



# News from the Association of State Public Health Nutritionists

February 2019

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## 2019 ASPHN Annual Meeting: Optimize Your Performance in Scottsdale, AZ

Mark your calendar now for the 2019 ASPHN Annual Meeting - Optimizing Your Performance - from June 9-11.

The meeting will be held at the [Embassy Suites by Hilton Scottsdale](#), a beautiful property overlooking iconic [Camelback Mountain](#).

An outstanding agenda is being developed by the planning committee, with a focus on effectively engaging in a world in which we are often overcommitted.

Watch for more details on the website, newsletter, and social media. For questions, contact Cyndi Atterbury at [cyndi@asphn.org](mailto:cyndi@asphn.org).

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## Submit ASPHN Annual Award Nominations by February 28

Honor the impact of work done by advanced and early career Public Health Nutrition professionals. [Nominate your colleagues for an ASPHN Annual Award today!](#)



Nominations are open now through February 28. To submit a nomination, scroll over the star representing the category of your choice. Recipients will be selected in early March and awards will be presented at the 2019 Annual Meeting in Scottsdale, Arizona.

Or join the Annual Awards Selection Committee! It is fun and just takes about 2-3 hours. Contact Allison McGuigan at [allison@asphn.org](mailto:allison@asphn.org) for more information!

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## Step Forward in Public Health Nutrition Policy

Strengthen your knowledge and involvement in public health nutrition policy and advocacy. Join the Fruit & Vegetable Nutrition Council for the two-part webinar series designed in collaboration with the ASPHN Policy Committee.



**Moving Public Health Nutrition Policies Forward: Foundations of Policy 101**  
**February 26, 2019 from 1:00 pm - 2:00 pm ET**

Please join the meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/797475725>

You can also dial in using your phone.

United States: +1 (571) 317-3122:

797-475-725

**Save the Date:**

**Part Two - Taking Action**

**May 14th, 2019 from 1:00 - 2:00 pm EST**

Contact Michelle Futrell or Sandy Perkins with questions at [michelle@asphn.org](mailto:michelle@asphn.org) or [sandy@asphn.org](mailto:sandy@asphn.org).

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## **Black History Month: ASPHN Honors Outstanding Contributions in Public Health Nutrition**

As the nation comes together to celebrate Black History Month, ASPHN is holding a special online celebration of its own. During February, the association is honoring extraordinary African Americans who have made outstanding contributions to public health and nutrition.

[Join the online celebration now.](#)

**ASPHN Leaders.** Some of our honorees are past and present leaders including Phyllis Allen, MPH; Heather Harrison-Catledge, BS, LDN, CLC; Frances H. Cook, MA, RDN, LD; Joyce Dougherty, PhD, RDN; Michelle Futrell, MS, RD, LDN; Tiffani Grant, MS, RD, LD and Donna McDuffie, MPH, CPH, RDN, LN.

**Trailblazing Authors.** We salute Annie Carr, MS, RDN, author of *Six Eves Prevail through the Garden of Nutrition*, and her fellow nutrition trailblazers and contributing authors Vernell Britton, MS, RDN; Laurita Burley, PhD, RDN, LD; Frances H. Cook, MA, RDN, LD; Catherine Cowell, MS, PhD and Wilma Ardine Kirchhofer, MPH, PhD.

**US Surgeons General** include current office holder Dr. Jerome Adams as well as Dr. Regina Benjamin and Dr. David Satcher.

**Experts and Advocates.** These brilliant teachers and influencers include Ruth C. Browne, SD, MPP, MPH; Tawara D. Goode, MA; Carmen Samuel Hodge, RD, PhD; Shiriki K. Kumanyika, PhD, MS, MPH; former First Lady Michelle Obama; Constance Brown-Riggs, MEd, RD, CDE, CDN and Giselle Corbie-Smith, MD, MSc.

**ASPHN Consultants.** We salute our incredible consultants- Janelle Clepper, MPH, CPH; Thometta Cozart, MS, MPH, CHES, CPH; Michelle Futrell, MS, RD, LDN and Steve Owens, MD, MPH, MA-for their expertise and dedication.

Please be sure to visit [See It. Say It. Share It.](#) to join the celebration and learn more!

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## **Wanted: Feedback from ASPHN Members Working in WIC**

The ASPHN Membership Communications & Outreach Committee (MC&O) wants to hear from members who work in WIC!

Please let us know how being an ASPHN member benefits you professionally. Responses will be used in a recruitment presentation being prepared by the MC&O Committee!



