

## *ASPHN Annual Meeting Highlights June 2020*

### In This Issue

Positioning Ourselves for the  
Future: Strategic Skills for  
Leadership Workshop

Pathway to Healthy  
Sustainable Diet

State Sharing: COVID-19  
Response Strengths and  
Weaknesses

Celebrate the 2020 ASPHN  
Annual Awardees

Creating an Active America,  
Together: Pivot, Redirect and  
Respond

Food and Drug  
Administration

Maternal and Child Health  
Bureau

United States Department of  
Agriculture

Congratulations to ASPHN  
Student Poster Session  
Winners

ASPHN Health Equity Interns

ASPHN Membership Benefits

ASPHN National Leadership  
Councils

Article Headline

Thank You to the Planning  
Committee

About ASPHN

### Remembering the Best Moments from the ASPHN 2020 Annual Meeting

Take a fresh look at the 2020 Annual Meeting keynote workshops, along with federal and ASPHN-specific learning sessions. Follow links to videos and slides from your favorite presentation or learn from a presentation you missed. Also, celebrate the annual awards and poster session winners. All these opportunities are included below in this meeting summary.

Stay connected to leading-edge education and emerging discussions in public health nutrition. [Sign up for the monthly ASPHN Newsletter at \[asphn.org\]\(http://asphn.org\)](#). Scroll to the purple section near the bottom of the page.

## Keynote Presentations

### Positioning Ourselves for the Future: Strategic Skills for Leadership Workshop

**Rocky Mountain Public Health  
Training Center:**

Sara Davis, MNM



Sara Davis

This teaching and breakout session helped attendees apply systems thinking to state, local and community challenges.

Breakout session focuses include:

- Developing systems thinking skills to apply in the workplace
- Applying systems thinking in your workplace
- Supporting systems thinking development for others

Attendees left with personal and professional goals to further systems change work within their sphere of influence.

[Get the slides.](#) [Get the Iceberg Model.](#)

[Back to top](#)

### Pathway to Healthy Sustainable Diets

**T.H. Chan School of Public Health  
Harvard University**

Walter Willett, MD, DrPH



Dr. Willett discussed the role of diet and agricultural practices in sustaining human health.

Highlights include:

- Planetary diet recommendations to improve human health and reduce greenhouse gases by including more plants, less red meat and less dairy as compared to the 2015 Dietary Guidelines for Americans
- Education and action opportunities for biodiversity child labor in agriculture production
- Hope for integrating nutrition in to medical health care education

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

[Back to top](#)

---

## State Sharing: COVID-19 Response Strengths and Weaknesses

### ASPHN

Emia Oppenheim, PhD, RD  
with Facilitators



Amber Brown, RDN, ASPHN Consultant

Betsy Anderson Steeves, PhD, RD, Assistant Professor at  
The University of Tennessee

Cyndi Atterbury, MPA, RDN, ASPHN Director of Operations

Diane Golzynski, PhD, RD, Director of Office of Health and  
Nutrition Services at the Michigan Department of Education  
and President of the ASPHN Board

Jennifer Young, MPH, EdD, RDN, School Wellness Policy  
Coordinator at the Oregon Department of Education and an  
ASPHN Director at Large

Karen Probert, MS, RDN, ASPHN Executive Director

Steve Owens, MD, MPH, MA, ASPHN Consultant

Thometta Cozart, MS, MPH, CHES, CPH, ASPHN Consultant

This facilitated sharing session, with regional breakout groups, fostered hope and meaningful connections with local colleagues. Participants discussed public health nutrition changes that will remain after COVID-19, successful strategies that should be continued and challenges to address going forward.

[Get the slides.](#)

[Back to top](#)

---

## Annual Awards

### Celebrate the 2020 ASPHN Annual Awardees

#### Jennifer Dellaport

EXCELLENCE IN PRACTICE

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



"Jennifer Dellaport has been a consistent advocate for public health nutrition throughout her career, focusing on the health of the youngest, most vulnerable and underserved. Focusing on strategies to prevent chronic disease from the

very start is a hallmark of Jennifer's work. ...[She] is an amazing collaborator, gathering individuals and groups from around the state and nation."

*-Emily Bash, ASPHN Board of Directors*

## **Susan Foerster**

EXCELLENCE IN ADVOCACY

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



"Susan Foerster has been a crucial member of the ASPHN Policy Committee, as she communicates urgent policy-related news to the committee and has been instrumental in crafting ASPHN comments for the Proposed SNAP Requirements for Able-Bodied Adults Without Dependents and the Dietary Guidelines for Americans 2020 among many others. Her dedication to nutrition policy and ensuring professionals are informed about relevant changes should be applauded and rewarded."

*-Latresh Davenport, ASPHN Policy Committee*

## **Heather Harrison-Catledge**

MCH NUTRITION COUNCIL LEADERSHIP

Heather 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.



