



News from the Association of State Public Health Nutritionists

February 2020

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Fresh Opportunity: Children's Healthy Weight - State Capacity Building

Your state could be one of the three states ASPHN includes in its application to the Children's Healthy Weight State Capacity Building Program ([HRSA-20-043](#))!



[Complete the interest survey by February 26.](#)

Watch your inbox for emails from Association of State Public Health Nutritionists with more information, including the email sent on February 5.

The objective of the program is to develop state models integrating MCH nutrition in Title V, which can then be implemented and replicated in states nationwide.

Contact Sandy Perkins with questions at sandy@asphn.org.

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ASPHN Celebrates Black History Month

Please join our celebration at [See It. Say It. Share It.](#) as we salute ASPHN's extraordinary African American leaders, both past and present, and share some of the resources and programs making a positive impact on future generations. Together, public health nutritionists are **joining forces for health food sources!**

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Fresh Resources for CACFP

Get inspiration to raise the bar for health in your Child and Adult Care Food Program.



Browse the updated [brief on CACFP meal patterns](#).

Check out this webinar from the [January Obesity Mini CoIIN](#).

Share this [training tool for feeding infants from USDA](#).

All of these support the guidance provided by the ASPHN Brief [Guidelines and Health Conditions Related to Timing of Early Infant Feeding](#).

For more information on nutrition in CACFP contact Shana Patterson at shana@asphn.org and Emia Oppenheim at emia@asphn.org.

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Moving Public Health Nutrition Policies Forward: First 1000 Days Webinar

Tap into 1000 Days as an invaluable asset when developing strategies to address key public health nutrition issues at the national, state and local levels. Join the 1000 Days webinar hosted by ASPHN's MCH Council together with the Policy Committee.



Moving Public Health Nutrition Policies Forward:
Supporting Moms and Babies In the First 1000 Days

Thursday, February 20th, 2020
From 2:00 - 3:00 pm EST

ASPHN's new partner [1000 Days](#) is the leading nonprofit organization working to ensure women and children in the U.S. and around the world have the healthiest first 1,000 days (pregnancy to age 2).

Participants will:

- Learn about the 1000 Days platform as well as its policy positions, strategies and advocacy activities, and
- Gain experience in searching the 1000 Days website and its extensive resources.

Please join the webinar from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/468393637>

You can also dial in using your phone.
United States: +1 (872) 240-3412

Access Code: 468-393-637

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/468393637>

Contact Michelle Futrell or Sandy Perkins with questions at michelle@asphn.org and sandy@asphn.org.

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Watch Your Inbox: ASPHN Board of Directors Election Ballot Comes Out in March

The ASPHN Governance Committee is preparing the ballot for the 2020-2021 Board election! Voting members will receive their ballot and instructions via email in March. Position terms begin August 1.



[View the descriptions of open board positions on asphn.org's About page.](#)

Contact Diane Peck with questions at diane.peck@alaska.gov.

Positions to be elected:
President-Elect (requires previous experience on the Board of Directors)
1 year term followed by 1 year as president and
1 year as immediate past president

Treasurer
2 year term

Director at Large (3 positions)

2 year term

Chair-elect, MCH Nutrition Council

1 year term followed by one year as Chair and one year as Governance Committee member

Chair-elect, Fruit and Vegetable Nutrition Council

1 year term, followed by one year as Chair and one year as Governance Committee member

Chair-elect, Obesity Prevention Nutrition Council

1 year term followed by one year as Chair and one year as council past chair on the Governance Committee member

Governance Committee members (3 positions)

1 year term (non-board position)

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Get Involved: Leadership Opportunities at ASPHN

Now is a great time to step into a leadership role at ASPHN.



First-time and returning ASPHN volunteers are welcome. This is your opportunity to expand your leadership skills, national network, content expertise and comprehensive understanding of public health!

Committees

[Membership Communication and Outreach Committee \(MC&O\)](#) promotes membership opportunities and provides guidance to ASPHN members and its partners regarding communication initiatives. Contact Allison McGuigan at allison@asphn.org.

[Policy Committee](#) monitors key national issues that align with the strategic goals of ASPHN. The Committee works with ASPHN members and partner organizations to improve our communication and elevate the visibility of public health nutrition issues. If you'd like to help out with the Policy Committee's efforts, contact Michelle Futrell at michelle@asphn.org.

[Collaboration Committee](#) seeks partnerships that advance the Association's mission, vision and values and that advance the goals outlined in our strategic plan. In working with a variety of partner organizations, we work to expand our visibility and effectiveness. Contact Shana Patterson at shana@asphn.org.

