



# News from the Association of State Public Health Nutritionists

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## Fresh Resource: Public Health Nutrition Online Certificate of Training

If you're looking for foundational training for new employees or other team members, look no further than the [Public Health Nutrition Online Certificate of Training](#) (CoT) program.



The CoT consists of five separate modules that build on one another and focus on the fundamental components of public health nutrition, including the 10 Essential Public Health Services.

The self-study series includes web links and resources for additional online learning opportunities. Each module is available to the registered participant for 30 days.

The program was developed by the Academy of Nutrition and Dietetic's Center for Lifelong Learning and planned in conjunction with ASPHN. Reviewers include the Committee for Public Health/Community Nutrition (CPHCN) and the Public Health and Community Nutrition Practice Group (PHCNPG).

Interested in learning more? Contact Karen Probert at [karen@asphn.org](mailto:karen@asphn.org).

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## ASPHN's See It. Say It. Share It. Campaign Highlights Alaska

ASPHN's See It. Say It. Share It. web-based marketing campaign is actively promoting the value of public health nutritionists.



On January 30, the association issued a news release highlighting [its video](#) about the success of Alaska's Salad Bars to Schools program and Diane Peck's leadership role in that endeavor.

Diane, an ASPHN member, carefully spearheaded the initiative with safety and cost-effectiveness in mind. Today, Alaska's Salad Bars to Schools program is shaping healthy habits for life for nearly 80,000 students.

If your department is involved in efforts to fight childhood obesity, we encourage you to watch and share this video with colleagues, new team members, food service personnel, school administrators and others who are working to improve children's health.

To learn more about the See It. Say It. Share It. campaign, please contact Sandy Perkins at [sandy@asphn.org](mailto:sandy@asphn.org) or 814-

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## Save Time Using the ASPHN Food Service Guidelines Page

If you haven't had a chance to explore ASPHN's new website, you may want to start with the brand new [Food Service Guidelines resource page](#). This innovative tool contains a compilation of over 100 products related to Food Service Guidelines (FSG) that have been used or developed by state agencies and other programs. These products include standards, policies and best practices that make healthy choices, easy choices for those purchasing or receiving food from state-run facilities.



The web page is well organized and easy to use. Products are identified by the category or setting for which they were implemented, and you can also find them listed by state.

According to ASPHN member Mary Ann Ellsworth, MS, RD from the New Jersey State Department of Health, "I envision this will be a new favorite reference that members will suggest to partners working to create healthier food environments in a variety of settings. This is definitely another ASPHN SUCCESS STORY!"

For more information or questions about the Food Service Guidelines web page, please contact Shana Patterson, RDN at [shana@asphn.org](mailto:shana@asphn.org) or 814 255-2829 ext. 708.

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## Get Involved: Become a Liaison for ASPHN

Become an ASPHN liaison for the National Physical Activity Society (NPAS) or United States Breastfeeding Committee (USBC). Liaison work can deepen your connection with public health nutritionists.



Not sure what a liaison does? Contact Shana Patterson at [shana@asphn.org](mailto:shana@asphn.org) for notes from the ASPHN Liaison Training call.

[NPAS](#) Liaison - This liaison position is a good fit for you if you are a member of the NPAS and an ACSM certified Physical Activity in Public Health Specialist (PAPHS). If this is not possible, then you could also qualify if you are credentialed from a NCCA certified organization as a personal trainer or group fitness instructor, or have a BS/BA degree in exercise science, exercise physiology, or a related field. Currently National Physical Activity Society (NPAS) and ASPHN are working closely together on the Children's Healthy Weight CoIIN.

[USBC](#) Liaison - Representatives are responsible for reporting on ASPHN's organizational activities related to breastfeeding. Member representatives also have the opportunity to participate in biannual USBC meetings and USBC Constellations, where organizations come together in action-focused work teams.

To find out more about ASPHN Liaisons, please contact Shana Patterson at [shana@asphn.org](mailto:shana@asphn.org).

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## Watch Now:

## MCH Nutrition Council Webinar on Drug Use During Pregnancy

This month, the ASPHN MCH Nutrition Council Webinar was opened for all to join. Followers of the NWA/ASPHN webinar series were also encouraged to attend in lieu of the regularly scheduled webinar.



Watch Now: [Drug Use During Pregnancy](#) from the January 29 MCH Nutrition Council Quarterly Call

Webinar presenter: Paula K. Schreck, MD, IBCLC, FABM, Medical Director Breastfeeding Medicine, St. John Providence Health System, Detroit, MI

Description: Substance abuse and illicit drug use remain a significant problem for women of childbearing age. Infants who are exposed to drugs in-utero stand to benefit greatly from breastfeeding. This presentation will discuss weighing the benefits of breastfeeding against the risks of drug exposure during lactation.

