

Meet the Speakers

ASPHN Annual Meeting 2019

Optimizing Your Performance: engaging in a world where there is too much to do

Captain Heidi Michels Blanck, MS, PhD

Captain Heidi Michels Blanck is chief of the Obesity Prevention and Control Branch at Centers for Disease Control (CDC) in the Division of Nutrition, Physical Activity, and Obesity. She has more than 14 years of CDC experience as a public health epidemiologist and has authored over 50 papers and reports in the areas of weight management, nutrition, physical activity and environmental exposures. She recently served as Acting Division Director (2012-2013) and continues to provide leadership to the agency and department. Dr. Blanck oversees CDC's monitoring of state obesity prevalence and key behavioral, environmental and policy supports for healthy eating and active living. Staff within the branch focus on national, state, and local surveillance including the use of electronic health records, applied research, and guidelines development related to the topics of body mass index (BMI) and obesity-related behaviors including sugar-sweetened beverages. Her work focuses on changes in environments and policies across multiple settings (i.e., childcare, schools, medical care, and communities) with an emphasis in improving health equity. She is senior advisor to the CDC's extramural Nutrition and Obesity Policy Research & Evaluation Network and is a senior member of the National Collaborative on Childhood Obesity Research. Dr. Blanck received her Ph.D. from Emory University in Nutrition and Health Sciences where she also holds an adjunct professor position.

Dr. Nicole Lynn Coyle, PhD, DD, MAC

Dr. Nicole Coyle is a Native New Yorker making her home in Arizona for the last decade. Dr. Nicole is owner/director of Naam Yoga Arizona Center for the Healing Arts, 1 of only 3 Naam Yoga Centers open in the U.S. She is a devoted, long-time student of Dr. Joseph Michael Levry, the founder of Naam Yoga, Universal Kabbalah and Harmonyum Healing System. She is a Certified Naam Yoga® Therapist, Harmonyum® Healing Practitioner, Universal Kabbalah® Consultant, Spiritual Counselor and Addiction Counselor specializing in trauma and recovery of all kinds. Nicole has been teaching yoga and meditation for 25 years and believes that through the Divine Spiritual wisdom and vibration of NAAM Yoga, one learns how to activate the self-healing mechanism of one's self, creating permanent healing.

Dr. Nicole attained a Doctorate in Philosophy of Religious Studies & Theology from ASU & Doctorate of Divinity from Sedona University as a way to bring more understanding to the concept that ALL IS ONE; Everything is interconnected. She also holds a Master's Degree in Addiction Counseling and is currently working on a degree in Spiritual Psychotherapy.

She currently uses her academic achievements and her Naam Therapist certifications practicing as a psycho-spiritual counselor, aiding her students and clients who are on the quest to Love themselves, heal from separateness & trauma and create a balanced life focused on health of body, mind, and spirit. She is also a Naam Yoga® Teacher Trainer and travels around the country and the globe, lecturing and teaching publicly about the need for self-care and the benefits of incorporating a mind-body-spirit based wellness regimen in one's life.

Committed to conscious, soulful living, Nicole is devoted to serving the infinite, creative force of the Universe. Believing in the unlimited individual and collective capacity for healing and growth, she is dedicated to offering a sacred space for others to access their infinite potential and gain permanent healing. Nicole brings elements of unconditional Love, hope, and heart-centered being into her teachings, inspiring students and clients to honor their bodies, souls and ultimately their TRUTH. She focuses on the ease and accessibility of whole-centered wellness practices, showing that everyone can create a life filled with health and happiness through the use of simple, practical tools. Dr. Nicole's main objective in life is to shine light and be a beacon of hope and love to others.

