



ASPHN 2018-2019 Annual Report

Collective Action Makes Healthy Living Easy

About Association of State Public Health Nutritionists (ASPHN)

ASPHN is a nonprofit membership organization that provides national and state leadership on food and nutrition policy, programs and services.

Our Vision

Healthy eating and active living for everyone.

Our Mission

To strengthen nutrition policy, programs and environments for all people through development of public health nutrition leaders and collective action of members nationwide.

I am proud to present the 2018-2019 ASPHN Annual Report, which showcases the collective action of our members in advocacy and supportive programs that lift communities, large and small, toward healthier living.



Many members have taken action as national leaders through participation in ASPHN Committees, Councils and the Board. Member-volunteers are vital to the nationwide implementation of the evidence-informed practices outlined in ASPHN publications, webinars and trainings.

New ASPHN projects include support for capacity building in Farm to ECE, WIC child development referrals, and breastfeeding engagement through increasing access to breastfeeding support.

Action taken by the Committees and Councils resulted in new products, including the New Guide for Developing and Enhancing Skills in Public Health and Community Nutrition, 3rd Ed.

ASPHN cultivates an action-oriented workforce through professional development resources in the See It. Say It. Share It. campaign, Health Equity Internship Program, and the new Development Digest publication.

Action for healthy living continues to spread. This year's in-person Mid-Year and Annual Meeting gatherings gave members experience in innovative meeting structures that will be replicated in health leadership settings nationwide.

Broad access to regular webinars, leadership and mentoring activities continue to be offered by ASPHN via its virtual operations.

ASPHN also equips national, state and local nutrition policy advocates through the foundational skills webinar training series, Moving Public Health Nutrition Policies Forward. Thank you to all the ASPHN members. I am grateful for the experience of serving ASPHN as President. My life has been enriched by relationships among these exceptionally genuine, creative and dedicated colleagues.

I offer special thank yous to the Board, who as a body, conducts the business of carrying out the ASPHN strategic plan with a mix of tenacity, humor and grace. And thank yous to our 14 ASPHN consultants who, in their diverse supportive roles, hold the ladder leading to professional growth and career success of our members.

Best Regards,

[Robin W. Stanton, MA, RDN, LD](#)
ASPHN Past-President

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NEW ASPHN PROJECTS

NEW ASPHN PRODUCTS

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New ASPHN Projects



ASPHN projects build capacity in state programs to deliver opportunities for healthy living to everyone.

U.S. Breastfeeding Committee

Increased capacity to work with U.S. Breastfeeding Committee for access to breastfeeding support is lead by new ASPHN consultant [Martha Hagen MS, RD, LD, IBCLC](#).

WIC Developmental Monitoring

Work with state WIC programs to incorporate "[Learn the Signs. Act Early.](#)" into WIC clinics supported by new ASPHN consultant [Amber Brown RDN](#).

Obesity Prevention Mini CoIIN Focused on Farm to ECE

ASPHN is employing the CoIIN strategy to prevent obesity as it improves nutrition environments, policies, and practices of early care and education (ECE) settings with a focus on Farm to Preschool. This new [CoIIN](#) is supported by ASPHN consultant [Emia Oppenheim PhD, RD, LD](#).

New ASPHN Products



ASPHN products guide the implementation of evidence-informed policies and practices in public health nutrition.

PublicHealthNutrition.org adds the New Guide for Developing and Enhancing Skills in Public Health and Community Nutrition, 3rd Ed

In January 2019, ASPHN's dynamic Public Health Nutrition website added a key foundational resource as the Guide for Developing and Enhancing Skills in Public Health and Community Nutrition, 3rd Ed was released.

Goal: The Guide is a comprehensive curriculum for practitioners, program administrators, and educators to develop and enhance the knowledge and skills expected of nutrition professionals practicing in public health and community nutrition.

ASPHN connects the value of Public Health Nutritionists to national observances through its See It. Say It. Share It. Campaign

Goal: ASPHN's See It. Say It. Share It. web-based marketing campaign is actively promoting the value of public health nutritionists. The campaign is built around five sound bites, which communicate key focus areas of public health nutrition. The campaign encourages public health nutritionists and others to use the sound bites as part of their communications strategy.

New Strategy: The website has embarked on a content strategy that connects national celebrations and observances to the value of public health nutrition. The content is delivered

Development: This material was developed through the collaboration of ASPHN with the [Academy of Nutrition and Dietetics Public Health/Community Nutrition Practice Group](#) (PHCNPG) and was the framework by which the PublicHealthNutrition.org website was initially created.

