



News from the Association of State Public Health Nutritionists

November 2019

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Just Announced: 2020 ASPHN Annual Meeting Location, Colorful Colorado

Save the date for the 2020 ASPHN Annual Meeting which will take place Sunday, June 14 through Tuesday, June 16 in beautiful Denver, CO. Colorado is known for its lovely landscape, which is colorful across the seasons, as well as its [many exciting attractions](#).

The conference site is the newly renovated [Holiday Inn, Denver - Cherry Creek](#) where you will enjoy sleek rooms and excellent service.

Watch the ASPHN newsletter for details as the planning committee develops an exciting agenda.

NOTE: This hotel will be changing their flag to the DoubleTree hotel after the first of the year so we can look forward to those famous DoubleTree fresh baked cookies!

Questions? Contact Cyndi Atterbury at cyndi@asphn.org.

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ASPHN Membership Benefits WIC Staff

Do you know people who work in WIC and aren't members of ASPHN? Looking for a way to show the value of ASPHN to WIC staff?



Please check out and share this video! Special thanks to Carol Friesen (IN) for producing and providing voiceover for this presentation!

[Learn more about ASPHN membership here](#) or contact Allison McGuigan at allison@asphn.org.

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Fresh Resource: Healthy Beverage, Healthy Kids Toolkit

Do you need definitive materials clarifying which beverages are healthy for children? Check out the [Healthy Beverage, Healthy Kids partners page](#) from Healthy Eating Research.

Healthy Eating Research, a national program of the Robert Wood Johnson Foundation, has created scientific evidenced-based recommendations on what children should be drinking. Along with clear recommendations, the group also provides a toolkit, handouts, and shareable infographics.

Select the materials that best fit your needs and strengthen your communications about healthy drinks for kids.

Please also share this healthy beverage toolkit with your colleagues. ASPHN posted this resource on Facebook and

reached more than 840 people. See the [September 25 Facebook post](#) here!

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ASPHN Highlights Early Career Opportunities in Public Health Nutrition

Considering a career in Public Health Nutrition? Follow the [ASPHN Facebook](#) page and join our discussion on education, credentials and experiences that will enhance your candidate profile as an early career public health nutritionist. This quarter we are exploring career opportunities for people with RDN, CDE and IBCLC credentials.



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Internship Highlight: Addressing Diabetes Among African Americans

Tennessee consistently ranks among the top 7 states with the highest diabetes rate. At Metro Public Health Department in Nashville/Davidson County, TN, ASPHN Intern, Peter Kalu, supports several outreach strategies to engage African Americans for diabetes education and awareness.



African American communities within North and South Nashville have some of the highest rates of diabetes in Tennessee. "People living in these communities also experience environmental barriers to health and fitness, such as food deserts and limited access to recreational centers. These environmental factors make it difficult to engage in a healthy lifestyle and reduce diabetes risk," says Peter.

Through Peter's internship project, the health department partnered with businesses to offer discounted fresh fruits and vegetables to residents who participate in the community awareness activities. The health department is also using social media to reach these communities for diabetes awareness.

About his internship experience, Peter says, "It has increased my understanding of social determinants of health and their impact on diabetes risk. If people had access to healthy food options and opportunities to routinely engage in physical activity, these small things could make a big impact on diabetes among African Americans in Nashville."

Upon completion of his master of science in public health program at Meharry Medical College, Peter hopes to enter medical school there as well. "As a future physician, I will use lessons instilled in me through the ASPHN internship program and Meharry to consider my patients' community and living environment while addressing their health concerns," says Peter.

You, too could be part of this career-building program! Watch the ASPHN newsletter for Health Equity Internship Program application instructions for the Fall 2020 internship session.

To get more information about the ASPHN Health Equity Internship program, [visit the ASPHN website](#) and contact Dr. Steve Owens at internship@asphn.org.

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Join Breastfeeding Work Groups at USBC

The United States Breastfeeding Committee (USBC) is driving collaborative social change through work groups called constellations or learning communities. These focus on a variety of breastfeeding support topics such as paid

maternity leave, reduction of formula marketing, or education opportunities.

[View a full list of the USBC constellations here.](#)



ASPHN is looking for members interested in participating in these work groups. Contact Martha Hagen at martha@asphn.org for details.

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Become an ASPHN Liaison to USBC

Have a passion for breastfeeding? ASPHN is seeking a member to serve as one of four member representatives to the [US Breastfeeding Committee \(USBC\)](#). This person will participate alongside the current representatives, Robin Stanton, Suzanne Haydu, and Kelli Stader.

Representatives are responsible for reporting on ASPHN's organizational activities related to breastfeeding to USBC. Member representatives also have the opportunity to participate in biannual USBC meetings and USBC Constellations, where organizations come together in action-focused work teams.

If you think this might be a good fit for you, please contact Shana Patterson at shana@asphn.org.

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Welcome New Members!

ASPHN expanded its network of talented professionals in October with 8 new members.



Expanded Member:

Aislynn Basta, RDN, LDN, CLC in the WY Dept of Health

Associate Members:

Somadee Cheam, student, University of MN

Amber Lee, student, Columbus State Community College

Teresia Mbogori, Assistant Professor, Ball State University

Megan McKelley, student, Columbus State Community College

Karen Ngugi, student, Auburn University

Alison Patrick, MPH, RD, LD, Cuyahoga County Board of Health

Lauren Pringle, student, University of MN

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 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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