



# News from the Association of State Public Health Nutritionists



*September 2020*

## In This Issue

**Opt-In to ASPHN Councils  
Today**

**Webinar: American Heart  
Association Mini-Grant  
Opportunity.**

**Step Forward in Leadership:  
Apply to the 2021 Class of  
Growing ASPHN Leaders**

**Short-Term Leadership  
Opportunity**

**Share Stories of Success  
from the ASPHN Public  
Health Nutritionists Hall of  
Fame**

**Upcoming Opportunity: WIC  
Developmental Monitoring  
Project Year 3**

**Get Inspiration for September  
National Fruit and Vegetable  
Month**

**Fresh Resource: New Cultural  
Sensitivity Toolkit from MCHB**

**Intern Highlight: ASPHN  
Welcomes Fall Health Equity  
Interns**

**Fresh Resources: National  
Breastfeeding Goals and  
Guidance**

**ASPHN Welcomes New  
Members!**

**About ASPHN**

## Opt-In to ASPHN Councils Today

Join ASPHN Councils! Choose the ASPHN Council(s) that best align(s) with your passions and program objectives by responding to the Monday, September 14 email poll.



### Benefits of ASPHN Council Participation

- Members can join ASPHN Councils at no additional cost
- Attend national networking calls, leading-edge trainings and webinars specific to your area of interest
- Influence and help with ASPHN decision making in your area of expertise
- Network with other state and national leaders
- Build your leadership portfolio
- Access available CEUs

The ASPHN Board has recognized that the process of joining or changing Councils is not as easy for current members as it is for new members.

On Monday, September 14 you will receive a brief ASPHN Councils Membership survey. Please take a moment to opt-in to any Councils. Respond to the poll by Friday, September 25 with your selection(s) to begin new or continue current council membership.

If you do not indicate that you wish to join a councils you will be dropped from ASPHN councils membership, but your ASPHN membership status will not change.

### Visit the ASPHN Council Webpages

- [Maternal & Child Health \(MCH\) Nutrition Council](#)
- [National Fruit & Vegetable Nutrition Council](#)
- [Obesity Prevention Nutrition Council](#)

If you have questions about participation on any of the ASPHN Councils, please contact Sandy Perkins at [sandy@asphn.org](mailto:sandy@asphn.org).

[Back to top](#)

## Webinar: American Heart Association Mini-Grant Opportunity

Healthy for Life: A Health Promotion Model Improving Confidence and Dietary Behaviors



1:00pm September 16, 2020 Eastern Time  
[Register now!](#)

Presented by Heather Gavras, MPH, RDN,  
Program Lead, Healthy for Life, American  
Heart Association.



Hosted by ASPHN and the [Collaboration Committee](#).

Overview: The Association of State Public Health Nutritionists is excited to announce a grant opportunity supporting the [Healthy for Life®](#) community nutrition program, an initiative lead by Aramark and the American Heart Association (AHA). The evidence-based nutrition education experiences are developed by food and nutrition experts based on AHA science.

This webinar will provide detailed information about the implementation of the Healthy for Life® program as well as grant application process details. Five, \$2,500, Healthy for Life community nutrition program grants are available. [Read the promotional flyer here](#).

Contact Shana Patterson Holland at [shana@asphn.org](mailto:shana@asphn.org) with questions.

[Back to top](#)

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## Step Forward in Leadership: Apply to the 2021 Class of Growing ASPHN Leaders

Step forward in your personal and professional leadership through the Growing ASPHN Leaders program.

[Apply by Friday, October 9th. Download the application here.](#)



The 6-month Growing ASPHN Leaders program uses select books and monthly discussion groups to challenge participants in key skills, such as self-reflection, vulnerability, ethical decision-making, equitable practices, and mentoring. Practicum projects also give class members opportunity to apply what they learn to current work environments.

Find out more by following these links:

[Program Description](#)  
[ASPHN Leadership Page](#)

Contact Shana Patterson Holland with questions at [shana@asphn.org](mailto:shana@asphn.org).

