



News from the Association of State Public Health Nutritionists



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Fresh Resource: ASPHN Launches a New Website

After seeking member input, the [ASPHN website](#) was given a much-needed facelift. The new site highlights the work of ASPHN members and ASPHN products. The bright cheery look of the new site is inviting.



One frequently used section of the site is the member directory. It would be wonderful to have pictures of all of our members. Send a JPEG to [Allison McGuigan](#) at allison@asphn.org for her to post. Be sure to check out your listing for accuracy. Corrections can also go to Allison. When launching a new site there are always bumps along the way. Please also let Allison know if you stumble on any broken links or issues when you are using the new site. We appreciate the feedback.

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Fresh Resource: Approaches to Sustaining Healthy Communities eLearning Course

Earn continuing education credits while learning to create lasting programs for longer-term community health.



[Approaches to Sustaining Healthy Communities eLearning Course](#) is an online, interactive and self-paced course from Partnering4Health. The 1.5 hour course provides guidance about the steps that can be taken to ensure sustainability of local health-related programs.

This guidance on sustainability is based on the experience of CDC and the National Implementation and Dissemination for Chronic Disease and Prevention. Topics include details on the healthy communities' movement, along with definitions and examples of sustainability of PSE initiatives.

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Fresh Resource: See It. Say It. Share It. Kicks-Off

As part of ASPHN's effort to promote the value of public health nutritionists, we kicked-off our [See It. Say It. Share It. campaign](#) on November 8.



This new communications program centers around a series of catchy sound bites that capture the various objectives and

outcomes of public health nutrition.

The campaign's web page houses downloadable posters and videos highlighting state initiatives spearheaded by ASPHN members. We encourage you to visit the web page to obtain the materials and get ideas on how to use the sound bites to advance the work you're doing in your community. Together, let's spread the word!

Contact Lourdes Pogue at lpogue@c5ci.com for more information.

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ASPHN Health Equity Intern Profile: Mariah Russell

Meet ASPHN Health Equity Intern and University of Alabama healthcare analytics senior, Mariah Russell.



Mariah is investigating reasons why students choose not to eat meals provided to them at school through her placement at the West Alabama Area Health Education Center (AHEC).

Preliminary qualitative results from Mariah's research revealed that students do not like the taste and appearance of the food. "The food is just nasty" and "it needs seasoning" are common responses the intern received through her study. Students would rather be hungry or consume foods with poor nutritional value than to eat meals provided to them at school. Therefore, like many schools across the country, food is trashed and not consumed by students.

Mariah and her preceptor, Regina Knox, MPH, CHES, seek to address issues related to the lack of school meal consumption by students. Through coordinated AHEC programs such as mock collegiate tailgates, Mariah educates school students about the nutritional value of food, and alternative ways to season foods to enhance taste and appeal. Using these and other health education strategies, the AHEC staff hopes to increase school meal consumption. Increasing consumption of nutritious school meals can lessen the burden of food insecurity and improve school performance in children living in rural Alabama.

Learn more about the [ASPHN Health Equity Internship Program](#) here or contact internship@asphn.org.

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Save the Date: Public Health Nutrition Webinar Series, January 11

**A collaboration between National WIC Association and
Association of State Public Health Nutritionists**

Save the date and stay current in the Public Health Nutrition Webinar Series.

The next webinar of ASPHN/NWA Public Health Nutrition Webinar Series is Thursday, January 11 at 3:00pm ET.



Watch the January newsletter for webinar content information and the registration link. All webinars contain public health nutrition topics that have relevance to WIC clientele and/or WIC staff, but are broader than WIC-only content.

The National WIC Association and ASPHN, through funding provided by The Centers for Disease Control and Prevention, are collaborating to provide public health nutrition education.



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Get Involved: Be an Elected Leader in ASPHN

The Association of State Public Health Nutritionists Governance Committee is seeking leaders with an interest in elected positions!



Benefits: Involvement in elected positions enables you to maximize your membership benefits in a collaborative environment and . . .

- Strengthen your leadership skills through working with seasoned leaders.
- Offer a collective voice as part of a states' network.
- Gain access to a variety of professionals working with different public health programs.
- Access educational workshops and webinars to be on the pulse of emerging public health nutrition practices and strategies.
- Work with state and national partners to advance key nutrition and public policies and programs.