Please contact Allison McGuigan at [allison@asphn.org](mailto:allison@asphn.org) with a note about your experience or to get more information.

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## New Facebook Group Strengthens Your Fruit and Vegetable Promotion Network

Strengthen your fruit and vegetable promotion network through the ASPHN Facebook page. A closed Facebook Group is now available for all members of the National Fruit & Vegetable Nutrition (F&V) Council.



[Click here and request to join the Facebook group now.](#)

The F&V leadership team has created this space for members to communicate about their work in the world of fruits and vegetables. Use this platform to get to know each other by networking, sharing resources, tools, strategies, successes and challenges, and asking questions.

You can join the [National Fruit & Vegetable Nutrition Council](#) and be a part of this dynamic and effective group. Contact Sandy Perkins at [sandy@asphn.org](mailto:sandy@asphn.org) for more information.

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## Donors Advance the Mission of ASPHN

ASPHN offers heartfelt thanks to our generous donors, making year-end contributions to ASPHN in 2018.



Becky Adams, Cynthia Atterbury, Thometta Cozart, Jennifer Dellaport, Emia Oppenheim, Steven Owens, and Takako Tagami.

Your gift strengthens our ability to accomplish our mission, to take collective action that makes healthy living available to all people. We are honored by your gift!

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## ASPHN Internship Highlight: Regional Heart Health Disparities

During his internship with the Mid-Atlantic Regional Health Council, ASPHN Intern, [Emanuel Demissie](#), completed an analysis of leading chronic disease health disparities and strengthened his resolve to become a public health-trained physician.



Although heart disease is the leading cause of death for most racial/ethnic groups in the US, disparities in deaths and risks still exist based on race/ethnicity and location.

Through the guidance of his preceptor, Emanuel gathered data from public and private data sources to compare deaths from heart disease, stroke and cancer by poverty, ethnicity and race in the District of Columbia (DC) and for each Mid-Atlantic state; Delaware, Maryland, Pennsylvania, Virginia and West Virginia.

Findings from his study show African Americans/blacks and whites have the greatest disparity in life expectancy in the District of Columbia. This difference was just over 10 years. Additionally, African Americans had higher death rates from heart disease and cancer in every Mid-Atlantic state. DC had the greatest disparities in heart disease related deaths than any state in the Mid-Atlantic region.

"I have lived all my life in this region (DC and Maryland) and did not realize health outcomes were so different based on your race and where you live," said Emanuel.

Through this internship, "I have been fortunate enough to intersect my interest in cardiology with my passion for eliminating health disparities. ...I am even more determined to reduce mortality rates from chronic heart disease at the clinical, research-based, and population-level" reported Emanuel.

In May, Emanuel will graduate with honors from Howard University with a Bachelor of Science degree in biology. Upon graduation, Emanuel will do a gap year in a community health setting while applying to medical schools that offer dual degrees in medicine and public health.

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

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## Welcome New Members!

ASPHN expanded its network of talented professionals in January as it welcomed 16 new members!



Expanded Members:

Holly Adams, MA, RD, CDN and Shireen Sobhani, MS, RDN, CDN  
both in the NY State Dept of Health

Julie Anderson, MPH, RDN, LD in the MN Dept of Health

Ynke deKoe, MS, RD in the CO Dept of Health

Kathleen Hiltwine, MPH in the PA Dept of Health

Elizabeth Kiertscher, MS, RD, LD, CPT, CWPC in the Garland ISD

Ilona Singh, RD in the AK Dept of Health

Gail Anderson, MPH, RD  
Rachel Bowers, MPH, RD  
Samantha Burington, RD  
Melissa Elder, MS  
Megan LeClair, MS, RDN  
Nicole Podhora, RDN  
Mary Rymanowski, RD, LD  
Kara Strandlund, MPH, RDN  
all in the MN Dept of Education

Associate Member:

Dawn Olcott, MS in the Cambridge Public Health Dept (MA)

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.

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## USBC Learning Opportunities

Register now for cutting edge breastfeeding webinars available from United States Breastfeeding Committee. Chose among offering times and topics that best fit your needs.



[Collective Impact Webinar Series](#)

Bi-monthly webinars 2-3 pm EST, 4th Tuesdays of even months.

[Power Tools Webinar Series](#)

Bi-monthly webinars 2-3:30 pm EST, 3rd Wednesday of odd

months.

[Racial Equity Webinar Series](#)

Bi-monthly webinars 2-3:30 pm EST, 4th Tuesday of odd months.

[CDC-USBC Webinar Series](#)

Bi-monthly webinars 2-3 pm EST, 2nd Tuesday of even months.

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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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