[Back to top](#)

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## Short-Term Leadership Opportunity: Annual Meeting Planning Committee

Join the 2021 ASPHN Annual Meeting Planning Committee!

The goal of this committee is to plan an interesting, educational annual conference for members, partners, and stakeholders.

The 2021 committee has the challenge and opportunity to imagine in-person, virtual and hybrid options.

Committee members' input is invaluable to the success of the planning. Members are asked to bring suggested topics, sessions and speakers to the table for consideration.

The committee meets twice per month for one-hour via conference call beginning in late September/October, continuing with one call in February/March. Our President-elect, Mary Ann Ellsworth (NJ), chairs this short term committee.

Contact Cyndi Atterbury at [cyndi@asphn.org](mailto:cyndi@asphn.org) to join or ask questions.



[Photo: Unsplash](#)

[Back to top](#)

## Share Stories of Success from the ASPHN Public Health Nutritionists Hall of Fame

ASPHN is proud to launch the [Public Health Nutritionists Hall of Fame](#) that showcases the innovative work being done in our field by ASPHN members. This messaging tool makes it easy for you to broadcast short stories that highlight the value of public health nutritionists via email, e-campaigns or social media.



According to the de Beaumont Foundation, research shows many people don't understand what public health is or what public health professionals do. As part of the See It. Say It. Share It. campaign, the Hall of Fame salutes our members' initiatives and helps others learn about the diverse programs supported by public health nutritionists.

[Visit the Hall of Fame now](#) and click on the member thumbnails to enlarge each profile for a brief overview. The enlarged profiles feature unique URLs, making them perfect for sharing.

Our goal is to celebrate and highlight excellence in public health nutrition from coast to coast! If you'd like to be added to the Hall of Fame, please complete this [brief form](#).

For more information, contact Lourdes Pogue at [lourdes@asphn.org](mailto:lourdes@asphn.org).

[Back to top](#)

## Upcoming Opportunity: WIC Developmental Monitoring Project Year 3

The Association of State Public Health Nutritionists has been awarded funding for Year 3 of the [WIC Developmental Monitoring Project, 'Learn the Signs. Act Early.'](#) (LTSAE) from CDC.



With this funding, ASPHN will work with state WIC programs to develop and pilot a virtual model of the checklist program that will continue this work throughout the pandemic and increase sustainability for the future.

### Join the Advisory Team:

The advisory team for the Learn The Signs. Act Early. project will provide feedback and guidance in developing a virtual model. Volunteers may include WIC staff, Act Early Ambassadors, LTSAE experts, and anyone else who is interested. [Read the project flyer for more information](#).

### Technical Assistance for State WIC Programs:

ASPHN is also seeking state WIC programs who are interested in joining the project at a Technical Assistance level where they can be involved in the project, provide guidance on a virtual model, receive technical assistance from ASPHN and CDC about implementing a virtual model in your own state, and be connected with other states that are doing similar work.

[Submit this short application by October 1](#).

Contact Amber Brown at [amberbrown@asphn.org](mailto:amberbrown@asphn.org) for more information.

[Back to top](#)

## Get Inspiration for September National Fruit and Vegetable Month

September is National Fruit and Vegetable Month! Eating

vegetables and fruits as part of a healthy diet has many benefits. To help increase interest in and intake of these essential foods, many states have developed resources to highlight the special benefits of freshly harvested produce. Be inspired to get creative with your initiatives by these state-lead vegetable and fruit promotion efforts.



- North Carolina - The NC Child and Adult Care Food Program (CACFP) [seasonal cycle menus](#) highlight what is fresh and available by season.
- Michigan celebrates the Michigan apple to encourage all institutions to [crunch into a Michigan apple](#) on the same day.
- Utah - See how Utah's [SNAP-Ed farmers market family cookbook](#) beautifully illustrates the fall harvest.

[Back to top](#)

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## Fresh Resource: New Cultural Sensitivity Toolkit from MCHB

Better meet the needs of the most prevalent cultural groups in your area by tailoring client services through the methods in the new cultural sensitivity toolkit.



