



# News from the Association of State Public Health Nutritionists

## ASPHN Annual Meeting Highlights June 2018

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### Remembering the Best Moments from the ASPHN 2018 Annual Meeting

Take a fresh look at the 2018 Annual Meeting keynote workshop, along with federal and local updates. Follow links to videos and slides from your favorite presentation or witness a presentation you missed. Also, celebrate the annual awards and poster session winners.

All these opportunities are included below in this meeting summary. Access the [Meeting Agenda, Meet the Speakers and Participant List](#).

## Keynote Presentation

### Deconstructing Equity

**The Equity Project, LLC:**  
Nita Mosby Tyler, MA, PhD



Nita Mosby Tyler

Pause for a new reflection on equity and be inspired as a leader in your environment. This energetic discussion will help you step forward in your social power.

Highlights include:

- Understand concepts that lead us to a more inclusive leadership model
- Learn distinctions among diversity, inclusion, equity and equality
- Use your social power to change the power systems in your environment

[Watch the video.](#)

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## Annual Awards

**Celebrate!: 2018 ASPHN Annual Awardees**



Carina Saraiva, Carol Friesen, Christina Thi, Leslie Lewis

## Carina Saraiva

### EXCELLENCE IN PRACTICE

Carina is recognized for outstanding contribution to the field of public health nutrition and efforts that have assisted in meeting ASPHN's mission.

"I know of no other state public health nutritionist within maternal and child health programs with her skills and support to analyze, assess, interpret, examine, evaluate and make recommendations based on available data. I am proud to nominate her for this award as she epitomizes the public health nutritionist of the future."

## Carol A. Friesen

### EXCELLENCE IN ASSOCIATION WORK

Carol's involvement in many ASPHN committees during the past several years has made a major difference in moving forward ASPHN's goals and objectives.

"Carol creates a positive and friendly atmosphere at the annual meetings. I also appreciate her support to all ASPHN members in developing public health nutrition leaders through various leadership roles."

*-ASPHN Annual Meeting Planning Committee*

## Christina Thi

### EXCELLENCE IN ADVOCACY

Christina has made a significant contribution to the field of public health nutrition through advocacy, policy change, and/or collaborative work with decision makers.

"Christina has provided a fresh perspective to the ASPHN Policy Committee. She has worked to strengthen communication and make information relatable to current and future ASPHN members. She is a strong and steady advocate for the ASPHN mission and for Registered Dietitians and nutrition professionals in the field of Public Health Nutrition."

*-ASPHN Policy Committee*

## Leslie Lewis

### MCH NUTRITION COUNCIL LEADERSHIP

Leslie is honored as a leader on the MCH Council for outstanding contribution to expanding ASPHN's purpose of improving the health and wellbeing of the MCH population.

"Leslie has demonstrated her leadership skills and passion to support MCH services as the Chair. Leslie is recognized by her colleagues and coworkers as someone who brings people together, makes them comfortable, is open to new ideas and learns from others."

*-MCH Nutrition Council*

## Diane Peck

NATIONAL FRUIT & VEGETABLE NUTRITION COUNCIL  
LEADERSHIP

Diane is honored for outstanding contribution to public health nutrition specifically related to increasing fruit and vegetable consumption. This award also recognizes her leadership role with federal partners and the National Council of Fruit & Vegetable Nutrition Coordinators.

"Diane's positive approach and dedication advanced the work of the Council and provided members with leadership opportunities. During Diane's tenure she assisted in significant bylaw changes opening up the Council to all membership involvement. Diane ensured that the changes would position the Council well for growth and opportunity for years to come."

*-National Fruit & Vegetable Nutrition Council Leadership Team*

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## Federal Updates

### Across the USDA Landscape

#### USDA Update:

Donna Johnson-Bailey

USDA provides many programs and services that support equitable opportunities for food access and skill development. Learn about successful nutrition and food programs and services that can be utilized throughout the U.S.

Highlights include:

- Findings that confirm the issues of inequity in health care services
- Programs to address and respond to these issues
- Updates and successes related to their Food and Nutrition Programs: Child Nutrition Programs, Supplemental Nutrition Assistance Programs, and Additional Nutrition Programs

[Watch the video.](#)

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### NIH Research and Resources

#### NIH Update

A panel of presenters offer insight into how NIH tools and policies are shaping nutrition and national health in alignment with federal goals.

Technical difficulties prevented this session from airing at the Annual Meeting. The presentation will be rescheduled for a date this summer. Check the ASPHN [Annual Meeting webpage](#) for a link to this presentation in August.

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### Supporting Regular Physical Activity, Good Nutrition, and Healthy Weight

#### CDC-DNPAO Annual Update:

Ruth Petersen, MD, MPH,

In the changing environment of policy and funding, much work and accomplishments continue across the U.S. and Territories. Gain new information or be reminded about the many investments, resources, support and work that is happening with and through DNPAO.