What's Ahead: ASPHN keeps the content on the PublicHealthNutrition.org current by including resource and training suggestions from members.

Visit publichealthnutrition.org.

Blind Vendors Training Guide

In April 2019, ASPHN released the "Vendors Training Guide Tool," a resource for public health nutritionists who are creating trainings and educational sessions for blind vendors and Business Enterprise Program (BEP) partners under the Randolph- Sheppard Act.

The document is designed to facilitate education around topics that blind vendors have identified as paramount to better, healthful vending services and customer satisfaction. Key topics include consumer snacking trends and spending, vendor challenges and barriers, new markets, profitability, and nutrition standards.

The brief pulls from various data sources and heavily references a survey of 139 members of the National Association of Blind Vendors (NABM). The survey was conducted in 2018 by The Alliance for a Healthier Generation in conjunction with NABM. Funding for the survey was provided through ASPHN and the Centers for Disease Control and Prevention.

Find the [Blind Vendors Training Guide Tool](#) here.

through custom developed website banners that feature unique artwork, copy, and links to ASPHN resources and programs related to the national observance.

Observances Included:

National Salad Month,
National Minority Health Month,
National Nutrition Month,
Great Outdoors Month, and
National Hispanic Heritage Month

Black History Month Highlight:

In February, See It. Say It. Share It. celebrated Black History Month by honoring extraordinary African Americans who have made outstanding contributions to public health and nutrition. The banner included a collage featuring ASPHN leaders, trailblazing authors, experts and authors, US Surgeons General, and ASPHN staff.

Praise for the Black History Month observance from ASPHN member Heather H. Catledge, LDN/CLC, who was featured in the banner:

"Thank you very much for this very prestigious honor!! I am deeply grateful to collaborate with very committed individuals who have the same mission at heart. Good Nutrition and eradicating hunger should be a right for all, and not just for the privileged."

Learn more about [See It. Say It. Share It.](#) here.

Professional Development



ASPHN provides online and in-person leadership development resources and training programs to its members.

Model Meetings

2019 ASPHN Annual Meeting Jumps in Attendance

The [2019 Annual Meeting, Optimizing Your Performance: Engaging in a world where there is too much to do](#), was held in Scottsdale Arizona. Attendance was up by 25% from 2018 with 105 attendees registered. That figure includes over 40 student attendees.

Seven speakers engaged the group during the six sessions. Two additional sessions were held with the speakers being remotely located. The tradition of having updates from our federal partners continued. Information about each session is available on the ASPHN website.

New this year was a student networking luncheon. Seasoned professionals joined the students as they moved from table to table to learn about the career journey of each. This session received rave reviews.

Praise for the 2019 ASPHN Annual Meeting from a New Attendee:

New Meeting Formats Energize and Engage at Mid-Year Meeting

The Board enjoyed new meeting formats when they met on February 1st and 2nd in Tucson, AZ for the yearly ASPHN Mid-Year Meeting.

Walking Meetings and Lean Coffee techniques were used and proved to be successful. Several Board members have taken the technique back to their own work place.

[Walking Meetings](#) Several mid-year meeting participants reported that the walking meetings were the most helpful part of the meeting. The technique was used in the Board work session on membership engagement and the work session on professional development. Walking meetings were first introduced to the ASPHN Board of Directors in 2018 from Leslie Lewis (LA).

[Lean Coffee](#) Jill Lange (IA) introduced fellow Board members to the Lean Coffee style of a meeting. She used the meeting style to facilitate a discussion about ASPHN councils and the

"This was my first ASPHN event. This is a fabulous inspiring group. I can't wait to be more involved."

leadership opportunities and challenges.

Growing Leaders at All Career Stages

ASPHN Builds Diversity Among Public Health Students Through the Health Equity Internship Program

The Health Equity Internship program is increasing the number of students from minority-serving institutions that have experience working with territorial, state & local health agencies and community-based organizations. This experience in public health practice positions them to address the nutrition, cardiovascular disease and other health risk factors among ethnic and racial minority communities.

Highlights 2018-2019:

- Convened two internship sessions (fall and spring)
- Internships completed by 30 students
- Placed interns at 28 agencies; government, academic, national organizations and community-based organizations
- Recruited 27 preceptors to serve as mentors for the internship program
- Interns' abstracts accepted for presentation at national public health meetings and conferences

What's Next:

- Planning internship stakeholder meeting
- Recruiting and planning fall internship
- Establish more placements in cardiovascular disease prevention

Intern Reflections

"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," says Kendrick Armstrong, a graduate student in Communications at Alabama A&M University.

