



# News from the Association of State Public Health Nutritionists



## May 2021

### Highlights

#### Fresh Resource: Child Development Resources for WIC!

Tracking a child's development can help parents watch and celebrate their child's development as well as help children and families connect to early interventions for extra help with developmental skills.

All WIC programs can access these new, no-cost resources developed by ASPHN! They show staff and parents how to watch for skill development and get help when needed.

#### ASPHN's New WIC Child Development Resources

- *Milestones Matter* Class for WIC Participants (Available now on WICSmart and WIC-ed.com. Coming to WIChealth.org this summer.)
- [\[Introduction to Child Development Training\]](#) for WIC Staff
- *Developmental Milestones Button* for the WICShopper App

[Learn more.](#)

Contact Amber Brown at [amberbrown@asphn.org](mailto:amberbrown@asphn.org) with questions.



## Association of State Public Health Nutritionists

The Association of State Public Health Nutritionists (ASPHN) is a non-profit membership organization committed to advancing health equity through public health nutrition leadership.

#### 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.

#### Our Vision

Healthy eating and active living for everyone.

[VISIT OUR WEBSITE](#)

### Features

#### Can't Wait for the Annual Meeting to Start?

Review, or view for the first time, all the recorded session from the 2020 [ASPHN Annual Meeting, 2020 Vision & Leadership in](#)

## Annual Meeting: Ask the Psychologist

On day 1 of 2021 ASPHN Annual Meeting, [Dr Laurel Kramer](#) clinical psychologist, will answer your questions about self-care during a pandemic.

### Dr. Kramer's Expertise

- Clinical counseling for anxiety, depression and stressful life circumstances
- Speaking for professional groups and businesses on how stress impacts us, physically and mentally
- Coaching business through morale issues and management changes

Dr Kramer invites you to send in your questions now by email to [cyndi@asphn.org](mailto:cyndi@asphn.org).



## Register Now: 2021 ASPHN Annual Meeting *Resilience in Practice*

[Register today](#) for the 2021 ASPHN Annual Meeting. You won't want to miss the opportunity to make collaborative connections at the ASPHN Annual Meeting held virtually June 14-18.

Networking connections are a top priority in this meeting design, with a breakout session to swap innovative ideas and success strategies with your colleagues.

This year, the popular State Sharing session will focus on public health advances resulting from COVID-19.

Check out the [draft agenda](#) for the latest updates. The agenda follows an Eastern Time schedule of 11 - 6 PM and sessions will be recorded.

Contact Cyndi Atterbury with questions at [cyndi@asphn.org](mailto:cyndi@asphn.org).

[READ MORE](#)

## Apply Now: ASPHN Public Health Nutrition Hall of Fame

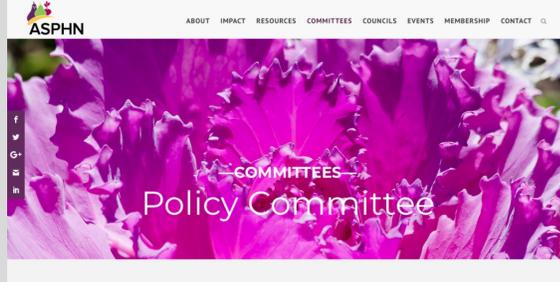
Are you working on an innovative nutrition endeavor that is showing positive results? We want to hear from you!

You and your program could be featured in ASPHN's Public Health Nutritionists [Hall of Fame](#). This unique platform shares your work with fellow ASPHN members, shows others the value of public health nutritionists, and offers you important third-party recognition.

Learn more by visiting [See It. Say It. Share It.](#) and [apply](#) now. It's fast and easy. For questions, contact Lourdes Pogue at [lourdes@ASPHN.org](mailto:lourdes@ASPHN.org).

## Updates

[Support Equity Through Resource Sharing at](#)



Resource sharing transfers knowledge and reduces the cost of innovation to other states and programs seeking to make healthy living easy for everyone.

Resource sharing is at the heart of the ASPHN sister website

[publichealthnutrition.org](https://publichealthnutrition.org). It houses hundreds of tips, training, tools and guidance to deepen your skills in the core competencies of public health nutrition, including timely topics within the [Advocacy & Education](#) category.

