



June 2018

In This Issue

Annual Meeting: Join by Webinar

Congratulations to the 2018 Blueprint Seed Grant Awardees

Public Health Nutrition Webinar Series: Helping Caregivers Understand Toddler Behavior

ASPHN Internship Highlight: Immigration and Poor Health Outcomes

Welcome New Members!

About ASPHN

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.

[Back to top](#)

Congratulations to the 2018 Blueprint Seed Grants Awardees

Congratulation to our ASPHN member Blueprint Seed Grant awardees!



On April 30th ASPHN awarded three seed grants for small, one-year projects that utilize the strategies listed in the [Cornerstones of a Healthy Lifestyle Blueprint for Nutrition & Physical Activity](#) to support public health nutrition efforts in states.

Here are the state awardees and their objectives.

- Arkansas - Improve breastfeeding friendly policy and practices in ECE centers, with the ultimate goal of increasing breastfeeding rates among women whose infants are in childcare.
- Colorado - Increase awareness of maternal mental health and promote resources for supporting mental health to nutritionists and other professionals who support families.
- Nebraska
 - Train WIC employees to screen pregnant, postpartum and breastfeeding moms for depression and provide appropriate referrals.

Watch future issues of the ASPHN Newsletter for updates on the progress of these great projects. Can't wait? Contact Sandy Perkins with questions at sandy@asphn.org.

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:

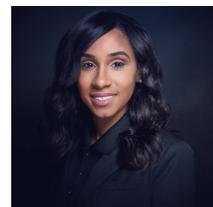
- List 3 common toddler behaviors that lead to inappropriate feeding practices
- Describe 2 common actions that caregivers may take to address food refusal in toddlers
- Describe the 6 Big Developmental Changes that represent the core of the Toddler Behavior curriculum

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

[Back to top](#)

ASPHN Internship Highlight: Immigration and Poor Health Outcomes

ASPHN Intern, [Nordelle Bent](#), is addressing
the phenomenon known as the Healthy
Immigrant Effect while placed within the
[Division of Population Health at the Centers
for Disease Control and Prevention](#) (CDC).



During her internship at CDC, Bent analyzed
data from the National Health Interview Survey related to
income, education, access to care, insurance, body mass index,
length of stay in the United States, food security and physical to
assess immigrant health status. Additionally, Bent used SAS
software for descriptive statistics and multivariate analysis.
Through her analysis, Bent found that regardless of immigration
status, Blacks and Hispanics compared to non-Hispanic Whites
had more negative socioeconomic and health indicators such as
low education, low income, low insurance coverage, limit access
to care due to cost, food insecurity, physical inactivity, and
obesity.

The findings from Bent's internship project will inform culturally
sensitive educational intervention programs that help combat
obesity and promote physical activity, especially in Hispanic
immigrants. Additionally, the results raise awareness of different
groups within minority populations, who may be impacted in

more negative manner due to immigration status and the socioeconomic factors that follow.

In May 2018 Bent completed her Master of Public Health in Epidemiology at Florida A&M University. Post internship, she is pursuing epidemiology and surveillance opportunities in local, state and federal government in Georgia and Florida. She also aspires to obtain a doctorate degree in public health and lead US surveillance systems and projects.

Send questions related to the [ASPHN Health Equity Internship Program](#), to internship@asphn.org.

[Back to top](#)

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:

Alyssa Auvinen in the Washington State Department of Health

Rebecca Dye, IBCLC in the Georgia Department of Health

Crystal Hurley, MS, RDN, LDN in Delaware Department of Health

Jennifer Johnson, MPH, RDN in the Alaska Department of Health

Katlyn Le, MPA, RD, LD in the Texas Department of Health (and MCH Nutrition Council Liaison)

Associate Members:

Elizabeth Brandley from the University of Alabama (student)

Junia Brito from the University of Minnesota (student)

Meg Bruening, PhD, MPH, RD from Arizona State University

Courtney Davis, RD from the University of Washington Medical Center

Carol Hui, MS, RD from the University of California, Berkeley School of Public Health

Molly Rigell from the University of Tennessee (student)

April Schmidt, MPH of Nurturing Growth

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.

[Back to top](#)

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](#).

[Back to top](#)