Council Leadership Teams

[National Fruit & Vegetable Nutrition Council](#) serves as an organized voice of state public health nutrition leaders in public health planning that affect fruit and vegetable consumption. Contact Sandy Perkins at sandy@asphn.org.

[Obesity Prevention Nutrition Council](#) strengthens policy, environmental change, programs and services to decrease obesity across the nation. Contact Sandy Perkins at sandy@asphn.org.

[MCH Nutrition Council](#) provides national leadership for efforts to achieve optimal well-being through healthy eating and active living among the maternal and child health population, including those served by Title V/MCH Block Grants. Contact Sandy Perkins at sandy@asphn.org.

Committee and council volunteers generally prepare for and attend one meeting per month plus review materials to give guidance on special projects. That is a small amount of time

considering the great impact these teams make on the health of our nation.

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ASPHN Announces New Partnerships, Seeks New Liaison

ASPHN is pleased to announce two new 2020 partner organizations, The American Heart Association (AHA) - Healthy for Life Program, and 1000 Days.



Through the work of the Collaboration Committee ASPHN actively seek partnerships that advance our mission, vision and values that will also advance the goals in our strategic plan.

[AHA's Healthy for Life 20 by 20](#) program is improve the health of all Americans by empowering people to make healthy food, nutrition and lifestyle choices. It inspires families to make healthy food choices part of their everyday lives.

ASPHN is also looking for a volunteer Liaison to communicate ASPHN's mission, programs and activities to AHA's Healthy for Life 202 by 20 and bring back to ASPHN information about emerging issues and campaigns, potential resources and funding opportunities. If you are interested in becoming a liaison or if you have interest in using the Healthy for Life program & materials, please contact Shana Patterson at shana@asphn.org.

[1000 Days](#). In this issue, please see the article ' Moving Public Health Nutrition Policies Forward: First 1000 Days Webinar' for more information.

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Intern Highlight: Addressing Heart Disease in Young African Americans

ASPHN interns Jontrell Mack and Alexandria Morgan are addressing cardiovascular disease (CVD) among African Americans by assessing its risk and developing early prevention interventions among African American college students in Mississippi.



Jontrell Morgan

Through their pilot internship project at Tougaloo College, where they are undergraduate students, they serve as campus health ambassadors, assessing risk behaviors among a sample of students on their campus. Additionally, these ambassadors are piloting CVD risk reduction interventions among cohorts of students within select college departments.

"Since beginning my ASPHN internship, I have learned about cardiovascular disease and its massive impact on the African American community," said Jontrell.



Alexandria Morgan

Both interns have family members with cardiovascular disease. Alexandria says, "My grandmother is impacted by heart disease. Hopefully, outcomes from this pilot project will provide insight for reducing CVD risk among African American college-aged students that can be replicated at other historical Black colleges."

These ASPHN interns plan to make their mark within the health arena. Jontrell plans to attend law school upon graduating from Tougaloo College. "Health is a civil right. I plan to become a civil rights attorney," said Mack.

Witnessing the impact of CVD on her community and grandmother, Alexandria plans to become a biomedical researcher focusing on Women's Health. After completing her third year in the 3 + 2 pre-engineering program at Tougaloo, she will enroll in Mississippi State University for two years to complete her degree in biomedical engineering.

For more information about the health equity internship program, contact internship@asphn.org.

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Welcome New Members!

ASPHN expanded its network of talented professionals in January with 19 new members.



Expanded Members:

Maureen Brown, LDN in the NH Division of Public Health

Emily Charnock, MS in the VT Dept of Health

Lisa Corman, MS, RD, LD in the NH Division of Public Health

Alana Gowin, MS, RD in the CO Dept of Public Health and Environment

Stefanie Lynn, MS, RD, LD in the OH Dept of Health

Tanya O'Connor in the CO Dept of Public Health and Environment

Toni Piechota, MS, MPH, RDN in the CA Dept of Public Health

Amanda Shumway, IBCLC in the AZ Department of Health Services

Associate Members:

Toluwani Awokoya, student, University of MN

Kathryn Coakley, PhD, RDN, University of NM

Marianna Colucci, student, University of MN

Karen Goff, LD at Broadlawns Medical Center in Des Moines, IA

Nancy Jiang, student, University of MN

Jee Hyun Lee, student, University of MN

Wendy Lukas, student, The Sages College, NY

Moko Matsumoto, student, University of MN

Kristin Norderud, student, University of MN

Molly Pass, student, University of MN

Graydon Yatabe, RDN, MPH with US Centers for Disease Control and Prevention

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



ASPHN

Advancing Health Through Leadership

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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