Developed jointly by ASPHN and the Academy of Nutrition and Dietetics Public Health/Community Nutrition Practice Group, this website can be of tremendous value to:

- public health nutritionists who need evidence-based reference materials,
- RDNs with limited exposure to broad public health nutrition work and
- public health preceptors who need resource materials for interns in their public health nutrition practice.

Resources are organized by broad categories of practice and include nutrition, advocacy, communication, research, PSE (policies, systems and environmental change), and leadership. With updates recently completed, you can be confident that the content is current.

## ASPHN Policy Committee Action Highlights

Volunteering with the ASPHN Policy Committee is an opportunity to amplify the voices of the people you serve. Examining and recommending legislation centered on the lived needs of our communities advances equity for all people.

On behalf of ASPHN, the Policy Committee signed-on in support of more than ten policy action letters since March 11. Here is a sample of recent actions:

- Trust for America’s Health (TFAH) [letter](#) advocating for an increase in funding for CDC’s Racial and Ethnic Approaches to Community Health (REACH) program, including its affiliated program Good Health and Wellness in Indian Country (GHWIC), for a FY 22 total of \$102.5 million.
- Center for Science in the Public Interest [letter](#) addressed to the Federal Trade Commission (FTC) asking the FTC to follow-up on its past food marketing to kids expenditures reports (2008 & 2012) with a focus on targeted marketing to children and adolescents of color, digital food and beverage marketing to kids, and food and beverage marketing on educational technology platforms.
- U.S. Breastfeeding Committee’s [letter](#) to the Civil Rights and Human Services Subcommittee and Workforce Protections Subcommittee in support of the Providing Urgent Maternal Protections (PUMP) for Nursing Mothers Act.
- Trust for America’s Health [letter](#) addressed to House and Senate Labor-HHS Appropriations Subcommittee leadership supporting \$50 million for the Social Determinants of Health program in FY 2022.

Learn more about the work of the ASPHN Policy Committee and find recent meeting notes on the [Policy Committee webpage](#). Contact Michelle Futrell to join or ask questions at [michelle@asphn.org](mailto:michelle@asphn.org).

[READ MORE](#)

## ASPHN Health Equity Internship Program Preceptors and Interns

This 12-week paid internship was developed to support diversification of the public health and health-related workforce.

Visit our [website](#) for more information about the internship program or email questions to [internship@asphn.org](mailto:internship@asphn.org).

Apply for both positions are [here](#). The Fall 2021 application deadline is June 30, 2021.



## ASPHN Internship Highlight: High Blood Pressure Risks and Sodium Consumption

During May, National High Blood Pressure Education month, we highlight the health innovation program lead by ASPHN Intern, [Melissa Martinez](#). She develop and led campus-based initiatives to educate New Mexico State University (NMSU) students about sodium consumption and heart disease risks.

Many college students consume prepackaged foods and fast-food meals that are high in sodium content. Health behaviors, like consuming high amounts of sodium, can lead to high blood pressure.

To address this concern, Melissa was placed within the NMSU Wellness Program. Through her placement, she was able to assess students' knowledge about blood pressure and sodium and develop educational materials to close the gaps in knowledge.

"Ensuring that young adults understand that frequent consumption of high sodium meals increases their risk of developing high blood pressure is an integral part of reducing heart disease incidence in the long run," reported Martinez.

Upon graduating with a [bachelor's in public health from NMSU](#), Melissa plans to become a certified health education specialist ([CHES](#)) and work in the borderland community, El Paso, TX/ Las Cruces, NM region. "Because of its proximity to Mexico, this region is unique regarding public health needs. I plan to prevent chronic disease through improving health literacy," said Martinez.

For more information about the [ASPHN Health Equity Internship Program](#), email [internship@asphn.org](mailto:internship@asphn.org).

## ASPHN Membership

### Membership Tip: Complete New Member Orientation

Check out the the 30-minute interactive [ASPHN New Member Orientation](#), now available on demand!



Both new and experienced members will gain fresh insight into the breadth of programs offered by ASPHN.

You will find opportunities to learn and lead in your passion areas through committee and council work. Plus, you can preview upcoming leadership development opportunities like the Growing ASPHN Leaders program.

**Bonus:** Complete the orientation and get a chance to win an ASPHN goodie bag!

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## Discover More Benefits of ASPHN Membership

Your active participation in ASPHN can keep your state on the leading edge.

**Become A Member**

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## Announcing ASPHN's Newly Elected Leaders!

