September 2021

Highlights

Join the 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.

Apply in Minutes to Get Technical Assistance with the WIC Developmental Monitoring Project

Apply by October 15, 2021 to receive technical assistance in implementing "Learn The Signs. Act Early." in WIC. Access the short application now.

ASPHN has been awarded funding for Year 4 of the WIC Developmental Monitoring Project ("Learn the Signs. Act Early.") (LTSAE) from CDC. With this funding, ASPHN will expand the number of state WIC programs it works with to promote developmental milestone monitoring within the WIC program.

Selected state WIC programs will:
- learn more about virtual options for promoting developmental

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: Increase Well-being by Sharing Appreciation in the Office

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.

You’ll find helpful tips on practicing
monitoring,
- help test and provide feedback on these options,
- receive technical assistance from ASPHN and CDC about LTSAE in WIC, and
- connect with 19 other states that are doing similar work.

Contact Amber Brown at amberbrown@asphn.org for more information.

For past articles, be sure to click here.

Highlights

**Continuity of Care: Guidance and Funding to Create a Lactation Safety Net**

Help your communities develop a lactation safety net – “a consistent, collaborative and seamless delivery of high quality services for families from the prenatal period until no longer breastfeeding.”

Get the Continuity of Care in Breastfeeding Support Blueprint now.

Over 84% of infants initiated breastfeeding in 2017 (NIS survey) but only one fourth of those were breastfed exclusively through six months of age. Nutritionists know that infants who are breastfed exclusively for six months receive a multitude of health benefits as do their mothers.

The Continuity of Care (CoC) Blueprint provides resources to assist communities in supporting breastfeeding families where they live, work and play. Nutritionists are an important part of that care.

The CoC was released on August 24 and developed by The National Association of County and City Health Officials (NACCHO) with a grant from CDC and the assistance of multiple partners. View the release webinar recording and register to view future webinars centered on each of the seven recommendations in the Blueprint.

Funding is available! Gain insight into the NACCHO RFA for funding to support CoC in the September 8

**Welcome New ASPHN Consultant Diane Golzynski**

ASPHN is pleased to welcome Dr. Diane Golzynski as the CDC Grants Manager Consultant. Diane will help with such grant projects as Farm to ECE, Learn the Signs Act Early, and the Health Equity Internship Program.

You may recognize her name because Diane had been an active and engaged ASPHN member for 17 years.

**Diane’s ASPHN Involvement**
- Served on the association’s Board of Directors in multiple roles, most recently as president
- Recognized twice with ASPHN Awards – 2021 Excellence in Advocacy Award and 2011 Outstanding Leadership for the Fruit and Vegetable Council Award
- Mentored as part of the Growing ASPHN Leaders Program

**Diane’s Experience**
- Managed large, complex federal
ASPHN Observes Childhood Obesity Month

Public health nutritionists are helping families and communities grow healthy children and set them on a course for healthy adulthood. Let’s celebrate this all September long.

September is National Childhood Obesity Awareness Month. Get easy-to-share stories and tools to advance child nutrition programs and promote the value of public health nutritionists from ASPHN’s See It. Say It. Share It. campaign.

Check out the ASPHN See It. Say It. ShareIt. website today!

Read More About Diane
LinkedIn Profile

Diane says, “I have been married for 25 years and have three children ages 21, 17, and 13. I love to run,... mostly because I love chocolate even more! I am excited to learn in this new role and serve the Association in a new way.”

Send notes of congratulations to Diane at diane@asphn.org.

Continuing Education

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.

AHA Healthy for Life® Program Has Households Eating More Produce!

In 2020, ASPHN teamed up with the American Heart Association (AHA) to successfully award the Healthy for Life® community nutrition grant program. The implementation data is in and the results will warm the hearts of public health nutritionists everywhere!

Participating Programs Included:
- Appalachian State/Beaver College of Health Sciences (NC),
- Onslow Co. Health Dept. (NC),
- The Peanut Institute and Tougalo College, OHWC (MS).