Miriam J Gaines (Mim), MACT, RDN, LD, FAND

Mim Gaines has 38 years of experience in nutrition and dietetics. Her professional dietetics career includes work as a corporate nursing home dietitian, college instructor, and the state assistant director for the Women, Infant, and Children (WIC) nutrition program. In 1994, she created the Nutrition and Physical Activity Division at the Alabama State Health Department and served as the director until 2013, when she retired. In 2014 she started a second full time career at Samford University as the Dietetic Internship Director and Assistant Professor. In May 2019, she started semi-retirement and is currently an assistant professor at Samford. She has been active in ASPHN since the 90's, including being the President, serving as a Director at Large, as well as on various committees, including Membership, Governance, Mentor, and Leadership. The Alabama Obesity Task Force recognized her by creating a Miriam J Gaines Leadership Award given to selected members on an annual basis. Mim holds leadership positions in numerous professional and community service endeavors.

Diane Golzynski, PhD, RD

Dr. Golzynski is the Director of the Office of Health and Nutrition Services and the State Child Nutrition Director at the Michigan Department of Education. She is responsible for the USDA child nutrition programs such as National School Lunch Program, School Breakfast Program, Summer Food Service Program, Child and Adult Care Food Program, and the USDA Commodity household programs, The Emergency Food Assistance Program and Commodity Supplemental Food Program. In addition, she is responsible for the School Health and Safety Programs including school nursing and mental health, truancy and suicide prevention, sex and HIV education, physical education and physical activity, and school culture and climate. Diane's vision is that every Michigan child and their family has 365 days of reliable food access. Diane is passionate about assuring adults create environments where the children of Michigan can be their best, do their best, and attend school where they are safe, healthy, and ready to learn. Diane grew up in Michigan's thumb and is proud to be a graduate of Sandusky High School. Dr. Golzynski earned her PhD in Extension and Agriculture Education from Michigan State University and completed her internship to become a registered dietitian at Indiana University of Pennsylvania. Diane is married with three children and loves to cook for large crowds!

Erin Hester

Erin Hester is a strategic communication consultant and instructor at the University of Kentucky. She has worked with several for-profit and non-profit organizations to transform the way they share information. Most recently, Erin worked for the Kentucky Department for Public Health on the CDC-1305 grant, where she designed statewide campaigns and complementary communication strategies for obesity prevention efforts. She specializes in articulating complex health information through visual stories and message framing. As a self-taught "graphic designer," she advocates for the use of easy-to-use tools and easy-to-share formats. Erin is passionate about PowerPoint, her puppy Penny, the color purple, and puns.

Jan Jernigan, PhD

Jan Jernigan, PhD, retired in February, 2019 from her position as Senior Advisor for Evaluator in the Division of Nutrition, Physical Activity and Obesity (DNPAO), Centers for Disease Control and Prevention (CDC). During her 10-year tenure in DNPAO, she was involved in applied evaluation research in the Division, focusing on the evaluation of current initiatives in physical activity, nutrition and obesity to identify and develop practice-tested evidence and promote effective interventions. Dr. Jernigan served as a technical expert, providing training and technical assistance to funded state and local health departments and their partners in conducting effective evaluations of their initiatives. Prior to DNPAO, Dr. Jernigan served as Evaluation Lead for four years in the Division for Heart Disease and Stroke Prevention (DHDS) at the Centers for Disease Control and Prevention (CDC), leading major Division evaluation projects in indicator development, health disparities, and the development of promising practices in heart disease and stroke prevention. In addition, she served as the Division lead for evaluation training and technical assistance.

Before coming to CDC, Dr. Jernigan was on the faculty of the Graduate School of Public Health, University of Pittsburgh for over ten years. While there, she conducted numerous evaluation studies locally, statewide and nationally, and served as Principal Investigator (PI) or Co-PI on over \$5 million in research funding in the areas of cancer control, tobacco control and substance use. Additionally, she served as Director of Doctoral Studies and taught courses in program evaluation for eight years.

Donna Johnson-Bailey, MPH, RD

Donna is the Senior Nutrition Advisor for the Food and Nutrition Service (FNS). In this role, she provides information and advice to senior FNS and policy officials on the implications of nutrition science, research and evidence for Federal nutrition assistance, including recommendations for potential policy and operational changes to respond to new nutrition knowledge. She also represents FNS across Federal agencies, engages with various stakeholders to advance the Agency's nutrition goals and objectives, and fosters relationships among FNS' nutrition professionals.