For Krystal Flakes, MPH student at Florida A&M University, the internship program enhanced her ability to analyze complex datasets and present understandable findings to the public. "I am grateful for my placement at the CDC," said Krystal.

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

Learn more about the [ASPHN Health Equity Internship Program](#) here or contact internship@asphn.org.

Growing ASPHN Leaders Implements New Leadership Structure

Growing ASPHN Leaders (GAL) program helps members grow in ways that enhance leadership skills and provides practical application.

The 2019 graduating class includes 10 members from 7 states: Colorado (2), Iowa, North Dakota, Utah, Nevada, New York (3), and Washington.

New this year:

- A GAL Advisory Committee provided oversight and direction. This committee consisted of ASPHN member-leaders from public health, academia, and past GAL participants.
- GAL class sessions were facilitated by 3 volunteer leaders and the ASPHN consultant.
- Final reports on practicum projects incorporated learned leadership skills and top 10 take-aways from the class.
- Students will also schedule a future planning session focused on using leadership skills for the upcoming year.

Praise for Growing ASPHN Leaders from Danielle Conlon:

"Growing ASPHN Leaders has truly been a life-changing course for me! I have learned so much and I feel like my leadership skills have improved exponentially in ways that would have been difficult to achieve without the books, assignments, and discussions that I completed."

Learn more about Growing ASPHN Leaders by contacting Shana Patterson at shana@asphn.org.

Train at Your Own Pace

Development Digest Sparks Passion for Career Growth



The ASPHN [Development Digest](#) launched in March and has released 3 issues.

The Development Digest helps Public Health Nutritionists realize their career potential through

ASPHN Trainings Enhance Skills and Build Career Success for Public Health Nutritionists

ASPHN enhances skills in the Public Health Nutrition workforce through timely and cutting-edge training topics offered throughout the year. An average of three engaging professional development opportunities are offered each month. Ninety percent of trainings are available

inspiration from:

- Expert interviews,
- Peers overcoming challenges, and
- Transformational resources.

The digest exists online so members can relax and engage at their own pace.

Development Digest Topics:

March- Kick Start Your Career
May- Connection
July- Collaboration

Praise for the Development Digest from Mikaela Schlosser:

The value I have found in sharing the Development Digest is how focused every product is in keeping the role of the public health nutritionist in mind. You can receive education about nutrition from a lot of sources, but seeing specific examples of how other states have incorporated it into public health nutrition programming is so beneficial!

Visit the [Development Digest archive](#).

online, fitting easily into all schedules.

The 37 trainings offered in 2018-2019 drew 1,230 participants.

Praise for trainings from the 2018 ASPHN Membership Survey:

"ASPHN has helped me be more assertive in taking on leadership roles within my organization and has assisted me with my communication and leadership style."

"ASPHN trainings have helped me advance leadership and nutrition expertise skills which in turn have helped me in my state role in public health."

Find [ASPHN Trainings](#) archived here. Click Show All.

ColIN Updates



ColINs: Collaborative Improvement and Innovation Networks

[What's a ColIN?](#)

Children's Healthy Weight ColIN Actions, Funding

The Children's Healthy Weight ColIN (CHW-ColIN) is a multi-year initiative including 13 states. It formally launched in July 2017 and continues through July 2019.

Goal:

CHW-ColIN aims to develop, implement and integrate evidence-informed policies and practices in State Title V programs. These CHW-ColIN projects improve health behaviors related to breastfeeding, physical activity, and nutrition for people newborn through 21 years of age, and includes those with special health care needs.

Long-term, CHW-ColIN aims to increase the proportion of people 21 years old and younger who maintain a healthy weight.

State Action Highlights:

- Eleven state teams are establishing new policies or practices that address social and ecological barriers to breastfeeding.
- Seven state teams are working to increase the number of schools and programs implementing components of the Comprehensive School Physical Activity Program model.
- Thirteen state teams are working to creatively integrate nutrition into Title V MCH Block Grant and other MCH programs.

What's Next:

In August 2019 ASPHN received additional funds and time to conduct extensive evaluation of the CHW-ColIN, promote evaluation findings, and support the state team work to integrate nutrition

New Obesity Mini ColIN Supports Farm to ECE

The ASPHN Obesity Mini ColIN (Mini ColIN) is helping five states address childhood obesity by making early care and education (ECE) settings healthier and more enriching for children.

Goal:

The Mini ColIN state teams are each taking a state-specific approach to creating an effective and sustained farm to ECE program.

State Action Plans:

Alabama - develop and refine a farm to ECE learning collaborative for ECE providers.

Arizona - create and launch an online farm to ECE professional development trainings.

Colorado - increase farm to ECE in highest need regions through community supported agriculture.

