



# News from the Association of State Public Health Nutritionists

December 2018

## In This Issue

Don't Miss ASPHN Messages: Add [asphn@asphn.org](mailto:asphn@asphn.org) to Your Email Contacts and Consult IT

ASPHN Releases New Brief: Guidelines and Health Conditions Related to Timing of Early Infant Feeding

New Infographic Illustrates Value of [PublicHealthNutrition.org](http://PublicHealthNutrition.org)

Funding Interest Form Due Dec 13: "Learn the Signs. Act Early." WIC Model Implementation

Test Your Knowledge, Win a Gift Card

Due Dec 31: Nominations for 2019 ASPHN Board Positions

Register Now: Live Webinar Launch- Guide for Enhancing Skills in Public Health and Community Nutrition

Blueprint Seed Grant Update: Second Quarterly Report

Plan Your Nomination: 2019 ASPHN Annual Awards: Plan Your Nomination

ASPHN Internship Highlight: Empowering Black Women for Health

Welcome New Members!

About ASPHN

## Don't Miss ASPHN Messages: Add [asphn@asphn.org](mailto:asphn@asphn.org) to Your Email Contacts and Consult IT

Soon ASPHN business-related email messages for large groups of members will come from [asphn@asphn.org](mailto:asphn@asphn.org). This change will make ASPHN group communications easily recognizable.



However, some email hosts and information technology departments (IT) have filters that could deliver emails from this new address to spam or promotions folders that you rarely check. To prevent this, it is important that you add this email address to your contact list and, if necessary, consult IT. Please advise IT that you want to receive all emails from the email address [asphn@asphn.org](mailto:asphn@asphn.org) to your inbox.

Examples of communications coming from [asphn@asphn.org](mailto:asphn@asphn.org) include dues notices that were sent in November. Also, the ASPHN newsletter will be sent from this address beginning in January 2019.

Questions? Contact Cyndi Atterbury at [cyndi@asphn.org](mailto:cyndi@asphn.org).

[Back to top](#)

## ASPHN Releases New Brief: Guidelines and Health Conditions Related to Timing of Early Infant Feeding

According to *The First 1,000 Days: Nourishing America's Future*, nutrition during pregnancy and in the first years of a child's life provides the essential building blocks for brain development, healthy growth and a strong immune system.



ASPHN's new brief, "[Guidelines and Health Conditions Related to Timing of Early Infant Feeding](#)," offers relevant findings and proposed supportive measures to address infant feeding practices, including the timing of complementary foods and the link to health conditions such as obesity, food sensitivity, allergies and anemia.

Mikaela Schlosser, RD, MCH Nutrition Services Coordinator in the North Dakota Department of Health, explains, "With ongoing emergence of research in infant feeding guidelines and the development of new US Dietary Guidelines to include pregnancy and children up to 2 years, there is a renewed opportunity to not only share the value of public health nutritionists but to unite as one in providing consistent messages around infant feeding recommendations."

Indeed, ASPHN's new brief offers a foundation from which public health nutritionists can formulate these recommendations and applicable messages.

Learn more by downloading the brief from [ASPHN's website](#). For more information or questions, contact Shana Patterson at [shana@asphn.org](mailto:shana@asphn.org) or 814 255-2829 ext. 708.

[Back to top](#)

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## **New Infographic Illustrates Value of PublicHealthNutrition.org**

If you haven't yet bookmarked [PublicHealthNutrition.org](#), don't delay.

This website is the first and only one of its kind dedicated to housing links to resources and programs for public health nutritionists. Thanks to its dynamic nature, content is regularly added and updated, making it a resource you will reference again and again.

To help you navigate the site, ASPHN has developed a colorful new infographic that succinctly illustrates the site's content and shows how to find the information you seek. It also outlines which professions can benefit most from the site.

Please [download the infographic](#) and share it with your colleagues. Better yet, print a copy and post it in your office. For questions, please contact Shana Patterson at [shana@asphn.org](mailto:shana@asphn.org).

[Back to top](#)

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## **Funding Interest Form Due December 13: "Learn the Signs. Act Early." WIC Model Implementation**

Apply for funding to implement the "Learn the Signs. Act Early." WIC Model Project in your state WIC clinics. Submit an Interest Form to [amberbrown@asphn.org](mailto:amberbrown@asphn.org) by December 13th.

[Click here for the Interest Form and more information.](#)

To submit your Interest Form or ask questions, email Amber Brown at [amberbrown@asphn.org](mailto:amberbrown@asphn.org).

