August 2021

Highlights

Join Our ASPHN Welcome Buddies List

Share your passion for ASPHN and connect new members with opportunities that fit their interests by becoming an ASPHN Welcome Buddy.

Welcome new members to our organization by making a phone call or sending a quick email to let them know about ASPHN benefits; networking with colleagues, serving on a committee or council, and working alongside national partners on key nutrition issues.

If you are a current member and interested in this fun and low-commitment opportunity, please email Amber Brown at **amberbrown@asphn.org**.

Farm to ECE Opportunity for REACH Recipients

ASPHN, National Farm to School Network (NFSN), and the Centers for Disease Control and Prevention (CDC) are partnering with **CDC REACH Recipients** to help REACH teams start or expand their early childhood efforts through the implementation of Farm to Early Care and Education (ECE) programs with their priority populations. This opportunity is called the CABBAGE - Farm to ECE Capacity Builiding Grant.

The CABBAGE offers:

- Regular online events on farm to ECE best practices
- Monthly 1:1 expert technical assistance
- Farm to ECE resources
- Models for expanding health equity within farm to ECE

ASPHN
Advancing Health Through Leadership

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

ASPHN's Development Digest Supports Your Career Growth

Take a little “me time” to enjoy the **latest issue** of ASPHN’s Development Digest, a professional growth and development blog written just for you. This month, you’ll find helpful tips on practicing validation in the office, learn about ASPHN tools that can help you recognize your

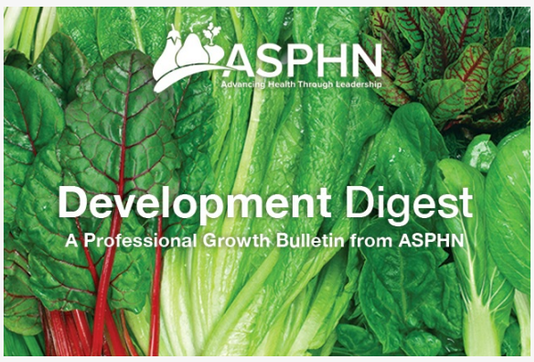
- Travel funding to an in-person farm to ECE meeting*
- Project funding up to $4,000

Want to learn more? **Register here** (REACH Recipients Only) to join us August 25, 2021 at 3pm ET for the CABBAGE 2021-22 Informational Webinar.

Questions? Contact Emia Oppenheim, ASPHN at **emia@asphn.org**.

*Dependent on travel restrictions

colleagues and see how appreciation can improve your well-being. For past articles, be sure to **click here**.



Top Tools

Outreach Toolkit Helps Make the Most of the WIC Increased Fruit and Vegetable Benefit

WIC is increasing the monthly value of fruit and vegetable benefits in both the women's and children's food packages to $35 per month for four months this summer. This more than triples the usual benefit!

Help make the most of this benefit increase by spreading the word to your networks using FRAC's **outreach toolkit**.

The toolkit includes customizable social media, emails, flyers, and more, including materials promoting WIC benefit redemption at farmers markets.

View FRAC's **fact sheet** to find out how much this benefit increase is estimated to bring into your state.

Plus, you can view the on-demand **Making the Most of WIC's Fruit and Vegetable Benefits Increase** webinar to learn more about the temporary increase in WIC fruit and vegetable benefits, hear what this provision means for families, and receive tailored information on opportunities to conduct outreach to help ensure this provision is a success.

Get Your National Fruit and Vegetable Month Toolkit for September!

Plan now to engage your community this September in activities that celebrate National Fruits & Veggies Month. **Produce for Better Health** has an awesome toolkit to help you get the creative juices flowing!

Get the National Fruit and Vegetable Month toolkit.

The toolkit promotes the Have a Plant movement with downloadable graphics, a sample press release, blog, broadcast scripts, social media posts and much more!

Want more? Watch the Produce for Better Health interactive discussion, **State of the Plate**, from the 2021 ASPHN Annual Meeting.

Share Links for National Breastfeeding Month

The world celebrates World Breastfeeding Week the first week of August and the United States celebrates all of August as National Breastfeeding Month. Use this month to support a breastfeeding family by sharing these sample messages and helpful links in your digital communications.

Sample Messages and Links:
Human milk is the best first food for infants. Nutritionists are on the front line to educate about this human miracle

ASPHN Celebrates National Breastfeeding Month

Nutrition is a right, not a privilege. Visit the **ASPHN See It. Say It. Share It. webpage** to see model programs and guidance for advancing chest/breastfeeding equity.

food. Learn more during August. Check out the **United States Breastfeeding Committee page**.

Learn about benefits of human milk at **First 1000 Days**.
Follow these links to find **CDC** and the **World Health Organization** recommendations for human milk feeding.

To find out about chest/breastfeeding support in your area search **here** for state or local breastfeeding coalitions.

Continuing Education

Join the Release Webinar for "Continuity of Care in Breastfeeding Support: A Blueprint for Communities"

Get key recommendations and strategies to promote chest/breastfeeding equity with continuous, accessible and coordinated services.

Attend the webinar that presents the key features of this guidance document and kicks off an eight part webinar series, featuring continuing education credits.
August 24, 1 pm Eastern Time
Register now!

The National Association of County and City Health Officials (NACCHO) and the United States Breastfeeding Committee (USBC) with funding from CDC sponsored a workgroup to develop this Continuity of Care Blueprint for support of human milk feeding families in communities across the US.

