



# News from the Association of State Public Health Nutritionists

June 2019

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## Internship Highlight: Class of 2019

June marks the conclusion of the ASPHN Health Equity Internship placements for the 2018-2019 academic year.

ASPHN Health Equity Class of 2019 includes:

- 30 interns from 18 colleges and universities,
- 12 Fall cohort and 18 Spring cohort students,
- primarily students from Minority-Serving Institutions (MSIs) in the South,
- mostly African Americans and Hispanics, and
- 90% females.

In addition to their field experience, interns used a health equity lens to analyze and address current public health topics through weekly webinars and discussions. Assessment, Assurance and Policy, the core functions of public health, structured their activities and reports.

"The internship exposed me to the role of communications and health. I now have more options and opportunities to pursue when I graduate in 2020," said Kendrick Armstrong, a graduate student in Communications at Alabama A&M University.

Krystal Flakes, MPH student at Florida A&M University reported the internship program enhanced her ability to analyze complex data sets and present data so that the public can easily understand. "I am grateful for my placement at the CDC," said Flakes.

Trey Hawkins, an undergraduate at Howard University, reported he will apply his health advocacy skills, learned through the internship, in graduate school. "I am excited about moving to New York and starting the MPH program at Mailman School of Public Health at Columbia University."

ASPHN salutes the 2018-2019 interns for a job well done! Best wishes to you for a prosperous future and fulfilling career in public health.

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

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## Webinar: Nutrition Facts Label Update

The much-anticipated Nutrition Facts Label update is complete. Get the all the details directly from the source. Watch the recorded webinar from May 9, 2019 presented by Dr. Robin McKinnon, PhD, MPA and Capt. Blakeley Fitzpatrick, MPH, RD of the Food and Drug Administration.



Watch it now: [The Updated Nutrition Facts Label](#)

- Learn how elements of the food label have been improved to reflect new public health and scientific information.
- Get updated educational resources to support healthier eating choices.
- Become aware of outreach efforts to promote the use of the Nutrition Facts label.

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## Plan Your Breastfeeding Celebration

Plan your breastfeeding celebration! World Breastfeeding Week is August 1 -7. The United States also celebrates National Breastfeeding Month during August.



Grab ready-to-use and adaptable materials to promote and celebrate these events at: <https://thousanddays.org> and <http://worldbreastfeedingweek.org/#>.

Find more information about the [benefits of breastfeeding](#) from the World Health Organization. Also be sure to show appreciation for a breastfeeding mother in August.

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## Offering H.O.P.E.- The Colorado Blueprint Seed Grant Project

Arkansas, Colorado and Nebraska have been working on exciting projects for their ASPHN [Cornerstones of a Healthy Lifestyle Blueprint for Nutrition & Physical Activity](#)



(Blueprint) seed grant to support community activities related to the [Maternal Mental Health Brief](#). ASPHN hopes other states will be able to replicate these innovative initiatives.

The Colorado Department of Public Health and Environment applied for the Blueprint seed grant to work on a project to increase the awareness of maternal mental health and promote resources for supporting mental health to nutritionists and other professionals who support families. After surveying 169 WIC staff, IBCLCs, child care health consultants and other public health individuals who interface with women of reproductive age, they decided to develop a 1 hour webinar, Offering H.O.P.E. - Identifying and supporting expectant and new parents struggling with sadness and anxiety.

The recorded webinars and resources are available on the Colorado's MCH Pregnancy Related Depression website:

<https://www.colorado.gov/cdphe/pregnancy-related-depression-resources-providers>.

On June 6, 2019 from 3:00 - 4:00 pm EDT, ASPHN will host a webinar with more details about this project. Contact Sandy Perkins at [sandy@asphn.org](mailto:sandy@asphn.org) if you are interested in attending.

Look for highlights from the Arkansas and Nebraska projects in future newsletters.

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## Welcome New Members!

ASPHN expanded its network of talented professionals in May with 21 new members.

Expanded Members:

Ellen Rees in the MO Dept of Education

Susan Barr  
Pamela Birk



Rebecca Burton  
Erin Marberry, RD, LD  
Dana Troxel, RD, LD  
Sara Witte  
all in the MO Dept of Health

Ellen Babb, PhD, MPH, RDN, LD, CLC  
Amy Cooper  
Jennifer Craig, MPH, RD, LD  
Anna Johnson, RD  
Jessica Morrison, RD, LD  
Lori Murphy, RD, LD  
Jacob Myers, MS, RDN, LD  
Rosalynn Rice, NDTR, CLC  
Sadhana Tolani, RD, LD  
all in the SC Dept of Health

Stephanie Heim, MPH, RDN in the U of MN Extension

Joanna Li, RDN, CDN in the NY State Dept of Health

Associate Members:

Brigitte Jimenez, student

Laura Perdue, MPH, RD, in the U of MN Extension

Annie Scott, MPH, RD, LDN

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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## 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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