[Request your copy by email to sandy@asphn.org](mailto:sandy@asphn.org).

The toolkit was developed by the Iowa Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and disseminated by the Maternal and Child Health Bureau (MCHB), the methods can be applied to state Title V MCH programs that work directly with clients.

[Learn more about the ways MCHB supports healthy nutrition across the lifespan here.](#)

[Back to top](#)

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## Intern Highlight: ASPHN Welcomes Fall Health Equity Interns

This month, ASPHN welcomed its Fall Health Equity Internship Program cohort! An ASPHN program, it is focused on health equity, partnerships, leadership, and workforce development strategies.



The Fall cohort is diverse and represents a spectrum of ethnic/racial minority undergraduate and graduate students interested in public health careers. The eight women, five graduate and three undergraduate students, are enrolled in academic institutions in four states: FL, GA, NM and NY, and the District of Columbia.

Goals of the [ASPHN Health Equity Internship Program](#)

- Increase the number of undergraduate and graduate students of minority-serving institutions (MSI) experience working at territorial, state and local health agencies, national and community-based organizations
- Position these students to become competent in public health practice
- Address nutrition and cardiovascular disease risk factors and health issues among ethnic and racial minority communities

These interns are placed at non-profit organizations that are national, regional or state level in scope, and a prevention research center within a MSI. Collectively, these placement sites implement population programs addressing health disparities and outcomes.

Throughout this internship session, the interns will attend presentations on public health topics, cultural competency

and health equity. They will also participate in career coaching sessions, professional development and receive ongoing support from ASPHN program staff.

Apply by October 30th for the Spring 2021 ASPHN [Health Equity Internship Program](#). Many spring internship projects will focus on cardiovascular disease risk and prevention, and COVID-19.

For more information about the program, email [internship@asphn.org](mailto:internship@asphn.org).

[Back to top](#)

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## Fresh Resources: National Breastfeeding Goals and Guidance

Align your lactation support program with national priorities and the latest guidance for breastfeeding. Get these fresh resources, just released during August's National Breastfeeding Month celebrations.



CDC: The [2020 Breastfeeding Report Card](#) uses data from the 2018 Maternity Practices in Infant Nutrition and Care ([mPINC](#)) survey of hospitals that shows improvements in U.S. breastfeeding support. Still, there is a way to go to ensure all families- no matter their location, income, education, race or ethnicity- are supported to reach their breastfeeding goals.

Healthy People 2030: Breastfeeding objectives from [Healthy People 2030](#) aim to increase the rate of exclusive breastfeeding through six months of age to 42.4%, up from the current 25.6% reported in the 2020 Breastfeeding Report Card.

ASPHN also offers guidance to support breastfeeding and excellent infant health outcomes. Find more information in the ASPHN brief, [The Role of Nutrition in Infant Mortality- A Public Health Perspective](#).

[Back to top](#)

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## ASPHN Welcomes New Members!

ASPHN gained 11 new members in August. Each member, from student to seasoned professional, contributes to the depth and breadth of experience that ASPHN can draw from. It is our collective experience that allows us to create products, services and advocacy plans that make healthy living the easy choice for all people. Thank you for joining us!



Expanded Members:

Hailey Boudreau, MPH, RD, LD in the IA Dept of Health

Alexandra Cooper, RD, LD in the MO Department of Health

Amanda Cox, RD, LD in the IN State Dept of Health

Erica Davis, RD in the VA Dept of Education

Catherine Daniels, MS, RDN, LDN in the LA Dept of Health

Mayta Lukowitsky, RD, CLC in the NY State Dept of Health

Rachel Miller, RD in the IN State Dept of Health

Associate Members:

Amanda Arnold, MS, RDN, LD with Mobile County (AL)

Health Dept

Jackie Dalzell, RD with Dept of Veteran Affairs (NC)

Amanda Kopetsky, MS, RDN, LDN, graduate student,  
University of DE

Fanter Sackor, MPH with Southeast TX Food Bank

[Back to top](#)

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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](#).

[Back to top](#)