ASPHN is seeking nominees for these open positions start August 1, 2018:

- President-elect
- Treasurer
- Director-at-Large
- Governance Committee Members
- Chair-elect, Fruit and Vegetable Nutrition Council

Qualifications: State Designee or Expanded members in good standing (state dues paid) are eligible to serve in all positions. Associate members in good standing are eligible to serve as chair-elect or chair of the Fruit and Vegetable Nutrition Council, but are not eligible for other elected positions.

For more information, contact Jennifer Dellaport, Governance Committee Chair, at Jennifer.Dellaport@state.co.us or 303-692-2462.

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Get Involved: Become an ASPHN Liaison

Become an ASPHN liaison for the American Public Health Association (APHA) or National Salt Reduction Initiative (NSRI). Liaison work can deepen your connection with public health nutritionists.



APHA Liaison - This position is ideal if you are already a member of APHA and involved/interested in the Food and Nutrition Section. Past liaisons participated in online meetings and volunteered to serve on conference presentation reviews and conference planning, as well as representing ASPHN during the APHA Annual Conference.

NSRI Liaison - This position is a perfect fit if you are from one of the 8 states working on the Sodium Reduction in Communities Grants (SRCG). If your state/community is not one of the SRCG, but you are interested in sodium reduction initiatives, this could still be a great

position for you. NSRI hosts quarterly calls, provides expert presentations, and asks partners to share information with their networks, or possibly sign letters of support, etc.

Not sure what a liaison does? To find out more about ASPHN Liaisons, please contact [Shana Patterson](mailto:shana@asphn.org) at shana@asphn.org and get notes from the ASPHN Liaison Training call.

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Get Involved: Join the Annual Meeting Planning Committee!

Your time is valuable. Make a big impact with a short-term commitment to the 2018 ASPHN Annual Meeting Planning Committee.



Meet for two 1-hour sessions from December through February, then one 1-hour in March, April and May by phone. Share thoughts, topics, speaker ideas, and suggestions to increase the fun and improve the functions of the Annual Meeting.

Contact [Cyndi Atterbury](mailto:cyndi@asphn.org) at cyndi@asphn.org to get involved today. And save the date for the 2018 ASPHN Annual Meeting, June 10-12.

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Donate to ASPHN Today

Consider making your end-of-the-year financial gift to ASPHN and keep ASPHN active.

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. Donations are tax deductible.

Here's what a previous donor shared:

"I provided a donation to ASPHN in memory and honor of my dear Aunt Ollie Loveless who spent her entire life supporting and encouraging young people to get an education to advance their knowledge and skills. It seemed so appropriate to donate to ASPHN, in her memory, because ASPHN provides such outstanding educational meetings, leadership training and informational resources! This donation was given to ASPHN in lieu of sending flowers to my Aunt's funeral service."

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

Contact [Alison Jensen](mailto:alisonjensen@utah.gov) at alisonjensen@utah.gov with any questions or suggestions.

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ASPHN Dues Notice

The dues notices were sent via email to the state designees during the last week of November. The states dues remain at \$400 per state which includes the designee and an unlimited number of expanded members.



Dues notices were sent to all expanded members in the states without a state designee appointed. Associate member dues continue to be \$50 per year. And students can join for just \$25

per year.

More information about member categories can be found on the [membership page](#). Have friends and colleagues that are interested in joining ASPHN? [Our online application](#) is convenient and easy to navigate.

Questions about dues notices or payment should be sent to [Cyndi Atterbury](mailto:cyndi@asphn.org) at cyndi@asphn.org.

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Welcome New Members!

In November, ASPHN welcomed 7 new members! Our dedicated membership is making healthy eating and physical activity the easy choice, one community at a time. Thank you for joining us.



Expanded Members:

Tanya Harvey in the Missouri Dept. of Health and Senior Services

Heather Kahn in the Michigan Dept. of Community Health

Associate Members:

Nancy Katz (Alliance for a Healthier Generation)

Kendra Kelly (student, University of Minnesota)

Alexandria Ligon (student, St. John's University)

Briana Voss (student, Winston-Salem University)

Victoria Walker

You, too, can join this dynamic group of Public Health Nutrition leaders. [Become a member now](#).

Contact Allison McGuigan at allison@asphn.org with questions.

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About ASPHN



The Association of State Public Health Nutritionists (ASPHN) is a non-profit membership organization that strengthens nutrition policy, programs and environments for all people through development of public health nutrition leaders and collective action of members nationwide.

Our vision is healthy eating and active living for everyone. We welcome your involvement in our growing organization. Learn more about us at [About ASPHN](#).

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