"Heather's collaborative leadership style to the council enables her to move ideas forward. She does this by being approachable, open with her thoughts and ideas, respectful of other people's thoughts and ideas, seeking to understand by clarifying and questioning. Heather's can-do attitude has been instrumental in moving the Council forward in strengthening connections between WIC and MCH leaders and the role each group plays in working together to improve the well-being of the MCH population."

*-Mikaela Schlosser, Jennifer Dellaport and Jamie Stang, MCH Nutrition Council*

## **Ashley Schimke**

NATIONAL FRUIT & VEGETABLE NUTRITION COUNCIL LEADERSHIP

Ashley is honored for outstanding contribution to public health nutrition specifically related to increasing fruit and vegetable consumption. This award also recognizes her leadership role with federal partners and the National Council of Fruit & Vegetable Nutrition Coordinators.



"Ashley is the youngest of the ASPHN Obesity Mini CoIIN team leads and is really committed to Farm to ECE because she believes providers are most interested in this program as a way to improve fruit and vegetable consumption. Fresh food access is a challenge for ECE providers, and she often talks about helping preschools connect to local foods to improve this food system glitch. She helps ECEs identify operational challenges and address them."

*-Megan Hlavacek, National Fruit & Vegetable Nutrition Council Leadership Team*

## **Helen Brown**

OBESITY PREVENTION NUTRITION COUNCIL LEADERSHIP

Helen is honored for outstanding contribution to public health nutrition specifically related to obesity prevention.

"Helen is constantly looked to to give the council clear

purpose. Helen posed important questions to the council to understand and move the purpose forward. Her background in evaluation served to make sure that our council efforts led to productive discussions and products that would be worthwhile and useful for members. Helen looks for practical application of tools, resources and information for everyday use."

*-Elaine Russell, Obesity Prevention Nutrition Council*

[Back to top](#)

## Federal Updates

### Creating an Active America, Together: Pivot, Redirect and Respond

#### CDC-DNPAO Annual Update:

Terry O'Toole, PHD, MDiv

In the changing environment of policy and funding, much work and accomplishments continue across the U.S. and Territories. Gain new information or be reminded about the many investments, resources, support and work that is happening with and through DNPAO.



Highlights include:

- Results of the current funding streams, including 1305, 1416/1613, REACH, CORD and 1421
- DNPAO strategic priorities, challenges, progress and new initiatives
- New program investments and funding opportunities, including SPAN, HOP and REACH programs.

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

[Back to top](#)

### "Behind the Label" with the Food and Drug Administration

#### FDA Update

Maya E. Maroto, EdD, MPH, RD

Dr. Maroto, a Public Health Educator in the Education and Outreach Branch of the FDA updated us about FDA's upcoming Nutrition Facts label education and awareness campaign, which include many new materials.



Highlights include:

- Nutrition Innovation Strategy to empower consumers and encourage manufacturers to make healthy food
- Food label updates such as fiber, added sugar, serving size and dual labeling
- Nutrition Facts Label consumer education campaign materials in Spanish and English

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

[Back to top](#)

### Maternal and Child Health Bureau

#### MCHB Update:

Michael Warren, MD, MPH, FAAP

MCHB shared the message of Accelerate Upstream Together and came ready to listen, prompting active discussion.



Discussion highlights include:

- Adaptations professionals are making to support MCH nutritional needs
- Primary challenges and needs facing the public health nutrition workforce
- Ideas for opportunities to address nutritional needs of MCH populations

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

[Back to top](#)

---

## United States Department of Agriculture

### USDA Update:

Donna Johnson-Bailey

USDA provides many programs and services that support equitable opportunities for food access and skill development. Learn about successful nutrition and food programs and services that can be utilized throughout the U.S.



Highlights include:

- COVID-19 response and emergency legislation
- Programs to address and respond to these issues
- Updates and successes related to their Food and Nutrition Programs: WIC, Child Nutrition Programs, Supplemental Nutrition Assistance Programs, and Additional Nutrition Programs
- USDA Science Blueprint 2020-2025 Food and Nutrition Translation

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

[Back to top](#)

---

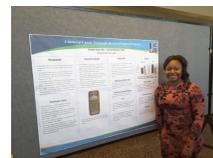
## Poster Session

### Congratulations to ASPHN Student Poster Session Winners

#### Lessons Learned from Interventions and Research

##### First Place

Abigail Rider: Summer Nutrition Program Site Availability in Tennessee  
University of Tennessee Knoxville



Hannah Scott with her poster.

##### Second Place, Tied

Mary Kate Robbins: Assessing Basic Needs Insecurity Prevalence and Associated Factors among College Students Enrolled at a Large, Public University  
University of Tennessee Knoxville

##### Second Place, Tied

Emily Wojtowicz: Is it time to apply Baby Friendly Hospital Initiative approaches in the primary care setting?  
University of Tennessee Knoxville

[View all of the thoughtful and important student research posters on \[asphn.org\]\(http://asphn.org\).](#)

[Back to top](#)

---

## Spotlight on ASPHN Health Equity Interns

Congratulations to the ASPHN Health Equity Interns presenting relevant and timely research at the ASPHN Student Poster Session!

