



News from the Association of State Public Health Nutritionists

May 2018

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Annual Meeting: Register Now!

[Register now](#) for the 2018 ASPHN Annual Meeting! The Annual Meeting is a chance to connect, collaborate and create a wide network that cultivates positive change across the country.



Hotel Valencia Riverwalk

Expanding Your Boundaries: Health Equity in Public Health Nutrition

June 10-12, 2018 at the Hotel Valencia Riverwalk in San Antonio, TX.

Get updates including the meeting agenda, travel tips and more on the ASPHN [website](#).

Plus there is still time to participate as a poster presenter. Click here to submit your [application](#).

Have questions? Don't wait. Contact Cyndi Atterbury today at cyndi@asphn.org.

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Annual Meeting: Join by Webinar

Can't travel to the ASPHN Annual Meeting? Watch the [Annual Meeting page](#) on the ASPHN website for opportunities to join Annual Meeting sessions from home via GoToWebinar.



Mark your calendars now for the opening session, Deconstructing Equity, Nita Mosby Tyler, MA, PhD, The Equity Project, Denver, CO will begin on June 10th at 1:00 PM CT.

The full central-time final agenda, meeting materials, and links for each session will be posted as the meeting date gets closer. Recorded sessions will also be posted soon after the event.

Though webinars cannot replace the other learning opportunities and networking gained by attending the ASPHN Annual Meeting, technology will bring the fresh and exciting updates to more of our members.

Questions? Contact Cyndi Atterbury at cyndi@asphn.org.

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Annual Meeting: The Excursion

Create deeper connections with your national colleagues through the 2018 ASPHN Annual Meeting Excursion!



Relax, eat and stroll along our [San](#)

[Antonio Food Tour](#) on Monday evening. Watch the [ASPHN website](#) for exciting location updates. Anticipate walking about 1 mile with about 4 stops to eat along the way. The cost is \$50 and must be prepaid. @lacijanea

In addition to the excursion, we also plan for groups to take narrated riverboat tours Sunday and Monday evenings. The cost for this tour is around \$12 per person. There will be optional dinner groups after the tours for those interested.

Send a check to ASPHN, PO Box 1001, Johnstown, PA 15905 or contact Cyndi Atterbury with questions at cyndi@asphn.org.

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Collaborating During Women's Health Month from Dr. Steve Owens

ASPHN members know that a woman's health needs change as she ages. May, with its many observances dedicated to Women's Health, is an opportunity to collaborate with women's health stakeholders. Ensuring that these observances have a nutrition focus is a way to build the capacity of women to understand the interplay between nutrition, chronic disease prevention and health promotion.

National Women's Check-up Day, that occurs during [National Women's Health Week](#), is an opportunity to reflect on the preventive health practices, routine check-up and wellness activities women can do to improve or maintain their health. A comprehensive nutrition assessment that provides insight into a woman's health is not always included in annual medical check-up. [Find evidence-based or best practice methods for nutrition assessment at the ASPHN website, \[publichealthnutrition.org\]\(http://publichealthnutrition.org\).](#)

[National Osteoporosis Month](#) is also observed during May. Women are more likely than men to develop osteoporosis or a disability from this disease. Share educational videos from this website on adequate intake of calcium and vitamin D for bone health.

Let's not forget [American Stroke Month](#). Similar to lupus, heart disease is more common in women of color than Caucasian women. Use publichealthnutrition.org tools to advocate for [culturally and linguistically approaches](#) to be added to the annual check-up and provide insight into issues that may impact health seeking behaviors of certain ethnic and racial groups of women.

Strategies in the Centers for Disease Control and Prevention's [WISEWOMAN](#) program can complement state nutrition programs. The program content helps women understand and reduce their risks for heart disease and stroke. It targets low-income, uninsured and underinsured women in 19 states.

For questions about women's health, contact Steve Owens, MD, MPH at steve@asphn.org.

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Communicating the Value of Your Work

During ASPHN's recent Mid-Year Board Meeting, board members explored communication techniques public health nutritionists can employ to effectively promote the value of their work.



Visit the See It. Say It. Share It. website today.

Using the customizable posters available on the [See It. Say It. Share It. website](#), members created marketing pieces about their initiatives using communication tools like hooks, benefits, features, calls-to-action and contact information.

The sound bites from the See It. Say It. Share It. campaign served as hooks to lure target audiences, and participants

worked on reeling in support by describing the benefits their programs offer.

Learning to distinguish between their programs' benefits and features was an eye-opening exercise for attendees, and one they found could directly be applied to their work writing grants, securing partnerships and alliances, and even attracting outstanding employees. To learn more about the difference between benefits and features, [visit this site](#).

Public health nutritionists tend to describe their programs by citing numerous features. However, concisely explaining a program's benefits can elicit immediate interest. Why? Simply put, benefits tell target audiences what's in it for them. In the case of public health nutrition programs, the benefits literally improve lives, help communities overcome obstacles to good health and nutrition, and assist individuals in obtaining desired health outcomes.

