



News from the Association of State Public Health Nutritionists

ASPHN Annual Meeting Highlights June 2019

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Communicating in Plain Language Workshop
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Remembering the Best Moments from the ASPHN 2019 Annual Meeting

Take a fresh look at the 2019 Annual Meeting keynote workshop, along with federal and local updates. Follow links to videos and slides from your favorite presentation or witness a presentation you missed. Also, celebrate the annual awards and poster session winners.

All these opportunities are included below in this meeting summary. Access the [Meeting Agenda, Meet the Speakers and Participant List](#).

Keynote Presentation

Let's Get Real: Communicating in Plain Language Workshop

Michigan Dept of Health and Human Services
Viki Lorraine, MS



This energetic and engaging presentation details specific plain language techniques you can use immediately to get your message across the first time. No matter who your audience is, you can make it easier for them to find what they need, understand what they find, and use what they find to meet their needs.

Highlights include:

- Concepts that lead to more effective communication
- Improved impact of handouts, data presentations, client conversations and emails
- Skill building in document analysis and application plain language principles

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Annual Awards

Cheers!: 2019 ASPHN Annual Awardees



Takako Tagami, Lisa Gemlo, Alison Conneally, Mikaela Schlosser, Jennifer Young, Becky Adams

Alison Conneally

EXCELLENCE IN PRACTICE

Alison is recognized for outstanding contribution to the field of public health nutrition and efforts that have assisted in meeting ASPHN's mission.

"Alison has been a very dedicated, committed, and engaged ASPHN liaison to the Academy's Public Health Community Nutrition Practice Group since 2013 and has accomplished remarkable projects through that collaboration."

-Takako Tagami

Takako Tagami

EXCELLENCE IN ASSOCIATION WORK

Takako's involvement in many ASPHN committees during the past several years has made a major difference in moving forward ASPHN's goals and objectives.

"Takako has been a strong advocate for ASPHN throughout her career. She has served in a variety of positions within ASPHN, most notably and recently as President. In this role, Takako led the development of activities to promote member engagement. Under her leadership, the Association expanded their overall membership as well as the membership of the Councils. "

-Jamie Stang

Jennifer Young

EXCELLENCE IN ADVOCACY

Jennifer has made a significant contribution to the field of public health nutrition through advocacy, policy change, and collaborative work with decision makers.

"In her role as policy committee co-chair and chair, she has been involved with review for a significant number of sign on letters and ASPHN comments for national nutrition issues. ...I was so impressed with her hard work and passion."

-Robin Stanton and Takako Tagami

Mikaela L. Schlosser

MCH NUTRITION COUNCIL LEADERSHIP

Mikaela is honored as a leader on the MCH Council for outstanding contribution to expanding ASPHN's purpose of improving the health and wellbeing of the MCH population.

"...she will take the time to make sure you understand all about the Children's Healthy Weight CoIIN."

-Heather Harrison-Catledge for the MCH Nutrition Council

Lisa Gemlo

NATIONAL FRUIT & VEGETABLE NUTRITION COUNCIL LEADERSHIP

Lisa is honored for outstanding contribution to public health nutrition specifically related to increasing fruit and vegetable consumption.

"Lisa has worked hard as F&V Chair-Elect, and now as Chair, to create a new format to engage membership in meaningful, two-way communication through the addition of F&V Council Networking Calls."

-Megan Hlavacek for the National Fruit & Vegetable Nutrition Council

Becky Adams

OUTSTANDING LEADERSHIP FOR THE OBESITY PREVENTION NUTRITION COUNCIL

Becky is honored as a leader of the Obesity Prevention nutrition council for outstanding contribution to public health nutrition specifically related to preventing obesity.

"Becky was responsible for initiating the work of the Obesity Council as she both started and chaired the Obesity Prevention Committee. She is an active voice for obesity prevention in her state and as a representative to ASTHO.

-Helen Brown for the Obesity Prevention Nutrition Council

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Federal Updates

Federal Update: USDA

Donna Johnson-Bailey MPH, RD



This session provides a fantastic overview of all USDA work related to nutrition, with details on key reports and study findings. In addition, there were great questions that dug into particular topics of interest to members.

Highlights include:

- New nutrition guidance for infants, children and adults
- Fresh tools for infant and child feeding programs
- Reports from Child Nutrition Programs and WIC data
- More updates related to Child Nutrition Programs, farm bill, SNAP, SNAP ED, and FINI
- Upcoming funding opportunities

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Federal Update: CDC-DNPAO

Captain Heidi Blanck, MS, PhD



WIC data continues to show that, together, we are making gains in decreasing rates of obesity across the US. Get all of the latest updates from the DNPAO in this information-rich session.