Results: Households Consumed More Fruits and Vegetables
- 91% of attendees participated in 4 or more of the educational experiences offered.
- 1.62 was the average increase in
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.

- 70.1% of attendees increased their daily fruit and/or vegetable servings consumed by attendees report.
- 70.1% of attendees increased their daily fruit and/or vegetables consumption by 1 or more servings.
- 33% increased their level of confidence to prepare healthy meals at home.
- 46% reported increased frequency of using a list when grocery shopping, and
- 57% increased the frequency of reading food labels and nutritional values when purchasing food.

Congratulations to both the participating programs and the attendees for leading change within their circles of influence!

The Healthy for Life® community nutrition program is an initiative led by Aramark and the American Heart Association (AHA). The Healthy for Life evidence-based nutrition education experiences are supported by American Heart Association science and developed by food and nutrition experts.

Stay tuned for more Healthy for Life® and ASPHN success stories in 2022! Questions? Contact Shana Patterson Holland 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.

Intern Highlight:
ASPHN Welcomes Fall Health Equity Interns

This month, ASPHN welcomed its Fall Health Equity Internship program cohort. The goal of the internship program is to increase the number of undergraduate and graduate students of minority-serving institutions (MSI) who experience working at a variety of national and local health agencies.

These experiences competitively position the interns with advanced skills to become competent in public health practice. They also gain expertise in addressing nutrition and cardiovascular disease risk factors, plus other health issues, among ethnic and racial minority communities.
Apply now for both preceptor and intern positions.

Deadline: Spring 2022, apply by October 30, 2021

The Fall Health Equity Internship cohort is diverse and represents a spectrum of ethnic/racial minority students interested in public health careers.

Fall 2021 Cohort Characteristics
- 30 total students from academic institutions in 10 states: AL, CA, FL, GA, LA, MO, MS, NC, NM and TN
- 18 interns are in the CORE cohort
- 12 interns in the cardiovascular disease (CVD) cohort.
- 10 graduate and 20 undergraduate students enrolled in academic institutions

Collectively, the internship placement sites implement population health programs addressing health disparities, equity, and outcomes.

During the program interns receive career coaching sessions and presentations on public health topics, cultural competency and health equity. Ongoing support for professional development is provided by ASPHN program staff.

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

ASPHN Membership

Membership Tip: Simple Steps to Get Involved with ASPHN

Interested in getting more involved in ASPHN, but are not sure how?

First, watch this video highlighting ASPHN’s councils and committees: Vimeo. Make note of what grabs your attention.

Then, explore our “Committees” and “Councils” tabs on asphn.org for involvement opportunities that fit your interest. Participating in any ASPHN program broadens your leadership experience in public health nutrition.

Finally, follow the prompts on each webpage to get connected to the program leader and talk about joining. Ask any questions you have about participation, including meeting times, time commitment and how you can share/gain skills that support your work. Join now or mark this opportunity for the near future.

Yes, it is that easy.

Welcome New Members!

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

In August we gained the action-power of 7 new members. Thank you for joining us and sharing your strength.

General Members:
Celia Bridgeforth, MPA, RDN, LDN in the Louisiana Department of Health
Nicole Christensen, RD, CLC in the Nebraska Department of Health
Dorcas Mukigi, PhD, RD, LDN in the Massachusetts Department of Health
Apply Now: ASPHN Public Health Nutrition Hall of Fame

Join Chris Mornick, MPH, RDN, the latest ASPHN member to share a passion project 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.

Khimberly Schoenacker, RDN, CSP, CD in the Washington State Department of Health (and MCH Nutrition Council Liaison)

Associate Members:

Chidera Anigabor, student at University of North Carolina Chapel Hill

Cynthia Greene with Shelburne Farms (VT)

Faith Iseguede, Graduate Research Assistant at Jackson State University (MS)

Discover More Benefits of ASPHN Membership

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

Become A Member