



Optimizing Your Performance

engaging in a world where there is too much to do



ASPHN 2019 ANNUAL MEETING • JUNE 9-11 • SCOTTSDALE, AZ



Funding for this ASPHN annual meeting was made possible, in part, with a grant from the Centers for Disease Control and Prevention (1 NU38OT000279-01-00). The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Saturday, June 8

4:00 – 8:30 PM

Registration – McDowell Terrace

3:00 – 5:00 PM

Presidents' Meeting – Encanto I - by invitation only

5:30 – 7:30 PM

Meet the Leadership – Azul Clubhouse - gather at the manager's evening reception (Adult beverages are complimentary for hotel guests. Food and beverages are available to purchase for non-guests.)

Sunday, June 9

6:00 - 7:00 AM

Exercise opportunity – meet in the lobby for a walk

Breakfast provided for hotel guests 7:00 to 10:00AM (weekend hrs.) in the Azul Clubhouse

9:00 - 11:10 AM

ASPHN Board of Directors' Work Session – Fiesta II/Coronado II

11:10 – 11:30 AM

ASPHN Board of Directors' Meeting – all members welcome - Fiesta II/Coronado II

9:00 – 12:00 PM

Emerging Leaders – Encanto II/Fiesta I – by invitation only

12:00 - 1:00 PM

Lunch on your own

11:00 - 1:00 PM

Registration – Silverman Foyer

1:00 - 1:15 PM

Welcome to the 2019 ASPHN Annual Meeting – Hacienda I/Paloma III

Diane Golzynski, PhD, RD (MI)– ASPHN President-elect

1:15 – 1:30 PM

Engage with Your Colleagues in the room - ice breaker

1:30 – 3:30 PM

Let's Get Real: Communicating in Plain Language workshop

Plain language is communication your audience can understand the first time they read or hear it. Whether it's developing a handout, presenting data, talking to a patient or sending an e-mail, plain language can help you get your message across no matter who your audience is. In this session you'll learn the key concepts of plain language, have an opportunity to analyze documents using plain language principles and create or revise a document using your new plain language skills.

Participants coming to the *Let's Get Real: Communicating in Plain Language* workshop on Sunday afternoon are encouraged to bring:

- An e-mail over 3 paragraphs long
- A handout or flyer you're working on
- A policy you're trying to develop
- A letter you're wanting to send to partners

You'll have an opportunity to get feedback and enjoy some collective brainstorming on how to make your piece plain language perfect!

Viki Lorraine, MS, Education Consultant, Michigan Department of Education, Lansing, MI

3:30 – 4:00 PM

Activity/Stretch Break

4:00 - 5:00 PM

Federal Update: USDA

Donna Johnson-Bailey, MPH, RD, Senior Nutrition Advisor, FNS, USDA, Alexandria, VA

5:30 PM

Optional dinner groups – all are welcome to join a group
Information and sign-up will be at the registration table.

The [MCH Nutrition Council](#) would like to invite anyone interested in learning more about the council to join us for dinner. (dinner on your own)

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Monday, June 10

- 6:00 - 7:00 AM Exercise Opportunity – meet in the lobby for a walk
Breakfast is provided for hotel guests from 6:00 to 9:30 AM in the Azul Clubhouse
The Fruit & Vegetable Council will be gathering in the Azul Clubhouse from 7:00 – 8:00 AM.
This is open to all members and anyone interested in learning more about the F & V Council.
- 8:15 – 8:30 AM Welcome and housekeeping - Hacienda I/Paloma III
- 8:30 – 9:30 AM **Finding Your Passion Through Professional Networking**
Participants will learn about association engagement to drive professional passion and purpose. Be ready for an inspirational and interactive session with ASPHN leaders!
Mim Gaines, MACT, RDN, LD, FAND, Assistant Professor, Samford Univer., Birmingham, AL
Diane Golzynski, PhD, RD (MI), Director, Office of Health and Nutrition Services, Michigan Department of Education, Lansing, MI
- 9:45 – 11:15 AM **Coffee break and view posters – Paloma Foyer**
Be sure to view posters (authors will be available)
- 11:30 – 1:00 PM **Lunch on your own**
The Obesity Council would like to invite anyone interested in learning more about the council to join us for lunch. (lunch on your own)
- Student Networking Luncheon – Mohave Foyer - all student invited, all others by invitation only – Mohave Foyer**
This student networking luncheon is made possible through generous donations to ASPHN for student activities.
- 1:15 – 2:15 PM **Federal Update: MCHB**
Michael Warren, MD, MPH, FAAP, Associate Administrator, Maternal and Child Health Bureau, Health Resources and Services Administration, Bethesda, MD
- 2:15 – 3:15 PM **Activity/Stretch Break**
- 3:15 – 4:15 PM **Federal Update: CDC-DNPAO**
CAPT Heidi Blanck, MS, PhD, Chief, Obesity Prevention and Control Branch, Division of Nutrition, Physical Activity and Obesity, Centers for Disease Control and Prevention
- 4:15 – 5:15 PM **Practicing What We Preach: Developing a Personal Self-Care Program for Body, Mind, & Spirit as a Health Professional**
Nicole Coyle, PhD, DD, Naam Yoga Therapist, Psycho-Spiritual Counselor, Trauma and Recovery Therapist, Naam Yoga Arizona, Mesa, AZ
- 5:30 PM **Monday Evening Excursion –Taste It Tours** will provide a local food tour in Scottsdale.
This is a prepaid optional excursion.

Tuesday, June 11

- 6:00 - 7:00 AM Exercise Opportunity – meet in the lobby for a walk
Breakfast is provided for hotel guests from 6:00 AM to 9:30 AM in the Azul Clubhouse
- 8:00 AM **Welcome – Hacienda I/Paloma III**
- 8:05 – 9:05 AM **Focusing Evaluation Efforts to Optimize Performance**
Jan Jernigan, PhD, (Senior Advisor for Evaluation, CDC-DNAPO) Retired, Atlanta, GA
Amplifying Your Success: Visually Communicating Your Programs Story
Erin Hester, Strategic Communication Consultant, Lexington, KY
- 9:05 – 10:30 AM **Coffee break and posters – Paloma Foyer**
View posters - Authors will be available
Final opportunity to vote on student submissions
Hotel check-out
- 10:30 – 11:30 AM **Focusing Evaluation Efforts to Optimize Performance**
Jan Jernigan, PhD, (Senior Advisor for Evaluation, CDC-DNAPO) Retired, Atlanta, GA
Amplifying Your Success: Visually Communicating Your Programs Story (cont.)
Erin Hester, Strategic Communication Consultant, Lexington, KY
- 11:30 – 1:00 PM **ASPHN Annual Award Luncheon and Association Update – Kiva I/III**
Association Update – Robin W. Stanton, RD (OR), President
- 1:00 – 2:30 PM **The Crucial Contributions of Early Life Nutrition – Hacienda I/Paloma III**
Robert D. Murray, MD, FAAP, Professor, Pediatrics, The Ohio State University, College of
Medicine, Columbus, OH
- 2:30 PM Attendees registered for the Obesity Mini CoIIN will leave quietly for the Kiva I/III
- 2:30 – 2:45 PM Student poster award winners and AGPPHN scholarships winners announced
Wrap up and send off
Diane Golzynski, PhD, RD (MI)– ASPHN President-elect