ASPHN
Advancing Health Through Leadership

There is Still Time to Register for the ASPHN Partnership Development Training – Part 2

ASPHN Partnership Development Training – Part 2
Wednesday August 18th, 2021
1:00-2:30pm EST
Register now!

Strategically designed with help from a dedicated group of members, this ASPHN training curriculum guides members through key partnership development concepts and provides many support tools.

Webinar participants will develop the skills to identify and shift power imbalances in their collaborative efforts in a highly participatory and interactive group learning process.

Use this work session to apply real-world partnerships to specific tools and make your collaborative efforts more equitable.

Did you miss the Partnership Development Training - Part 1?
Here is the recording link.

Contact Shana Patterson Holland with questions at **shana@asphn.org**.

Health Equity Internship

Apply Now for Spring Session 2022: 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**.

Apply now for both preceptor and intern positions.

Deadline:
Spring 2022, apply by October 30, 2021

Intern Highlight: Assessing COVID19 Risks Among HBCU students in the Deep South

Since December 2020, there has been both excitement and concerns about the rollout and safety of the COVID-19 vaccine. Early in the vaccine rollout, the demand for the vaccine outweighed the available vaccine supply across the US. However, among certain populations, particularly minority, rural communities and deep south states, this excitement has has been imperiled to myths and hesitancy regarding the COVID-19 vaccines.

Throughout the US, COVID-19 infection rates are rising among the unvaccinated population. The largest increase in the infection rates is in the Deep South. Early in the COVID-19 vaccine rollout, the Spring 2021 health equity interns, and the general student body at three historical Black colleges (HBCU) in the deep south received an assessment of the knowledge, attitude and behavior regarding COVID19 and the vaccine. Notably, 71% of ASPHN health equity interns compared to 23.1% of Deep South HBCU students reported they have already received or intended to receive the coronavirus vaccine. These finding suggest more efforts are needed to address vaccine hesitancy in the Deep South.

ASPHN Health Internship program seeks to provide opportunities for students to explore barriers and develop solutions to improve health outcomes for all communities.

For more information about the health equity internship program, email: **internship@asphn.org**.

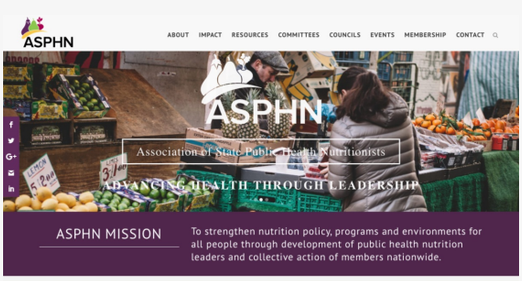
ASPHN Membership

Membership Tip of the Month: Explore the Updated Council Webpages

The three ASPHN councils connect members to national policy and promotion movements within distinct strategies of public health nutrition.

- National Fruit and Vegetable Nutrition Council
- MCH Nutrition Council
- Healthy Food, Active Communities Council

Easily find each council's purpose,



Welcome New Members!

ASPHN members are committed to taking collective action that brings about greater health equity through nutrition in policy, systems and

membership, activities and valuable resources on the **updated council webpages**.

Using the webinars, toolkits, guidance documents and valuable links on these pages can save you time and enhance the effectiveness of your nutrition programs.

And if you are not already a council member, you might decide to join!

Apply Now: ASPHN Public Health Nutrition Hall of Fame

Join **Carol Friesen** and **Jami Lee-Rokala**, the latest ASPHN members to share their passion projects through the Public Health Nutritionists Hall of Fame. All you have to do is complete this **brief form** to have your work featured.

The Hall of Fame champions innovative programs, partnerships and events that advance healthy eating and active living.

Learn more by visiting **See It. Say It. Share It.** and share the work that brings you joy with fellow members!

For questions, contact Lourdes Pogue at **lourdes@ASPHN.org**.

Discover More Benefits of ASPHN Membership

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

Become A Member

environments.

In July we gained the action-power of 32 new members. Thank you for joining us and sharing your strength.

General Members:
Nora Downs, MPH, RD in the WA State Dept of Health

Robyn Goettelman, RD in the TX Dept of Health

Emily Jarvis, MS, RD, LD in the WV Dept of Health

Kathryn Lessig, RDN, LDN, CNSC at Duke University Health

Joan Medlen, RDN in the Oregon Dept of Health

Kayla Misera, MS, MPH in the MO Dept of Education

Brittney Mosley in the MS Dept of Health

Jennifer Nicklas, MS-MPH, RDN, LDN in the Louisiana Dept of Health

Daisy Silverio, MS, RDN, MPA in the CA Dept of Health

Kaitlin Skwir, MS, RD in the Michigan Dept of Health

Denise Tamburro, RD, CLC in the RI Dept of Health

Associate Members:

Jamie Cooley, MS, RD, LD with Washington County WIC (MN)

Sarah Lisson, MS, MPH, RDN, LDN with Knox County Health Dept (TN)

Mikaela McIver, MS, MPH, RD, LDN with Knox County Health Dept (TN)

Alexandria Sedlak, MS, law student at Hofstra University (NY)

Sophia Banks, Kelly Bolton, Jordan Campbell, Maurisha Carney, Susan Collins, Kayla Daughtry, Courtney Disposti, Michael Goins, Shelby Gosnell, Kaitlyn Hatcher, Dorothy Hawley, Abraya Johnson, Natasha Johnson-Griffin, Aubrey Nealey, Brenda Ramirez, Linda Sidoran, Abigail Stroud - all students at Appalachian State University (NC)