



# News from the Association of State Public Health Nutritionists



## November 2020

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## Opt-In to ASPHN Councils November 12-19!

Participate in the ASPHN Councils! Choose the ASPHN Council(s) that best align(s) with your passions and program objectives by responding to the Thursday, November 12 email poll.

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 Thursday, November 12 ASPHN members who did not respond to the ASPHN Councils Membership survey sent in September will receive it again. Please take a moment to opt-in to any Councils that interest you.

Respond to the poll by Thursday, November 19 with your selection(s) to begin new or continue current council membership.

**If you do not indicate that you wish to join a council(s) you will be dropped from ASPHN council(s) 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](#)
- [Healthy Food, Active Communities Council](#) (formerly the Obesity Prevention Nutrition Council)

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

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## ASPHN Board of Directors Prioritizes Equity and Inclusion

On October 15, ASPHN's Board of Directors released a statement to its membership prioritizing organizational equity and inclusion through its policies, practices and programs.



The board has identified the following steps to begin this process:

- incorporate language addressing equity as a priority within ASPHN's description;
- obtain funding for the development of an equity resource directory;
- develop outreach to Historically Black Colleges and Universities (HBCUs) to diversify membership and build tomorrow's leaders; and
- diversify the composition of the board of directors.

Learn more by reading the [full statement](#) here.

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## **ASPHN Remembers Neonatal Nutritionist Dr. Diane Anderson**

With sadness, ASPHN announces the passing of a highly respected public health nutritionist. Dr. Diane Anderson, with Baylor College of Medicine/Texas Children's Hospital, was a pioneer in the field of neonatal nutrition. She trained hundreds of dietitians, authored many publications and textbook chapters, and organized a national neonatal nutrition conference every year.



Dr. Anderson regularly attended the ASPHN Annual Meeting and was interested in the work of all public health nutritionists. She wanted to know that the infants she provided optimal nutrition for would continue to receive support for good nutrition and healthy eating as they grew up in their communities.

The [obituary and memorial information](#) for Diane is available here. It includes a link for tribute gifts to the 'Dr. Diane Anderson Memorial Neonatal Nutrition Fund' supporting future neonatal dietitian trainees.

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## **November is the Month of Giving Thanks. Give Thanks and Donate to ASPHN today!**

Donate to ASPHN! There are various ASPHN activities that were previously grant funded, but are now funded through monetary donations from ASPHN members.



Give a gift to celebrate public health nutrition successes that are happening in your state. Celebrate your promotion, a new hire in your department, the establishment of your new program, or the publication of your research.

Whether it is \$100, \$50, or \$10, we are grateful for any level of monetary support. Your generosity will make a difference! Commemorate success in your state with a gift to ASPHN today.

To make your tax-deductible gift to ASPHN, download and follow the instructions on the [ASPHN Tax-Deductible Donation Form](#).

ASPHN is a nonprofit organization that supports public health nutrition communication, training for future public health nutrition leaders, education resource sharing, and professional development for state public health nutritionists.

Contact the Fundraising Committee Chair, Charlene Garcia, with questions at [Charlene.Garcia@health.mo.gov](mailto:Charlene.Garcia@health.mo.gov).

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## **Refresh: New Name and Format for the Obesity Prevention Nutrition Council**

The Obesity Prevention Nutrition Council is proud to announce two important changes for improved engagement; a new name and new format.



The Obesity Prevention Nutrition Council is now the [Healthy Food, Active Communities Council](#): *Supporting just and equitable environments for optimal health across the lifespan.* This new name and tag line better aligns with the goals and mission of the council.

The new format eliminates the steering committee and opens all calls to all members of the council. Council calls will be held at 2pm ET on the first Monday of every even month. These calls include updates from CDC and ASPHN, a spotlight on practice, a spotlight on policy and a discussion of any council business.

If you are interested in joining the Healthy Food, Active Communities Council please contact Amber Brown at [AmberBrown@asphn.org](mailto:AmberBrown@asphn.org).

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## Plan and Prepare: Nominations for ASPHN Board Positions Due January 15

The ASPHN Governance Committee is seeking members interested in a board position. Submit your nominations for the 2021 ASPHN Board of Directors by January 15!



View the descriptions of board positions for which we are recruiting by visiting [www.asphn.org](http://www.asphn.org).

To self-nominate, nominate someone else or just ask questions, contact Diane Peck at [diane.peck@alaska.gov](mailto:diane.peck@alaska.gov). The election occurs in March and position terms begin August 1.

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
  - Secretary 2-year term
  - Director at Large (2 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, Healthy Food, Active Communities Council (formerly the 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)

[Diane Peck](#) shared that, "Serving on the Board of ASPHN has been so beneficial to my career and to me personally. Serving on the Board, first as a Council Chair and now as a Director at Large, has helped me meet wonderful people from around the country doing the same type of nutrition work that I am doing. I have never regretted becoming more involved with this organization."

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## Build Your Career in the Field of First Food Nutrition

Are you new to the field of first food nutrition and lactation support? ASPHN invites you to apply to join others for education and experience sharing.



Meet others new to this nutrition specialty, share ideas and

support each other in 1-hour meetings approximately every other month.

Selected participants will experience these benefits:

- Learn about state programs that promote and support breastfeeding.
- Brainstorm project ideas.
- Generate topics for exploratory learning.
- Spend time in discussion and relationship building with national colleagues.

Contact Martha Hagen at [martha@asphn.org](mailto:martha@asphn.org) with questions and to receive application details.

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## Internship Highlight: Addressing Health Concerns among Native Americans

Through her placement site at New Mexico Alliance of Health Councils, ASPHN Intern, Gerilyn Antonio, supports several outreach strategies and partnerships to engage Native populations and other communities impacted by health disparities for health promotion and chronic disease prevention programs.



According to the US Indian Health Services, prior to the COVID-19 pandemic, heart disease, malignant neoplasm, unintentional injuries, and diabetes lead causes of American Indian and Alaska Native deaths. The disproportionate disease burden among Native American populations have been compounded by COVID-19.

"Member organizations of the Alliance come together to convene Talk meetings, strategically plan collaborative funding opportunities, and share best practices for disseminating health promotion activities through social media," reported Antonio.

Also, Gerilyn participated in webinars to learn best practices for health promotion programs from across the country. "The SOPHE webinars were awesome! It was nice to hear various perspectives across the country," reported Gerilyn.

"Upon completion of my Master of Public Health program at New Mexico State University, I hope to return home to the Navajo Nation to provide health promotion programs for my community. I will use lessons instilled in me through the ASPHN internship program and the New Mexico Health Alliance to always consider the community and living environment while addressing people's health concerns," said Antonio.

Learn more about the [ASPHN Health Equity Internship Program](#) on ASPHN.org. Email questions to [internship@asphn.org](mailto:internship@asphn.org).

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## ASPHN Welcomes New Members!

ASPHN gained 11 new members in October. 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:

Sarah Eber, MPH, RD, LD, CDE at Lincoln University Cooperative Extension (KS)

Taylor Henderson, MS in the MS State Dept of Health

Associate Members:

Gary Anderson, BA, MAT at Tougaloo College (MS)

Katherine Arlinghaus, PhD, RD, LD at University of MN

Sarah Eichberger, MPH, RDN at MI State University Extension

Jennifer Forte, RDN with Southwestern Community Services WIC (NH)

Jessica Lopez, student, Touro University (CA)

Amy Pleimling, student, University of MN

Robin Seitz with Onslow County Public Health (NC)

Samara Sterling with The Peanut Institute (GA)

Gerit Wagner, student, University of MN

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## About 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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