[Back to top](#)

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## **Test Your Knowledge, Win a \$50 Gift Card**

ASPHN is ramping up for its 2019 member elections!

Test your knowledge of the ASPHN membership categories and the election process.

Discover fun facts while you test, then add your email address to be entered in a drawing to win a \$50 Target gift card.

[Take this short quiz now!](#)

Questions? Contact Jennifer Dellaport at [jennifer.dellaport@state.co.us](mailto:jennifer.dellaport@state.co.us).

[Back to top](#)

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## **Due Dec 31: Nominations for 2019 ASPHN Board Positions**

The ASPHN Governance Committee is seeking members to lead us into the next decade. Submit your nominations for the 2019 ASPHN Board of Directors by December 31!



View the [descriptions of board positions](#) for which we are recruiting by visiting [asphn.org](http://asphn.org)'s About page.

To self-nominate, nominate someone else, or just ask questions, contact Jennifer Dellaport at

The election occurs in March and position terms begin August 1.

**Positions to be elected:**

- President-Elect (requires previous experience on the Board of Directors)
  - 1 year term followed by 1 year as president and 1 year as immediate past president
- Secretary
  - 2 year term
- Director at Large (2 positions)
  - 2 year term
- Chair-elect, MCH Nutrition Council
  - 1 year term followed by one year as Chair and one year as Governance Committee member
- Chair-elect, Fruit and Vegetable Nutrition Council
  - 1 year term, followed by one year as Chair and one year as Governance Committee member
- Chair-elect, Obesity Prevention Nutrition Council
  - 1 year term followed by one year as Chair and one year as council past chair on the Governance Committee member
- Governance Committee members (3 positions)
  - 1 year term (non-board position)

**Perspective from a Current ASPHN Board Leader**

"As Secretary I have all the privileges of being on the Board of Directors, including voting and attending the Mid-Year and Annual meetings. I have experienced a relatively low work load, about 3 hours/month, which includes 1.5 hours of participating in the Board Meeting and about 1.5 hours of preparing for the Board meeting, responding to emails, and other duties. It is a good way to observe the Board Meetings and learn about how ASPHN works."

[Back to top](#)

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**Register Now: Live Webinar Launch-Guide for Enhancing Skills in Public Health and Community Nutrition**

Save the date for this live webinar, officially launching the Guide for Developing and Enhancing Skills in Public Health and Community Nutrition!

Tune in to learn about the importance of developing our present and future nutrition workforce, how and why the Guide was developed, and how to use and customize the Guide effectively to meet the needs of a variety of users.

Session Title: Training Our Workforce: A New Guide for Training Public Health and Community Nutrition Professionals

Date: December 20, 2018

Time: 10:00 am - 11:30 pm EST

CPEU: 1.5

Cost: FREE

Registration: [Register here](#).

\*Note the audio for this webinar will be presented using VOIP (your computer speakers).

Presented by:

- Kathleen Cullinen, PhD, RDN, Public Health Program Evaluator, Rutgers University, and Associate Editor of the Guide
- Alison Conneally, MS, RDN, CDN, Nutrition Program Manager, NY State Department of Health, ASPHN Liaison and Project Co-chair of the Guide
- Kay Sisk, MS, RDN, LD, Public Health Nutrition Programming Consultant, PHCNPG Liaison and Project Co-chair of the Guide

## Overview

Through the collaboration of the Public Health/Community Nutrition Practice Group (PHCNPG), a dietetic practice group of the Academy of Nutrition and Dietetics, and the Association of State Public Health Nutritionists (ASPHN), the Guide is a comprehensive curriculum for practitioners, program administrators, and educators to develop and enhance the knowledge and skills expected of nutrition professionals practicing in public health and community nutrition.

By the end of this webinar, attendees will be able to 1) describe the importance of developing our present and future nutrition workforce; 2) describe the rationale for developing the Guide; and 3) identify how to use and customize the Guide effectively to meet personalized knowledge and skill development goals.

Questions? Contact Kay Sisk, MS, RDN, LD at [kaysisk@gmail.com](mailto:kaysisk@gmail.com).

[Back to top](#)

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## Blueprint Seed Grant Update: Second Quarterly Report

Read the second quarterly report from Arkansas, Colorado and Nebraska on their ASPHN Cornerstones of a Healthy Lifestyle Blueprint for Nutrition & Physical Activity seed grant. Their goals and progress notes describe actions taken to support community activities related to the [Maternal Mental Health Brief](#).