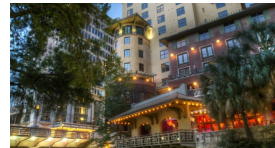
Learn more about the [MCH Nutrition Council](#) here. Contact Sandy Perkins for more information at [sandy@asphn.org](mailto:sandy@asphn.org).

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## Reserve Your Room: 2018 ASPHN Annual Meeting

Get great room rates now for the 2018 ASPHN Annual Meeting, Sunday, June 10 through Tuesday, June 12. You won't want to miss this year's sessions focused on Health Equity.



Hotel Valencia  
Riverwalk

Book your room at the meeting venue [Hotel Valencia Riverwalk](#) in San Antonio, TX. Enjoy the elegant boutique hotel on the banks of the San Antonio riverwalk.

Mention Association of State Public Health Nutritionists to get the conference rate of \$124 per night, which matches the current federal per diem rate.

Getting to the Annual Meeting is easy. Arrive at the Hotel Valencia Riverwalk by [Super Shuttle](#) in just 20 minutes from the airport for \$15 one way and \$28 round trip. The shuttle hours are 8 AM until midnight.

Watch [the website](#) and newsletters for information about registration, poster sessions and more. Details will be available soon.

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## ASPHN Intern: Builds Confidence, Implements Heart Disease Prevention

ASPHN Health Equity intern, Krista Sergerie, worked with Illinois Department of Public Health's (IDPH) Office of Minority Health to implement the Love to Love Your Heart initiative for African American church congregations in Chicago, IL. The Love to Love Your Heart program uses education strategies to prevent heart disease and stroke while raising awareness about cardiovascular disease risk factors.



Krista Sergerie

Krista, a Benedictine University master of public health student, engaged congregants in measuring blood pressure, selecting heart healthy nutrition options and participating in physical activity. "The Love to Love Your Heart Program was

such a great opportunity to get hands on experience in a public health setting," said Sergerie.

Additionally, the intern participated in the evaluation of the program. From her evaluation of the 21 congregations that participated, she concluded that although the audience for the program is African American congregations, tailored outreach strategies specific to each congregation increased participation in the program. These findings will inform IDPH recruitment strategies for the program.

"ASPHN internship program helped my professional growth and development." Krista reported that she gained confidence and professional competence in educating and empowering people through various health issues and coordinating programs. Upon graduation, Krista plans to work in a community health setting for Native Americans.

Your organization can be a host for ASPHN Interns. Interns like Krista expand the capacity for their internship sites to do great work. Heart disease is the leading cause of death among many racial and ethnic minority communities in the US. In Illinois, heart disease or stroke is responsible for 1 in every 3 deaths. Illinois Department of Public Health (IDPH) implements innovative programs targeting African Americans and heart disease prevention, including Love to Love your Heart.

Consider becoming an ASPHN Internship Preceptor. View the [Preceptor Fact Sheet](#) today. For more information about the ASPHN Health Equity Internship Program, contact [internship@asphn.org](mailto:internship@asphn.org).

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## Session Recordings: Children's Healthy Weight CoIIN

Check out the [session recordings from The Children's Healthy Weight CoIIN](#) in-person learning session. It was held on January 9 and 10 in Bethesda, MD.

This engaging and practical meeting included team work time and presentations on these topics: team development, critical thinking, applying model for improvement, using Plan-Do-Study-Act (PDSA) cycles and evaluating projects.

Find out more about the Children's Healthy Weight CoIIN the dedicated webpage at [asphn.org](http://asphn.org).

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## Welcome New Members!

In January, ASPHN welcomed 8 new members! Thank you for joining us.

Our ASPHN member-network is strengthening our nation through collective action that make healthy eating and active living possible for everyone.



Expanded Members:

Lita Chatham, MS, RDN, LD in the Alabama Department of Public Health

Karina Lora, PhD, RDN in the University of Maryland Extension

Katie Shelton in the Missouri Department of Health

Gioacchino Taliercio, MS, RD in the New York State Department of Health

Daniela Kittinger, MPH  
Melanie Murakami, MS, MPH, RDN  
Jennifer Ryan and

Iris Takahashi, MPH, RDN, CLC, all in the Hawaii Department of Health

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

Contact Allison McGuigan at [allison@asphn.org](mailto:allison@asphn.org) with questions.

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## About ASPHN



**ASPHN**  
Advancing Health Through Leadership

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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