Donna joined FNS in 2000 and provided nutrition services to SNAP, WIC, and CND programs and functioned as project manager for numerous nutrition education efforts. She recently worked as a nutritionist in the Center for Nutrition Policy and Promotion (CNPP) and served as project manager for the development of *MyPlate* and contributing author to the 2010 *Dietary Guidelines for Americans*.

Viki Lorraine

Whether teaching patient-centered communication at a medical school, teaching staff to deliver English as a Second Language programming or working with families, schools and communities to increase access to healthy foods, for the past 30 years Viki Lorraine's work has focused on making sure verbal and written communication can be used and understood by all audiences.

With a Master Degree in Community Health Education, Viki has worked as a Public Health Consultant and Education Consultant for the State of Michigan and as an Assistant Professor for Eastern Virginia Medical School. Recognizing plain language as a fundamental social justice issue, Viki has provided plain language and health literacy education for staff across many state departments and at national, state and local conferences. Born and raised in Flint, Viki often says that *the best parts of her are the product of being a Flint kid*.

Robert Murray MD

Dr. Robert Murray spent over 20 years in the field of Pediatric Gastroenterology and Nutrition in the Ohio State University School of Medicine and most recently was the director of the Center for Healthy Weight and Nutrition. He also served as the pediatric medical director for Abbott Nutrition from 2003-2006. For 10 years Dr Murray was a member of the American Academy of Pediatrics' Council on School Health, serving as chair in the final 4 years. He is a Board member of Action for Healthy Kids as well as of the Children's Hunger Alliance, and previously served on the Board of the Academy of Nutrition and Dietetics Foundation. Dr Murray is the immediate past-President of the Ohio Chapter of the American Academy of Pediatrics.

Michael Warren, MD, MPH, FAAP

Dr. Michael Warren became Associate Administrator of the Maternal and Child Health Bureau (MCHB), part of the U.S. Department of Health and Human Services' Health Resources and Services Administration, on October 15, 2018. MCHB's mission is to improve the health of America's mothers, children and families. Its Title V Maternal and Child Health Block Grant Program provides health care and public health services for an estimated 56 million people, including pregnant women, infants, children, including children with special health care needs, and their families in the United States: 86% of all pregnant women, 99% of infants, and 55% of children nationwide benefitted from a Title V-supported service.

Dr. Warren manages MCHB's \$1.33 billion budget, providing vision and direction to ensure programs are planned and carried out effectively to achieve results. Dr. Warren's impressive career in public health clearly demonstrates his passion and commitment to improving maternal and child health outcomes.

Before assuming his current role as MCHB's Associate Administrator, Dr. Warren served as the Deputy Commissioner for Population Health at the Tennessee Department of Health. In this role, he made improvements in maternal and child health across the state in the areas of safe sleep policies, breast feeding rates, decreased early elective deliveries, newborn screening transit times, electronic systems for WIC and vital records registration, and establishing the first-ever real-time public health surveillance system for neonatal abstinence syndrome

Dr. Warren previously served as the Tennessee Department of Health Assistant Commissioner for Family Health and Wellness and as the Director of Maternal and Child Health. Prior to joining the Department of Health, he served as an Assistant Professor in the Department of Pediatrics at Vanderbilt and as Medical Director in the Governor's Office of Children's Care Coordination.

Dr. Warren graduated Summa Cum Laude with Honors in Psychology from Wake Forest University and earned his medical degree from the Brody School of Medicine at East Carolina University, where he was inducted into the Alpha Omega Alpha Honor Medical Society. He completed his pediatrics residency, Chief Residency, and fellowship in Academic General Pediatrics at Vanderbilt, where he also obtained a Master's in Public Health. Dr. Warren has served as President for the Association of Maternal and Child Health Programs (AMCHP), the national professional organization for maternal and child health professionals. He was also appointed by the United States Department of Health and Human Services to the Secretary's Advisory Committee on Infant Mortality (SACIM).