### Arkansas Highlights

Project Leader: Christine Sasse

Goal: To improve breastfeeding friendly policy and practices in ECE centers, with the ultimate goal of increasing breastfeeding rates among women whose infants are in childcare.

Second Quarter Progress:

- Five child care centers are currently in various stages of breastfeeding room creation: 2 centers have completed or are nearing completion of breastfeeding rooms; 2 additional centers have determined needs and are ready to create rooms; 1 additional center is determining needs.
- Three additional centers have been selected for participation, pending our visit/pre-assessment:
- Plan to launch 2-4 additional sites between January and February.

### Colorado Highlights

Project Leader: Jennifer Dellaport

Goal: To increase awareness of maternal mental health and promote resources for supporting mental health to nutritionists and other professionals who support families.

Second Quarter Progress:

- A diverse cohort of 169 providers (WIC staff, IBCLCs, child care health consultants and other public health individuals) responded to the survey. The goal of the survey is to understand what training information would be most helpful.
- Survey responses yielded 142 potential case studies for use in the training and a clear preference for a 60-minute online training.
- The survey also identified an opportunity to better meet the needs of the Spanish speaking community by considering cultural aspects in the training as opposed to simply translating the training from English.

### Nebraska Highlights

Project Leader: Narissa Scales

Goal: To train WIC employees to screen pregnant,

postpartum and breastfeeding moms for depression and provide appropriate referrals.

Second Quarter Progress:

- In the first quarter they chose to use an evidence-based mental health screening tool, called the Patient Health Questionnaire 4 (PHQ4).
- Work has begun on a pre- and post-evaluation of the training and pilot and are also finalizing a referral protocol, which helps to let WIC employees know what to do with moms based on their PHQ4 score.
- The implementation schedule has been adjusted to include the face-to-face training for WIC staff in February 2019.

For more information, contact Sandy Perkins at [sandy@asphn.org](mailto:sandy@asphn.org).

[Back to top](#)

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## Plan Your Nomination: ASPHN Annual Awards

It's time to start thinking about the 2019 ASPHN Annual Awards!



Nominate your fellow ASPHN members in any or all categories.

[Preview the award categories here.](#)

Nominations will be open throughout February 2019, and awards will be presented at the ASPHN Annual Meeting in June.

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

[Back to top](#)

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## ASPHN Internship Highlight: Climate Change and Chronic Disease

ASPHN Intern, [Sha'Bria Johnson](#), is addressing air pollution and the effects of poor air quality on economically challenged communities in Atlanta, Georgia through her placement at the Morehouse School of Medicine's Prevention Research Center (PRC).



Sha'Bria serves as a health education resource provider at PRC, informing residents in economically challenged communities about the effects of poor air quality and litter on their health.

Sha'Bria reports that community driven environmental efforts often focus on climate change, air quality and pollution, missing the equally important issue of litter. Litter, such as standing water in abandoned tires and cans, can increase vector-borne disease transmission. These diseases have a greater impact on people living with chronic diseases, especially minorities and those living in economically challenged communities.

Through her internship, Sha'Bria has gained quantitative and qualitative research skills. She conducts key informant interviews, noting residents' perceptions of environmental threats and using SPSS software to perform analyses on PRC's environmental assessments data. Sha'Bria also used the data to develop culturally competent infographics on climate change, air quality and pollution.

Next year, Sha'Bria Johnson will earn a MPH focused on environmental health from Fort Valley State

University. Upon graduating, Sha'Bria plans to pursue a PhD in Epidemiology with a focus on vector control.

"I hope to study these issues and educate minority and economically challenged communities about what they can do to protect themselves and lessen the effects of climate change in their communities," said Sha'Bria.

Click here to find out more information about the [ASPHN Health Equity Internship Program](#) or email [internship@asphn.org](mailto:internship@asphn.org).

[Back to top](#)

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## Welcome New Members!

ASPHN expands its network of talented professionals this November as it welcomes 6 new members!



Expanded Members:

Melanie Brummeler, MA, RDN, SNS in the Michigan Department of Education

Latresh Davenport, MPH in the Georgia Department of Health

Kimberly Stanek, RD, LD in the Iowa Department of Health

Suzy Wilson, RDN, LDN in the Iowa Department of Health

Caryn Wittry, RD, LD, CLC in the Iowa Department of Health

Associate Member:

Karlie Montesano, student

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.

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](mailto:allison@asphn.org) with questions.

[Back to top](#)

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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](#).

[Back to top](#)