Highlights include:

- Results of the current funding streams
- DNPAO strategic priorities, challenges, progress and new initiatives
- New program investments and funding opportunities

[Listen to the recording.](#) [Get the slides.](#)

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Federal Update: MCHB

Partnerships are essential to building environments so that all families and children are healthy, thriving and meeting their fullest potential. This information-packed session can spark inspiration to explore new and deeper collaborations among organizations with common interests.

Highlights include:

- HRSA's strategies to address childhood obesity
- State and local level collaboration examples to replicate
- HRSA's budget, priorities and funding opportunities

[Watch the video.](#) [Get the slides.](#)

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Student Spotlight

ASPHN Health Equity Interns



Representatives of the ASPHN Health Equity Internship with program leaders Thometta Cozart and Dr. Steve Owens: Joy Chibuzo, Raven Parker, Alexis Presnell, (Thometta Cozart) Cathony Reid, Brittany Harris, (Steve Owens)

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Student Awards

Congratulation to the student award winners for outstanding scholarly achievement.

Poster Session Winners

Sa'Nealdra Wiggins, 1st place \$100
University of Kentucky
Peers, Parents, and Teachers Perceptions of Factors that Influence Teens Health

Marissa Black, 2nd place \$50
University of Kentucky
Fresh Food for All: Evaluation of a Policy to Increase WIC Farmers Market Nutrition Program Voucher Redemption

Noelle Yeo, 2nd place \$50
University of Minnesota
Implementation of USDA Smart Snack regulations in Minnesota secondary schools

Travel Scholarship Winners

Emily Burch, University of Alabama
Noelle Yeo, University of Minnesota

General Sessions

The Critical Contributions of Early Life Nutrition

Ohio State University
Robert Murray, MD, FAAP



Robert Murray

A healthful dietary pattern can be an easy choice, but it is personal and includes preferences, experiences and culture. This informative and engaging session serves as a good reminder to professionals that improvements are incremental. That is reassuring because it is something that we *can* accomplish.

Key messages include:

- Early nutrition is crucial
- Complementary feeding is a process
- Consider foods in terms of the whole dietary pattern, not individual components

[Watch the video.](#) [Get the slides.](#)

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Practicing What We Preach

Nicole Coyle, PhD, DD



Nicole Coyle

Let's get passionate about self care! In this session, naan yoga practitioner Dr. Nicole Coyle teaches practical holistic health and stress management techniques to weave into our busy daily lives. Apply the learnings from this session to remain grounded in wellness, even in the midst of chaos.

Highlights include:

- Easy techniques to take care of ourselves as a whole; physical, mental, social/relational and work place health
- Mindfulness and gratitude as guides to self care
- Optimal self care to help us help others

[Get the handout.](#)

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Evaluating then Visually Presenting Your Results to Engage the Audience

Jan Jernigan, PhD
Erin Hester

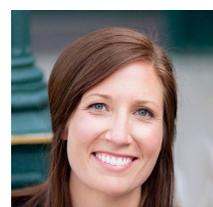


Jan Jernigan

Amplify the impact of your program evaluation results with tips from this detailed and engaging presentation. Learn or review the steps to completing a strong program evaluation, then use visual techniques to report it more effectively to stakeholders. Be inspired by the many examples that are included.

Highlights include:

- Great evaluation techniques for action-oriented results
- Using shared values for stakeholders engagement
- Visual design that lets you show and tell your results



Erin Hester

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Annual ASPHN Update

ASPHN President

Robin W. Stanton, MA, RD, LD



Robin W. Stanton

In her update, Robin highlighted successes over the past year including:

- Membership growth
- Active participation in national nutrition issues with sign ons and letters to government leaders
- Member education & committee action in nutrition policy,
- High-quality ASPHN professional development publication issues briefs from Maternal and Child Health nutrition council

ASPHN's upcoming Annual Report will include more information on these successes.

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About ASPHN



The Association of State Public Health Nutritionists (ASPHN) is a non-profit membership organization that develops leaders in public health nutrition who strengthen policy, programs and environments, making it possible for everyone to make healthy food choices and achieve healthy, active lifestyles.

Our vision is to create new environmental norms where healthy eating and active living are the easy and natural choices for all Americans. We welcome your involvement in our growing organization. Learn more about us at [About ASPHN](#).

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