

# ASPHN's Maternal & Child Health Nutrition Council

## What We Do

Provide national leadership for efforts to achieve optimal wellbeing through healthy eating and active living among the maternal and child health population, including those served by Title V/MCH Block Grants.

## How We Do It

- ✓ **PROMOTING**  
The importance of healthy eating and active living among women, children and families
- ✓ **RAISING AWARENESS**  
For evidence-based public health nutrition within the MCH community
- ✓ **ADVOCATING**  
And developing policies that influence healthy eating and active living among the MCH community
- ✓ **PARTICIPATING IN PROJECTS**  
That support and achieve the nutritional wellbeing of the MCH population
- ✓ **SHARING RESOURCES & IDEAS**  
With our peers through annual meetings, conference calls and council work

## Join the Team!



The Maternal & Child Health Nutrition Council is a council of the Association of State Public Health Nutritionists (ASPHN), a non-profit membership organization. For more information visit:

[www.asphn.org](http://www.asphn.org) or [www.facebook.com/asphn](https://www.facebook.com/asphn)