

January 2021

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Joining the ASPHN Board has Great Benefits! Interview with Board Director, Heather Harrison-Catledge

To self-nominate or nominate someone else for the ASPHN Board of Directors by January 15, email the name and state of the nominee to Diane Peck at diane.peck@alaska.gov.



Heather Harrison-Catledge

We asked Heather Harrison-Catledge why she decided to serve as an ASPHN Board Director and what she gained from the experience.

Heather - "I ran for ASPHN's Maternal and Child Health (MCH) Nutrition Chair-Elect because at this point in my career I felt ready and prepared to take on a board position. I also want people of color in our field to step out of their comfort zone and participate in an outstanding leadership opportunity with a well-known and very involved public health organization!"

"I have learned so many things and have gained so many colleagues in this profession. A few important experiences include:

- learning about Title V MCH/ Block Grants;
- participating in many MCH projects that will enrich my duties in the WIC program;
- attending (pre-COVID) on-site meetings with my peers from across the country and learn about their programs;
- gaining respect by exchanging resources, ideologies and different perspectives with like-minded individuals with the same mission.

Two key learnings from Heather:

-"Sharing is caring and can help another state not to have to reinvent the wheel.

-Also, walking meetings are a very proactive and productive action verb! It is an AWESOME way to get to know a person."

Heather Harrison-Catledge, State Nutritionist with the Massachusetts Department of Public Health/WIC, is currently the Past-Chair of the ASPHN Maternal Child Health (MCH) Nutrition Council.

Again, nominations for the 2021-22 ASPHN Board of Directors is due January 15! The election occurs in March and position terms begin August 1. View the descriptions of board positions for which we are recruiting by visiting asphn.org. Contact Diane Peck with questions at diane.peck@alaska.gov.

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ASPHN Annual Award Nominations are Open January 11 - February 12!

Our members worked harder than ever in 2020 and they need to be recognized for their achievements. Let's get fired up to submit nominations for the 2021 ASPHN Annual Awards!



Nominate your fellow ASPHN members, both early-career and seasoned professionals, in any or all of the award categories.

[See the award categories and submit nominations here.](#)

The nomination form prompts you with 4 or 5 questions to explain how the nominee provided leadership in the field of public health nutrition or moved ASPHN and/or their council forward.

Awardees receive these benefits:

- Delight and a boost of confidence in peer-recognition
- Recognition at the 2021 ASPHN Virtual Annual Meeting
- Profile of achievements featured in the special edition Annual Awards newsletter
- Congratulations messages posted on ASPHN social media channels
- Opportunity to be featured in the [Public Health Nutrition Hall of Fame at seeitsayitshareit.org](#)

Join the Annual Awards Selection Committee

Are you interested in participating on the Annual Awards Selection Committee? It is fun and just takes 2-3 hours. There is robust discussion and the committee makes tough choices about which dedicated professional receives the award this year. Contact Allison McGuigan at allison@asphn.org for more information.

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Register Now: ASPHN Partnership Development Training Webinar, Part 1

The Power Balance Equation in Partnerships & Coalitions- When, What and How

Date: February 25, 2021

Time: 12:30-2:00pm ET

[Register now!](#)

Partnerships between organizations create the opportunity for sharing knowledge, professional networks, finance and other resources. Reinvigorate existing partnerships or engage in new ones with superior methods by applying concepts and tools covered in this interactive webinar.

Learning Objectives:

1. Identify integration points of The Partnering Cycle, Collective Impact and Systems Change theories.
2. Recognize opportunities to systemically AND systematically address power imbalance issues in existing and new partnerships.
3. Apply specific (power-map-influence) tools to establish or enhance trust in partnerships and coalitions.

Contact Shana Patterson Holland at shana@asphn.org.

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Fresh Resource for MCH Nutritionists:

Promising Practices to Promote Healthy Child Development

Read and share the new Maternal and Child Health Bureau (MCHB) success story, *Healthy Eating and Physical Activity in Early Care and Education Settings*.



MCH nutrition professionals can use the promising practices highlighted in this story to improve nutrition and increase physical activity in early care and education (ECE) settings.

Learn from Theresa Claypool's success as she creates a healthier environment as an in-home child care owner and provider in rural Fayetteville, Ohio by offering more fruit and vegetables, increasing physical activity and eliminating screen time.

