



News from the Association of State Public Health Nutritionists

May 2019

In This Issue

May 15th: Deadline for Annual Meeting's Food Tour Sign-Up and Hotel Reservation

May 14: Taking Action! Finale to Moving Public Health Nutrition Policies Forward Webinar Series

Fresh Resource: ASPHN Launches Development Digest

Must Watch: ASPHN Obesity Mini CoIN Archived Webinar with Lacy Stephens

2019 ASPHN Board Election Results

Get CPEUs from ASPHN Trainings

Internship Highlight: Perinatal Mental Health

Welcome New Members!

About ASPHN

May 15th: Deadline Extended for Annual Meeting's Food Tour Sign-Up and Hotel Reservation

Just when you thought the 2019 Annual Meeting couldn't get any better, ASPHN has lined up an outstanding private food tour for the meeting's off-campus excursion on Monday, June 10. Don't miss the extended deadline of May 15th.

Scottsdale's [Taste It Tours](#) will guide you through several delicious stops at some of the area's finest locally-owned restaurants. In between eateries, you'll enjoy a guided walking tour of the city.

The excursion cost is \$65 per person and you must reserve and pre-pay by May 15th. Simply [click this link to make your reservation](#). Food allergies and dietary restrictions can be noted on the registration form. The tour is limited to 40 people, so don't delay.

If you haven't yet registered for ASPHN's Annual Meeting, please do so now. May 15th is also the extended deadline for locking in your special hotel room rate of \$94 per night, (federal per diem rate). You can obtain details and find links to [reserve your hotel room](#) and [register](#) by visiting the [meeting's web page](#). Registration is only \$90 and includes all sessions and lunch at the Association Update/Annual Awards presentation.

The Annual Meeting is taking place June 9-11 in Scottsdale, AZ and is open to members and non-members alike. Attendees will receive certificates for continuing education for attending the meeting. For more information, contact Cyndi Atterbury at cyndi@asphn.org.

[Back to top](#)

May 14: Taking Action! Finale to Moving Public Health Nutrition Policies Forward Webinar Series

Take a deeper dive into public health nutrition policy during Taking Action, the finale to the Moving Public Health Nutrition Policies Forward webinar series.



Dr. Sheila Fleischhacker will share her expertise in nutrition law and policy, including current and emerging issues around fruit and vegetable trends, farm bill implementation, and Child Nutrition Re-authorization.

The webinar series is designed to strengthen viewer's knowledge and involvement in public health nutrition policy and advocacy, and is brought to you by the Fruit & Vegetable Nutrition Council in collaboration with the ASPHN Policy Committee.

The webinar is available to all ASPHN members.

Part Two - Moving Public Health Nutrition Policies Forward: Taking Action

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

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

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

You can also dial in using your phone.

United States: (571) 317-3122: 797-475-725

Part One - Moving Public Health Nutrition Policies Forward: Foundations of Policy 101

February 26, 2019

[Watch the archived webinar here.](#)

Contact Michelle Futrell with questions at

michelle@asphn.org.

[Back to top](#)

Fresh Resource: ASPHN Launches Development Digest

In April, ASPHN released the inaugural issue of Development Digest, a new e-bulletin focused solely on helping our members' advance their professional growth and development. If you missed the first issue, you can catch up on [ASPHN's website](#).



Every month, the Development Digest will focus on different aspects of professional growth. Topics will range in focus from the power of connection, to strategic thinking, to effective communications.

We will be talking to experts, sharing experiences from fellow ASPHN members, scouring the Internet for the latest inspiration, and serving up details on ASPHN resources that can be of value. Our ultimate goal is to make Development Digest a publication that indulges our members and offers them a much-needed break during the workday to focus solely on their career growth.

If you have topics or ideas you would like us to explore, please contact Lourdes Pogue at lourdes@asphn.org.

[Back to top](#)

Must Watch: ASPHN Obesity Mini CoIIN Archived Webinar with Lacy Stephens

Watch [Farm to Early Care and Education \(ECE\): Resources and Best Practices for Comprehensive and Sustainable Programmatic and State Level Initiatives](#), provided by Lacy Stephens, RD, MS.



This archived ASPHN Obesity Mini CoIIN April 23rd webinar offers a chance to learn more about Farm to ECE interventions or strengthen existing Farm to ECE programs.