Undergraduate and graduate students from minority-serving institutions gained real-world experience as they complete 12-week health equity projects at federal, regional, state and local health agencies.

Maher Ahmed: Sustainability Plan for the Georgia Eat. Move. Talk! Program  
Georgia State University

Chomel Johnson: Extending SNAP-ED Nutrition Education to Seniors in Central Eastern Florida  
Bethune-Cookman University

Jontrell Mack: Assessment of Cardiovascular Disease Risks of Historical Black College Students  
Tougaloo College

Alexandria Morgan: Prevention of Cardiovascular Disease Among Historically Black College Students  
Tougaloo College

Jessica Norman: Meeting Dietary Needs of Special Populations: Athletes  
North Carolina Central University

Since 2002, the internship program has prepared nearly 1,000 students with practical skills in the Essentials of Public Health Services and Core Competencies of Health Education and Promotion.

[Find out more about the ASPHN Health Equity Internship Program at asphn.org.](https://www.asphn.org/)

[Back to top](#)

---

## General Sessions

### ASPHN Membership Benefits

**See What Members are Saying!**

Are you interested in learning more about ASPHN? Tune in to this slide presentation to see what members have to say about the membership benefits they enjoy most!



[Join ASPHN now!](#)

#### **Membership Discount!**

If you fall into our Associate Member category - individuals with an interest in public health nutrition who do not work for a state health department - you can join ASPHN for the remainder of 2020 at half off the regular dues rate. That's \$25 for 6 months of membership. Just complete our brief membership application and pay for a half-year membership.

[Back to top](#)

---

### ASPHN National Leadership Councils

**Which ASPHN Council is Right For You?**

Sandy Perkins

Megan Hlavacek

Heather Harrison-Catledge

Elaine Russell

ASPHN Councils provide national leadership in public health planning that affect fruit and vegetable consumption, obesity prevention and MCH nutrition.

Council leaders introduced the history, work plan and priorities for each group and highlighted recent projects. All members are encouraged to join.

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

[Back to top](#)

## Growth Experiences

### Colleague Connections and Self-care

No summary can quite capture the full impact of actually quite capture the full impact of actually attending the ASPHN Annual Meeting. Special growth experiences included networking sessions, restorative physical activity and calming yoga.

#### Learn Some Self-Care Methods in These Trying Times

Nicole Coyle PhD, DD, MAC

Nicole demonstrate simple, practical tools, techniques and exercises that healthcare professionals and providers can use daily to help navigate the multi-faceted origins of stress created by these unprecedented times.



[Basic Tapping Sequence.](#) [Breathwork for Anxiety.](#)

**Plus...**

**Fruit & Vegetable Nutrition Council Breakfast Meeting**

**Happy Hour Student Networking**

**Meet the Leadership Coffee Hour**

**Self-care Breaks**

**Take a Walk + Call Your Colleague**

**Welcome and Meet Your Colleagues**

[Back to top](#)

## Acknowledgements

### Thank You to the Planning Committee

Thank you to the 2020 ASPHN Annual Meeting planning committee for your thoughtful and energetic guidance in bringing about this powerful experience. The data, training and resource shared at Annual Meeting have the potential to transform policies, systems and environments to offer greater well-being for our neighbors and everyone across our nation.



#### 2020 ASPHN Annual Meeting Planning Committee

##### Chair

Tiffani Grant (MS)

##### ASPHN Members

Abby Gold (MN)

Betsy Anderson Steeves (TN)

Helen Brown (ID)

Joy Chibuzo

Matilda Johnson (FL)

Rachel Klenzman (TN)

Terrell Brock (WI)  
Cheryl Hill (TN)  
Jennifer Dellaport (CO)  
Melissa Lonsberry (MI)  
Phyllis Allen (SC)  
Takako Tagami (MO)

#### Federal Partners

Claire Heiser  
Donna Johnson-Bailey  
Heidi Blanck  
Samantha Croffut

#### ASPHN Consultants

Martha Hagen  
Allison McGuigan  
Lourdes Pogue  
Maddie Pogue  
Thometta Cozart

These committee members volunteered 30+ hours to provide input about potential speakers, flow of the meeting and activities.

You, too, can advance your meeting planning skills, influence speaker selection and activities, build relationships with national colleagues and enhance your resume through this volunteer experience. Contact Cyndi Atterbury to join the 2021 ASPHN Annual Meeting Planning Committee at [cyndi@asphn.org](mailto:cyndi@asphn.org).

[Back to top](#)

---

## 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](#).

[Back to top](#)