Effectively communicating the value of your work can reap positive results. Be sure to visit [See It. Say It. Share It.](#) to download customizable posters and other resources. Questions? Contact Lourdes Pogue at lourdes@asphn.org or 814. 255. 2829, ext. 710.

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Public Health Nutrition Webinar Series: Helping Caregivers Understand Toddler Behavior

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

[Register now](#) for the June installment of the Public Health Nutrition Webinar Series!



Presentation Title: Improving Feeding Practices by Helping Caregivers Understand Toddler Behavior

Presented by M. Jane Heinig, PhD, IBCLC,
UC Davis Human Lactation Center
June 14 at 3:00pm ET



National WIC
Association

Overview:

The "Baby Behavior" curriculum, developed at UC Davis in collaboration with California WIC, is being used in more than 40 states. More recently, UC Davis has worked with the California and Arizona WIC programs to expand the messages to address feeding challenges among older infants and toddlers. In this webinar, Dr. Heinig will describe the core messages of the expanded curriculum and describe how the curriculum was adapted to be used in child care settings.

By the end of the webinar, attendees will be able to:

- List 3 common toddler behaviors that lead to inappropriate feeding practices
- Describe 2 common actions that caregivers may take to address food refusal in toddlers
- Describe the 6 Big Developmental Changes that represent the core of the Toddler Behavior curriculum

Questions? Contact Shana Patterson at shana@asphn.org.

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Celebrate National Salad Month

May is National Salad Month and ASPHN is celebrating by promoting the value of public health nutritionists. Visit [See It. Say It. Share It.](#) to find links to public health success

stories, videos, and ASPHN resources designed to advance the consumption of vegetables and fruits.



From food gardening and produce donation...to salad bar safety... to ASPHN's Fruit & Vegetable Council, ASPHN members are continually working to make healthy choices, easy choices.

Let us know what you're doing in your state to celebrate National Salad Month and we'll share it on social media. Together, let's spread the word. For more information, contact Lourdes Pogue at lourdes@asphn.org or 814. 255. 2829, ext. 710.

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ASPHN Internship Highlight: Addressing Breastfeeding Disparities Through Lactation Support

ASPHN Intern, Nancy Alexis, was placed at National Association of City and County Health Officials (NACCHO) where she had the opportunity to support staff in evaluation of the "Reducing Disparities in Breastfeeding through Peer and Professional Lactation Support" (Breastfeeding) Project.



Nancy Alexis

The Breastfeeding project was established by NACCHO based on the 2011 [Surgeon General Call to Action in Breastfeeding Support](#) to support community-level implementations of peer and professional breastfeeding support programs, practices, and services designed to increase breastfeeding initiation, duration, and exclusivity among African American and underserved women. This Breastfeeding Project used a variety of training and technical assistance activities to support over 2800 local health department staff in their efforts to encourage breastfeeding.

Alexis was responsible for arranging and interpreting evaluation data from continuing education reports for previous Breastfeeding Project webinar series. Her analysis revealed that the webinar series reached nearly 2000 live participants, and awarded over 8000 continuing education credits during the analysis time-frame. "Through reviewing reports and evaluation forms, I have come across many social determinants that may lead to health equity for breastfeeding, including- economic stability, neighborhood and physical environment, education, food, and the health care system," said Alexis.

After the internship, Alexis will continue in her academic program at Howard University where she is pursuing a bachelor of science in nursing degree. "I gained a great deal of public health skills that has nourished and fostered my passion for public health. This experience has helped me understand the technical aspects and behind-the-scenes activities involved in health promotion. This new understanding will help guide my career path as a public health nurse."

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Take the Survey by May 21: Public Health Approaches to Physical Activity

Are you using public health approaches to physical activity? Take the [National Physical Activity Society 2018 Survey of Training Needs](#) by May 21.



Share the link with your colleagues. This is the primary way NPAS learns about member and their allies' needs. No federal funds are used for this survey.

For more information visit physicalactivitysociety.org/ or

contact Pam Edison at pam@physicalactivitysociety.org.

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Welcome New Members!

ASPHN expands its network of talented professionals as it welcomes 10 new members in April! Thank you for joining us.



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

Expanded Members:

Natalie Andrews, MS, RD, LD in the AK Dept of Health

Lindsey Bouza, MPH, PAPHS in the IN State Dept of Health

Emily Cervantez, RDN, IBCLC in the AZ Dept of Health Services

Michele Lord in the WA State Dept of Health

Katie Tong Morrow, MS in the WA State Dept of Health

Associate Members:

April Fogleman, PhD, RD, IBCLC from North Carolina State University

Tiffany Hayes from the University of Westminster (student)

Gabrielle Hellbusch from the University of Minnesota (student)

Heidi Jonson from the University of Minnesota (student)

Sierra Shoemaker from Eastern Kentucky University (student)

You, too, can join this dynamic group of Public Health Nutrition leaders. Check out our [member benefits](#) and [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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