Participants will:

- Learn the three critical components to sustainable, comprehensive Farm to ECE initiatives.
- Gain insight into the impacts of Farm to ECE.
- Understand the valuable resources National Farm to School Network has to offer states related to Farm to ECE networking, materials and advocacy.

Contact Emia Oppenheim with questions at

emia@asphn.org.

[Back to top](#)

2019 ASPHN Board Election Results

Congratulations to the elected ASPHN Board Members!



These members are dedicated to jointly supervising the activities of the organization and establishing policies that ensure the success of ASPHN initiatives.

Thank you for volunteering your time in these essential roles.

President-Elect
[Tiffani Grant](#) (MS)

Secretary
[Emily Bash](#) (CO)

Directors-at-Large
[Diane Peck](#) (AK)
[Jennifer Young](#) (OR)

Governance Committee
[Danielle Conlon](#) (UT)
[Alison Conneally](#) (NY)
[Susie Leo](#) (AZ)

MCH Nutrition Council Chair-Elect
[Jennifer Dellaport](#) (CO)

Fruit and Vegetable Nutrition Council Chair-Elect
[Melissa Lonsberry](#) (MI)

Obesity Prevention Nutrition Council Chair-Elect
[Cheryl Hill](#) (TN)

These elected leaders begin their term in September. [Find the current ASPHN board here](#) and [learn more about the role of the Board on asphn.org under the About page](#).

[Back to top](#)

Get CPEUs from ASPHN Trainings

Attend educational webinars or training offered by ASPHN that qualify for continuing education through the Commission of Dietetic Registration and you will receive an emailed certificate shortly afterward.



ASPHN is excited to provide you with certificates to help reach your required continuing education hours. Even if you are not an RDN, we encourage you to keep your certificate and check with your certification organization whether it qualifies for credits there.

[Back to top](#)

Internship Highlight: Perinatal Mental Health

In an effort to address Perinatal Mood and Anxiety Disorders (PMAD) in Georgia, Morehouse School of Medicine's Prevention Research Center (PRC) and the Center for Black Women Wellness partnered to raise awareness in Atlanta-area African American communities served by both Centers.



ASPHN Health Equity Intern, [Derian Ervin](#), was placed at the PRC and supported community education activities regarding PMAD.

PMAD occur during pregnancy or up to one year postpartum and often go unrecognized in minority communities. One in seven women suffer from perinatal depression, and these rates are higher among African American women.

Derian had the opportunity to disseminate culturally appropriate PMAD materials to women in communities

lacking mental health services, and make appropriate referrals.

"I recognized that access to adequate mental health resources and information are major barriers to improving the overall mental and emotional health of women during and after their pregnancy. Through the ASPHN Internship program, I have strengthened my professional and leadership skills. I've also learned how to analyze data and facilitate focus groups. These experiences will serve me well as a public health professional," said Derian.

After the internship, Derian will continue her bachelor's degree program in Healthcare Informatics at the University of South Alabama. Next, she will pursue a Master of Public Health degree with a focus in epidemiology or behavioral science/health education.

For more information about the ASPHN Health Equity Internship program, [visit the ASPHN website](#) or contact Dr. Steve Owens at internship@asphn.org.

[Back to top](#)

Welcome New Members!

ASPHN expanded its network of talented professionals in April with 12 new members.



Expanded Members:

Tammy Chase-Brunelle, CHES in the HI Dept of Health

Donna Clark, MS, RD, LDN in the NC Dept of Health and Human Services

Sara Harmon, MPH, RDN in the MI Dept of Education

Abigail Jones, RDN in the DE Dept of Health and Social Services

Sharon Pohlman Lensing in the MO Dept of Health and Senior Services

Cara Perdue, PhD, RD, LDN in the NC Dept of Health and Human Services

Lindsay Rodrigues, MS, RDN in the HI Dept of Education

Stephanie Schenkel, MPA in the MI Dept of Education

Sarah Young, MS, RD, LD in the MO Dept of Health and Senior Services

Associate Members:

Brittany Moment, student, University of MO

Taylor Stanton, student, Drexel University

Margaret Tate, MS, RDN

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.

[Back to top](#)

About ASPHN



ASPHN

Advancing Health Through Leadership

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](#)