Minnesota - develop needed farm to ECE trainings and resources aimed at their Statewide Health Improvement Program teams.

Ohio - create and disseminate statewide farm to ECE assessments and trainings.

Funding:

The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity and Obesity is supporting the 2019-20 ASPHN Obesity Mini ColIN. The Mini ColIN is in its sixth month, beginning March 2019 and running through July 31, 2020.

For more information contact the ASPHN Obesity Mini ColIN Manager, Emia Oppenheim, PhD, RD, LD emia@asphn.org.

into state Title V programs.

Praise for the Children's Healthy Weight CollN from Eileen Hough:

Participation in the Physical Activity Workstream of the CHW-CollN created the pathway for Nevada to educate families with special needs children about physical activity and how to access resources for inclusive playgrounds and adaptive sporting equipment. Our involvement led to attendance at the ASPHN Annual Meeting and this rich experience resulted in Nevada Maternal and Child Health (MCH) joining ASPHN, as well as the MCH Nutrition Council."

Find [Children's Healthy Weight CollN webinars](#) here. Click on Children's Healthy Weight CollN.

Collaboration Updates



ASPHN multiplies the impact of members' work through strategic partnerships.

Collaboration Committee Accomplishments

ASPHN currently maintains 30+ relationships that multiply the impacts of public health nutrition. These partner relationships are maintained through the work of the ASPHN Collaboration Committee.

New this year:
Collaboration Committee

- Piloted a new structure where members work together in dedicated 'workgroups' that align with ASPHN's Strategic Plan.
- Co-Lead the June 2019 Liaison Training/Networking Call
- Revised and updated the New Liaison Welcome Packet equipping liaisons to better support partner relations.

The Committee will develop and launch our new Work Group Work Plan in the Fall of 2019.

Learn more about the [ASPHN Collaboration Committee](#) here.

New Liaisons with Special Projects Representing Multiple Partnerships

- Amber Brown - Learn the Signs . Act Early.
- Martha Hagen - Building Capacity to Increase Access to Breastfeeding Support.
- Emia Oppenheim - Technical Support for Improving Nutrition Environments of Early Care and Education; and Community of Practice on Childhood Obesity Prevention in ECE in Rural Settings
- Steve Owens - Building Capacity for Future Leaders in Public Health Nutrition Workforce to Address CVD

New Liaison

Latresh Davenport represents ASNNA, The Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies.

2019 New ASPHN Partnerships



- The National Association of Chronic Disease Directors (NACDD) on the DNPAO Ambassador program.
- Nutrition in Food Retail Program Development (NFRPD), a project of the Academy of Nutrition and Dietetics Foundation (AN&D).

Policy Updates

ASPHN strengthens its members' work by keeping legislators and regulators informed of priority issues.

Our members offer state and national



leadership on food and nutrition policy, programs and services that help improve the health of our population.

ASPHN Shapes National Policy

The Policy Committee works closely with the ASPHN Board of Directors, Councils, Committees, members and partner organizations to advance public health nutrition policies and programs through science-based decisions and collective action nationwide.

The Policy Committee wrote letters to Congress, the US Department of Homeland Security, Food and Drug Administration, US Department of Health and Human Services, and Food and Nutrition Service/USDA.

Letter Topics:

- Improving infant mortality outcomes, the impact of proposed public charge rules on current federal, state, and local policies and initiatives targeting food insecurity and poverty here in America,
- Comprehensive nutrition innovation strategies, proposed objectives for Healthy People 2030,
- Requirements for SNAP participants, and regulation of SNAP retailers.

Also on behalf of ASPHN, the Committee reviewed and co-signed 30 letters of public health and nutrition advocacy authored by several partner organizations.

Learn more about the [ASPHN Policy Committee](#) here.

Building Nutrition Policy Advocacy Through Foundational Webinar Series

The Policy Committee, together with the Fruit & Vegetable Council, and support from the students and staff from the University of Tennessee hosted a two part webinar series for ASPHN members. The goal was to increase members' knowledge and involvement in public health nutrition policy and advocacy.

Watch the Webinars:

- [Moving Public Health Nutrition Policies Forward: Foundations of Policy 101](#)
- [Moving Public Health Nutrition Policies Forward: Taking Action - First Look at Fruits & Vegetables](#)

Council Updates



ASPHN facilitates peer support.

The ASPHN consultants are supportive along every step of the way, making it easy to participate. Participating in a Council is an opportunity to learn different leadership styles from the unique perspectives of public health nutrition leaders across the nation. - Elaine Russell (KY)

National Fruit and Vegetable Council Accomplishments

Expanded Membership:

As of June 30, 2019 the [National Fruit & Vegetable Nutrition Council](#) has 129 members, an increase of 165% for the year.