Congratulations to ASPHN's newly elected leaders. This group has committed to making healthy living the easy choice for all people by guiding ASPHN to achieve its strategic plan goals. For that, we say thank you!

- **President -Elect:** Jamie Stang (MN)
- **Secretary:** Emily Bash (CO)
- **Directors-at-Large:** Emily Moree (AZ) and Parvaneh Yavari (FL)
- **Governance Committee Elected Members:** Peggy Leung-Strle (NY), Andrea Morris (AL), and Julie Sundermann (NC)
- **MCH Nutrition Council Chair-Elect:** Angel Cunningham (WV)
- **Fruit and Vegetable Nutrition Council Chair-Elect:** Tanya O'Connor (CO)
- **Healthy Food, Active Communities Council Chair-Elect:** Teresia Mbogori (IN)

## Welcome New Members!

ASPHN gained the advanced experience and perspective of 27 new members in April.

Welcome and thank you for joining us!

### General Members:

Lindsey Ahlert, MS, RD in the MN Dept of Health

Grace Amaechi, MS in the NJ Dept of Health

Julia Brunnemer, MPH, CHES in the IN Dept of Health

Allison Butler, MPH, RD in the CO Dept of Education

Jeanne Gallegos, MS in the NM Dept of Health

Blair Haesly in the MN Dept of Health

Erin Hoffman, MS, RDN, LDN in the NC Dept of Health

Melissa Nelson, MPH, RDN, LD in the MN Dept of Health

Sydney Odion-Smith in the CO Dept of Health

Carolyn Waggoner, MS, RD in the CA Dept of Health

### Associate Members:

Mitzi Champion, student at Liberty University (VA)

Somadee Cheam, MPH, RD with Sherburne County WIC (MN)

Lynn Cooper-Sherman, MPH (HI)

Shambria Davis, student at Bethune-Cookman University (FL)

Jessa Engelken, student at University of WA

Abigail Ford, MS, RDN with Knox County Health Dept (TN)

Tami Frank with Partnership for a Healthy Lincoln (NE)

Luz Granados, student at CA State Polytechnic University

Sophia Hayes, MPH with Onslow County Health Dept (NC)

Madeline Holly, student at George Washington University (DC)

Mikayla Kuykendall, student at University of NC

These leaders will begin their new ASPHN board terms in August 2021. See the current board and learn more about their work on [ASPHN's about page](#).

Leah May, MS, RD, LD with Children's Hunger Alliance (OH)

Mary Neumaier, RD with National Kidney Foundation of Michigan

Ngozi Onianwa, student at Oakwood University (AL)

Bernadette Paul, PhD, MSc with Health Savvy Consulting LLC (OH)

Sophia Riemer, MPH, RDN with Childhood Obesity Prevention Coalition (CA)

Kelly Wilson, RDN with Taste the Local Difference (MI)

## Partners

### Registration is Open: USBC's Annual Conference

[Register now](#) to attend United States Breastfeeding's 2021 National Conference and Convening *Ready for Anything: Rising & Thriving Breastfeeding Communities in the Face of Uncertainty* online June 9-11.

[View the draft agenda](#).

### Creative Collaborations: Advocacy with ASNNA

ASPHN collaborates with Association of SNAP-Ed Nutrition Networks (ASNNA) to create collective action around our shared advocacy agenda; supporting food, nutrition and health-related policy recommendations.

#### ASNNA Advocacy Actions

1. Submitted comments to the U.S. Department of Agriculture regarding the proposal to make significant changes to existing school lunch rules
2. Submitted comments on the Scientific Report of the 2020 Dietary Guidelines Advisory Committee
3. Signed-on to the CSPI/NANA letter on key priorities of child nutrition programs and nutrition education for Congress and the Biden-Harris administration

“Having ASPHN as a partner organization is an opportunity to add our collective voices to support policies that will positively impact communities across the country.”

-Latresh Davenport, ASNNA/ASPHN Liaison

If you're interested in learning more about ASNNA please email [snapedworks@gmail.com](mailto:snapedworks@gmail.com) or [latresh.davenport@dhs.ga.gov](mailto:latresh.davenport@dhs.ga.gov).

Build your collaboration expertise with the ASPHN Collaboration Committee. Contact Shana Patterson Holland at [shana@asphn.org](mailto:shana@asphn.org).