding new talents and perspective. Here are the new members for November!



Heather Harrison-Catledge, BS, LDN, CLC from the Massachusetts Dept of Public Health -Heather is now the MA MCH Nutrition Council Liaison.

Sheneda Jackson, RD, LDN, CLC from the Louisiana Dept of Health -Sheneda is participating in the ASPHN Leadership Program.

Cheri Kiefer, RN, BSN, RDN, LD from the North Dakota Dept of Health

Emily Purves, RDN from the Michigan Dept of Education

Jessica Webb, RD, LD from the New Hampshire Dept of Health

Sylvia Blyth, RD, LD, CLC from the South Carolina Dept of Health

Jacqueline Doss-Cola, student and intern with the Arkansas Dept of Health

Rhoda Castillo, RDN, CLC, from the Hawaii Dept of Health

Carolyn Donohoe Mather, MS, RDN, LD, IBCLC, from the Hawaii Dept of Health

Sher Pollack, RDN, from the Hawaii Dept of Health

Lorilyn Salamanca, RDN, from the Hawaii Dept of Health

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About ASPHN



The Association of State Public Health Nutritionists (ASPHN) is a non-profit membership organization that develops leaders in public health nutrition who strengthen policy, programs and environments, making it possible for everyone to make healthy food choices and achieve healthy, active lifestyles.

Our vision is to create new environmental norms where healthy eating and active living are the easy and natural choices for all Americans. We welcome your involvement in our growing organization. Learn more about us at [About ASPHN](#).

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