Networking:

Started a National Fruit and Vegetable Nutrition Council Facebook Group to provide Council members a place to communicate about their work in the world of fruits and vegetables.

Offered three all-member networking calls to allow Council members to learn from each other. Topics include, Social Media in Snap-Ed, Farm to

MCH Nutrition Council Accomplishments

Expanded Membership:

As of June 30, 2019 the [ASPHN MCH Nutrition Council](#) has 224 members including 30 MCH Nutrition Council Liaisons, an increase of 31 members with a loss of 1 liaison from June 2018.

Publication:

Released 1 brief on emerging issues in MCH Nutrition: [Guidelines and Health Conditions Related to Timing of Early Infant Feeding: A Review](#)

Training:

Early Care and Education, and The Latest in National Campaigns.

Collaborations:

Partnered with the ASPHN Policy Committee to develop a two-part nutrition policy series Moving Public Health Nutrition Policies Forward. Find links in the Policy Updates section above.

What's Next:

Exploring collaboration opportunities with the National Fruit and Vegetable Alliance.

Find [Fruit and Vegetable Nutrition Council webinars](#) here. Click Fruit & Veg Nutrition Trainings.

Obesity Prevention Nutrition Council Accomplishments



Expanded Membership:

As of June 30, 2019 the [Obesity Prevention Nutrition Council](#) has 129 members. An increase of almost 170% from June 2018.

Networking:

Offered bi monthly 'spotlight on practice' and 'spot light on policy' to allow Council members to learn from each other and network.

Organized quarterly training webinars with guest speakers on emerging issues including trauma-informed nutrition, and nutrition & autism.

Support:

Hosted conversations among MCHB leaders and MCH professionals to enhance understanding of MCHB programs including, National Survey of Children's Health, Pregnancy-Related Care Research Network, and HRSA Agency Overview

Technical Assistance:

Held technical assistance sessions for MCH Nutrition Professionals:

- December 2018: Using Performance Management and Plan Do Study Act (PDSA) Cycling to Improve Nutrition Service Delivery
- May 2019: Engaging Nutrition Into the 5-Year Title V Needs Assessment
- June 2019: Raising Maternal Mental Health Awareness to Address Early Childhood Obesity

What's Next:

ASPHN is continuing in a contract with Maternal and Child Health Bureau to provide technical assistance and training to MCHB Title V Block Grant grantees related to food and nutrition policy, programs and services, with a special focus on bolstering the public health nutrition workforce.

Contact Sandy Perkins at sandy@asphn.org to access MCH Nutrition Council webinars.

Membership Updates



ASPHN members lead public health nutrition.

From advancing the consumption of fruits and vegetables to promoting breastfeeding and maternal and child health and nutrition, to stemming the tide on the obesity epidemic, ASPHN's members share a common drive and passion for public health nutrition.

Recruiting WIC Staff for Membership

The Membership Communications and Outreach Committee (MC&O) works to increase members' skills and knowledge by promoting involvement in ASPHN's programs.

This year the MC&O Committee has developed a PowerPoint presentation to be used to recruit WIC staff.

Topics Include:

- Connections between ASPHN and National WIC Association messages
- Direction to relevant resources,
- Membership types

Contact Allison McGuigan at allison@asphn.org for more information.

Members and Volunteers

ASPHN has welcomed 75 new members in 2019. The total membership is now over 460 strong and new members are joining every month. Our membership is active, with 175 members volunteering on ASPHN committees & councils and 16 on the Board.

What's Ahead

Partnership Training Series Kicks Off in Fall 2019

ASPHN is preparing the new Partnership

Special Focus on Farm to School

With special funding for one year only, ASPHN will work with CDC, Division of Nutrition, Physical Activity and Obesity and National Farm to School

Development Training Series for launch in Fall 2019. Participants will gain the skills and confidence needed to successfully lead collaborative relationships that result in improved eating and activity habits among communities and states.

Contact Shana Patterson at shana@asphn.org for more information.

New Products to be Released in Late 2019

Through the contract that ASPHN has with the Maternal and Child Health Bureau in the Health Resources and Services Administration, several new products will be released in late 2019. The new products are related to the Title V state-wide needs assessment, emerging issues in nutrition and pregnancy, and early care and education settings in rural communities.

Watch the [ASPHN press room page](#) for news on these new products.

Network to provide technical assistance to High Obesity Program (HOP) Recipients.

Contact Karen Probert at karen@asphn.org for more information.

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