Highlights include:

- Results of the current funding streams, including

- Results of the current funding streams, including 1305, 1416/1613, REACH, CORD and 1421
- DNPAO strategic priorities, challenges, progress and new initiatives
- New program investments and funding opportunities, including SPAN, HOP and REACH programs.

[Watch the video.](#)

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## Current News and Outcomes

**MCHB Update:**  
Laura Kavanagh

Of the 15 National Performance Measures, Breastfeeding and Physical Activity are highlighted as the only current measures where nutrition can be addressed. Learn how you and your state can leverage partnerships to connect to funding streams and evidence-based strategies that improve maternal and child health.

Highlights include:

- Review of HRSA-wide program efforts
- Financial and resource-based support to the maternal and child health community
- Demonstration of select state health outcomes of Title V in a three-tiered performance measure framework

[Listen to the recording.](#)

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## Poster Session

### Poster Session

**Lessons Learned from Interventions and Research**

Attendees gained insight into current nutrition research and intervention programs across the United States. The authors offered intriguing application possibilities for their findings.



Hannah Scott with her poster.

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### Student Poster Session Awards



**Marissa McElrone, Rachel Wirthlin, Helena Berlin**

Congratulation to student poster session award winners

Marissa McElrone, BS 1st place \$50

The University of Tennessee

Barriers and facilitators to food security across the socio-ecological model among adult Sub-Saharan African refugee females resettled in the U.S.

Helena Berlin, MPH, CHES 2nd place \$25  
University of Nevada Las Vegas  
Behavioral associations of childhood obesity among  
incoming kindergartners in Nevada

Rachel Wirthlin 2nd place \$25  
University of Minnesota  
Parent Modeling of Physical Activity/Eating Behaviors and  
Association with Child Physical Activity/Eating Behaviors  
Among Different Race/Ethnicities

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## General Sessions

### Language as Code: Using the Right Words for Your Audience

**Center for a Livable Future, Johns Hopkins Bloomberg School of Public Health**

Christine Grillo, MA



Christine Grillo

Language is powerful and we create a scenario of threats or opportunities for people with whom we speak. This conversational presentation challenges and encourages participants to examine and improve the equity in their communication patterns.

Highlights include:

- Self reflection on how we use our words
- Build better bridges to relationships and partnerships
- Word choices for different environments

[Watch the video.](#)

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### Implementing Evidence-based Interventions to Support Healthy Children

**DNPAO-National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention**

Carrie Dooyema

Childhood Obesity Research Demonstration Projects (CORD) requires a multisectoral approach to reduce obesity for 2-12 year olds in child care, schools and community settings. Gather success highlights from CORD grantees across the nation.

Topics include:

- Evidence-based interventions chosen by setting
- Effective methods to engage stakeholders
- High quality trainings, technical assistance and supports recycled and transferred across sights

[Watch the video.](#)

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### State Sharing

**Multiple Local Organizations**

Claire Heiser, CDC-DNPAO

Betsy Anderson Steeves, University of Tennessee-Knoxville

Jennifer Young, Oregon Department of Education

Christopher Bueno, Gem Valley Farm, Texas

Even over the three very different state efforts, there are significant common themes around community and youth empowerment as key to address health, wellness and happiness. Get fresh ideas for public health nutrition interventions from these example programs in Texas, Tennessee and Oregon.

Highlights include:

TX - Hildago County is increasing food access by: Growing and providing nutrient dense fruits and vegetables. They are doing this by providing emergency food access through the local food bank, CSAs, farmers' markets, harvest extension, vegetable and fruit RXs at the local clinic, ServSave Training, and Farm to Table efforts

TN - MCH Training Program through the U of TN presents, "Access to Staple Foods in Rural Appalachian Communities." The "Shop Smart TN" applied in 5 counties incorporates the "Staple Food Policies/Ordinances" and the increase in eligible items in small/corner stores.

OR - The Oregon Dept. of Education conducted 3 "Learning Connections Summits" to help residents in local communities understand the importance of the "Learning Connection" between health and student performance and, success, as well as overall community wellness.

[Watch video 1.](#)

[Watch video 2.](#)

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## Leveraging Strengths and Assets to Improve Rural Health Equity

### NORC Walsh Center for Rural Health Analysis

Michael Meit



Michael Meit

Gain new insight into pathways to rural health equity based on current evidence. Through the Walsh Center for Rural Health Analysis, NORC employs a team of researchers and analysts with expertise in needs assessment of rural residents, health care providers, health departments and more.

Topics include:

- Social determinants of rural health
- Rural assets at the individual, organization and community levels
- Community work and community investment

[Watch the video.](#)

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## Annual ASPHN Update

### ASPHN President

Takako Tagami, MS, MBA, RD, LD



Takako Tagami

Takako called for celebration noting that this year is the 65th Anniversary for ASPHN. In her update, she highlighted successes over the past year including a new strategic plan, association fundraising work, total membership of nearly 400 public health nutritionists, partnerships, policy accomplishments, and council achievements. ASPHN's upcoming Annual Report will include more information on these successes.

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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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