



News from the Association of State Public Health Nutritionists

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Effective Communication Session to Kick Off ASPHN Annual Meeting

The [draft agenda for ASPHN's Annual Meeting](#) is now available online.

Kicking off the meeting will be Viki Lorraine, an education consultant for the Michigan Department of Education with expertise in verbal and written communication.

Viki will lead "Let's Get Real: Communicating in Plain Language" where attendees will learn the key concepts of plain language and put their newfound skills to practice.

The Annual Meeting will be held June 9-11 at the [Embassy Suites by Hilton Scottsdale in Arizona](#). It is open to members and non-members alike.

ASPHN encourages public health nutritionists in Arizona and surrounding states to share meeting details with regional and tribal nutrition professionals as well as state WIC colleagues.

Registration will open soon. Be sure to visit the [website](#) for more details. For questions, contact Cyndi Atterbury at cyndi@asphn.org.

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ASPHN Annual Meeting Call for Posters

ASPHN invites all members, including student members, and other meeting participants to submit poster presentations for the ASPHN 2019 Annual Meeting. The meeting will feature poster sessions that highlight community and public health nutrition activities, programs, and research in which members are involved.



These sessions will offer informal, one-on-one or small group discussions with the presenter about the issue, challenge, project, or research addressed in the poster.

To learn more and apply, please visit this [web page](#). Poster applications must be received by 11:59pm on May 1, 2019. For questions, contact Cyndi Atterbury at cyndi@asphn.org.

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Congratulations to Awardees of the WIC Developmental Monitoring Project "Learn the Signs. Act Early."

Congratulations to the three states awarded the WIC Developmental Monitoring Project grant "Learn the Signs. Act Early."

Massachusetts, Nevada, and Arkansas have been selected!



And there is more great news! Nine states submitted very strong applications that were reviewed and discussed by the selection committee. All the other states applicants have been invited to participate at a technical assistance level. ASPHN is delighted to include so many states in this opportunity.

Contact Amber Brown at amberbrown@asphn.org for more information on the WIC Developmental Monitoring Project.

Also, get the latest information on supporting parents in monitoring their children's development at www.cdc.gov/ActEarly/WIC.

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Celebrating the Accomplishments of the ASPHN Policy Committee

During 2018, ASPHN's Policy Committee made significant impact on health for all people by initiating and supporting collective action across the US policy landscape.



ASPHN's 2018 Policy Accomplishments

- Monitored key national nutrition issues, like the farm bill and alerted ASPHN members when action was needed
- Submitted a record number of ASPHN comments on national nutrition policy issues over the course of the year, comments submitted to Homeland Security on the Public Charge Rule is a recent example
- Signed on to a variety of partner organization letters aligned with ASPHN's strategic goals
- Finalized the committee's action plan
- Launched a two-part webinar series in collaboration with ASPHN's Fruit and Vegetable Council

Join the Policy Committee!

You too can drive forward positive change in public health nutrition policy. Join the Policy Committee for meetings on the fourth Thursday of the month from 2:00-3:00 pm EST using Go-To-Meeting. Members share resources and discuss pertinent legislative and policy issues.

If you'd like to get involved or learn more about the Policy Committee, visit the [ASPHN website](#) or contact Michelle Futrell at michelle@asphn.org.

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Exciting Progress On the Blueprint Seed Grant, 3rd Quarter Report

Arkansas, Colorado and Nebraska are making great progress on their ASPHN [Cornerstones of a Healthy Lifestyle Blueprint for Nutrition & Physical Activity](#) seed grant to support community activities related to the [Maternal Mental Health Brief](#). Here are updates from the 3rd quarter report.



Arkansas aims 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.

-Six child care centers are in breastfeeding room creation, with plans for 2 more. Depending on funding, they may also be able to assist a high school-based childcare center

Colorado is increasing awareness of maternal mental health and promoting resources that support mental health to nutritionists and other professionals working with

families.

-The Offering H.O.P.E. webinar titled "Identifying and supporting expectant and new parents struggling with sadness and anxiety" will be offered in English and Spanish on April 10, 2019. Both webinars will be one hour and recorded for website posting.

Nebraska is training WIC employees to screen pregnant, postpartum and breastfeeding moms for depression and provide appropriate referrals.

-They are contracting with a speaker to provide the training for local WIC Agency staff in June 2019.

Contact Sandy Perkins at sandy@asphn.org for 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.](#)

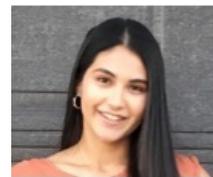
The F&V leadership team has created this space for members to communicate about their work in the world of fruits and vegetables. Use this platform to get to know each other by networking, sharing resources, tools, strategies, successes and challenges, and asking questions.

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 for more information.

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ASPHN Internship Highlight: Business and Environment Influence Community Wellbeing

ASPHN Intern, Vanessa Lopez, is assessing how businesses can influence and impact the health of a community.



Many public health assessments exist that correlate environmental factors and health. Oftentimes, these assessments are based on quantity - counting the number and types of businesses in a community. However, fewer tools exist that focus on business qualities that could promote health, particularly those in rural communities. Lopez is using the "Richter Scale of Health" to examine nutrition and healthcare within rural cities in Central Texas.

Developed in the United Kingdom, the Richter Scale of Health rates business in four areas - 1) encourages healthy lifestyles, 2) promotes social interaction, 3) allows greater access to health services or advice and 4) promotes mental wellbeing. By using the Richter Scale of Health, Vanessa ranks businesses in a more holistic approach to capture positive and negative aspects of a business. For example, a fast food restaurant in a rural community offers foods that are high in salt, fat and sugar but they may also provide a place for people in a community to socialize, thus promoting mental wellbeing and indirectly addressing social isolation.

"My internship project helps me understand how environmental factors impact physical activity, nutrition and health in rural African American and Hispanic communities. The Richter Scale of Health is a tool public

health stakeholders can use to make better decisions about business licensing and planning."

Vanessa plans to use the findings from her project to inform rural health nutrition policy in Central Texas.

Currently, Vanessa is an undergraduate Kinesiology major at Texas A&M University. She plans to become a physical therapist that infuses nutrition into her practice. "Educating my future clients about nutrition and how to live healthier lives will be powerful," reported Lopez.

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

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Welcome New Members!

ASPHN expanded its network of talented professionals in February as it welcomed 14 new members!



Expanded Members:

Molly Butala, MPH, RD in the Minnesota Department of Education

Jennifer Chandler, MS in the Oregon Public Health Division

Cindy DeBlauw, RD in the Missouri Department of Health and Human Services

Elizabeth DeMeo, BS, CHES in the South Carolina Department of Health

Jennifer Buden, MS, RDN, LDN, CHES

Katharine Clarke, MS, RD, LDN

Angela Crets, RD, REHS

Leigh Ellen Dudley, MS, RDN, LDN

Rita Duncan, MS, RDN

Bernadette Edge, RD

Ashley Pugh, MS, RD, IBCLC

Karen Lainez Rubi, MPH, RDN, CHES

all in the North Carolina Department of Health and Human Services

Associate Members:

Denise Holston, PhD, RDN, LDN from LSU Ag Center

Christie Kirchoff, student, Florida International University

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 with questions.

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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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