

News from the Association of State Public Health Nutritionists



March 2020

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Call for Posters: ASPHN Annual Meeting

Request to present your poster at the ASPHN Annual Meeting *2020 Vision & Leadership in Public Health Nutrition!*



The ASPHN Annual Meeting planning committee invites members and non-members alike to [submit a request to present here](#).

Requests are peer-reviewed and authors of approved posters will have the opportunity to talk to Annual Meeting attendees during the morning coffee breaks on Monday, June 15 and Tuesday, June 16.

The latest details about the ASPHN Annual Meeting are on the [ASPHN website](#). Registration opens this month and you can reserve your conference hotel room at the DoubleTree Denver Cherry Creek today!

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A Heartfelt Thank You...

ASPHN offers heartfelt thanks to our generous donors who made year-end contributions to ASPHN in 2019: Jennifer Dellaport (CO), Takako Tagami (MO), Max Young (CO), and those donors who wish to remain anonymous.



Your gift strengthens our ability to accomplish 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.

We are honored by your gift!

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National Nutrition Month: Join the March Celebration

Watch [ASPHN's Facebook page](#) for inspiration, training, tips and tools that can enhance your nutrition programs and advance your career.



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ASPHN's Development Digest: Your Professional Development Bulletin

The pursuit of learning is good for your professional development and personal growth.



Catch up on the latest issue of ASPHN's [Development Digest](#) to gain a broader understanding of lifelong learning, get inspired by career connections made through continuing education, and find out how you can earn CEUs through ASPHN.

For past articles, be sure to visit [ASPHN online](#).

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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.

Who votes?

- Council members vote for a chair-elect of the council they are a member of. If someone is a member of all three councils they will receive a ballot for each council.
- Designees will cast the general ballot for their state. The general ballot includes elections for the positions of president-elect, treasurer, directors at large, and Governance Committee membership.

Your vote counts!

- ASPHN requires a response rate of 30% in order for the results to be valid. For example, the MCH Nutrition Council needs 75 of its members to cast their vote!

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Powerful Partnerships: ASPHN is an Active Member of Breastfeeding Public Health Partners

As a member of Breastfeeding Public Health Partners (BPHP), ASPHN networks and collaborates with other national organizations to support breastfeeding.

National Association of County and City Health Officials (NACCHO) is funded by Division of Nutrition Physical Activity and Obesity to convene BPHP. Through its project, Reducing Breastfeeding Disparities Through Continuity of Care, NACCHO works with interested USBC members to create a Continuity of Care Toolkit for communities. [Visit the NACCHO website for related resources.](#)

Watch for more resources from these BPHP members in upcoming ASPHN newsletters.

- American Academy of Pediatrics (AAP),
- Association of Maternal and Child Health Programs (AMCHP),
- Association of State and Territorial Health Officials (ASTHO),
- Carolina Global Breastfeeding Institute (CGBI),
- Moms Rising,

- National Association of Professional and Peer Lactation Supporters of Color (NAPPLSC),
- National WIC Association (NWA), and
- United States Breastfeeding Committee (USBC)

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Education Opportunity: 2020 Summer Public Health Institute

Whether you'd like to broaden your career options, gain new skills or simply explore topics in public health, the University of Minnesota Summer Public Health Institute has courses to meet your needs.

More than 30 courses are offered in the following topics: the impact of globalization, food safety and protection, emerging infectious diseases, culturally responsive public health practices, health leadership and management, preparedness, woman and child health, and research methods.

Participants can design an educational experience that can be applied toward a degree program or professional continuing education. Most courses span one week and provide participants with skills that can be used right away. Space is limited. [Register today!](#)

Contact Meghan Taylor with questions at 612-626-8434 or tayl0427@umn.edu.

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Internship Highlight: Staying Fit Beyond Collegiate Sports

ASPHN intern, Jessica Norman, seeks to improve college athletes' behavior about diet and nutrition. According to the Gatorade Sports Science Institute, due to their increase in energy intake, football players meet or often exceed the dietary recommendations for fat. Additionally, saturated fatty acid intake tends to be high in football players and puts them at risk for cardiovascular disease (CVD).



Jessica Norman

"My internship project helps me understand the importance of good nutrition during and after the collegiate sports career," said Jessica. "Too often many collegiate football players continue to consume high caloric foods during the off-season and after playing college sports. These poor diet behaviors put them at risk for obesity, CVD and even early death."

Through her internship with the North Carolina Central University Athletic Department, Jessica, is teaching Division 1 Football players the importance of good nutrition, and how healthy foods can help them meet their performance goals .

Currently, Jessica is an undergraduate public health education major at North Carolina Central University. She plans to sit for the Certified Health Education Specialist (CHES) exam in October 2020. Eventually, she will pursue a masters of public health with a nutrition focus or a nutrition master's degree.

"Good nutrition and exercise should expand beyond team sports. I envision a career working with children or underserved communities and teaching them about the importance of healthy eating and routine physical activity," said Jessica.

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

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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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