MCH Nutritionists can:

- include Theresa's practical tips in their meal planning guides,
- inspire ECE providers by sharing the benefits Theresa saw among the children in her care, and
- distribute the list of linked resources that helped Theresa make her improvements.

To read this MCHB success story and learn more about how to improve nutrition and physical activity in ECEs, contact Emia Oppenheim at emia@asphn.org.

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Join Us: A Note From the ASPHN MC&O Committee Co-Chairs

You are warmly invited to join the ASPHN Membership Communications and Outreach Committee (MC&O), where we are dedicated to growing membership, sharing resources, and having fun!



Being involved in a committee or council is one of the rewards of being a member of ASPHN. If you would enjoy promoting the benefits of ASPHN to other public health nutritionists, or developing ideas on effectively communicating within the association, then our committee would love to have you join us!

Learn more about the MC&O Committee on asphn.org.

We would love to hear your voice on our next committee call. Being part of the committee helps develop leadership skills and allows for professional growth in a supportive group settings.

Contact Amber Brown at amberbrown@asphn.org to join or get more information.

Susie Leo and Jill Lange
MC&O Committee 2020-2021 Co-Chairs

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Get Group Support for Your Career in First Foods Nutrition!

Join the ASPHN First Foods Nutrition Support Group for nutritionists working in the lactation field and early child development. Meetings will start in late January. If interested, contact Martha Hagen at martha@asphn.org.

Find links to lactation resources, including guidance for breastfeeding mothers considering the COVID-19 vaccine, on the [ASPHN Facebook page](#).

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New Year, New Beginnings! Donate to ASPHN

Celebrate the new year and public health nutrition successes that are happening in your state with a donation to ASPHN!



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

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.

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ASPHN Health Equity Internship Supports Three Student Cohorts in Spring 2021

This month, the ASPHN Health Equity Internship program kicked off its Spring 2021 internship session. Interns receive mentorship by preceptors at federal agencies, state, local community-based organizations or academic institutions as they complete research, evaluations and program development projects focused on health equity.



Forty-two undergraduate and graduate students from mostly minority serving institutions are participating in three distinct cohorts - CORE, COVID19 & CVD.

CORE Cohort: Interns in this cohort implement projects that include traditional ASPHN Health Equity Internship activities based on the ten essentials of public health service and core competencies in health promotion education. These interns primarily attend minority-serving institutions (MSIs) with public health programs.

COVID19 Cohort: Projects from this cohort address different aspects of the COVID-19 pandemic impact on racial and ethnic minority populations throughout the state. These interns attend one of three MSIs in Florida that offer Master of Public Health degrees; Bethune Cookman University, Florida A&M University and Florida International University.

CVD Cohort: This cohort expands the reach of the cardiovascular disease (CVD) risk assessment project that was piloted at Tougaloo College in Mississippi to an additional two historical black colleges; Jackson State University (MS) and Stillman College (AL).

The spring 2021 internship session will culminate with poster presentations by the interns through a new

symposium.

The Health Equity Internship Program was created to support the diversification of the public health and health-related workforce. Learn more about the [ASPHN Health Equity Internship Program](#) on ASPHN.org. Email questions to internship@asphn.org.

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ASPHN Welcomes New Members!

ASPHN gained 21 new members in December!



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 Brett in the OR Public Health Division

Cassandra Florea, MS, RDN in the KS Dept of Health and Environment

Christina Thi in the Texas Health and Human Services Commission

Jennie Altman, RD
Melisha Bryant, BS
Elizabeth Holmes, BS
Jennifer Manley, RD
Patrick Shea, MFA
Jacques Watson, BS
- all in the AZ Dept of Health

Sara Beckwith, MS, RD, LDN
Doris Kuehn, MS, RDN, LN
Jessie Lupo, MPH, RDN, IBCLC
Noni Robinson, MS
- all in the DC Dept of Health

Jennifer Folliard, MPH, RDN
Elizabeth Honerman, RD
- all in the SD Dept of Health

Associate Members:

Isabelle Acker, student, American University (DC)

Victor Colman, JD, BA, Childhood Obesity Prevention Coalition (WA)

Lissette Mahoney, student/intern (AZ)

Rachel Bessire, RDN
Olivia Ford, PhD, MPH, RD
Alice Jo Rainville, PhD, RD, CHE, SNS, FAND
- all from Eastern MI University

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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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