



News from the Association of State Public Health Nutritionists

October 2021

Highlights

Sound Off: Public Health Workforce Interests and Needs Survey (PH WINS) is for You!

This is your chance to help change your workplace and influence future investments for the public health workforce.

Sign-up to participate in PH WINS!
[Get all the information here.](#)

Right now the one and only nationally representative survey of the governmental public health workforce is asking for workers' perspectives on morale, training needs, and public health issues.

Participants might be asked to share thoughts and opinions about their workplace and job.

Register Now: Weight Bias Webinar

The ASPHN Healthy Food, Active Communities Council invites you to join them for this webinar to reduce bias in your work.

Weight Bias: How it Hurts and How to Help

6 December at 2:00pm ET
[Register now!](#)

Presenter: Elizabeth Hoagland, MPH;
Healthy Promotion Section Supervisor,
Kentucky Chronic Disease Program

Learn how weight bias hurts people, both mentally and physically, and become equipped to evaluate bias in your programs.



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](#)



Policy Action Alert: Expand Support for Lactation in the Workplace with the PUMP Act

Now is the time to contact your Senator and ask for support of this valuable legislation for lactating women.

[Discover ways to take action.](#)

The Providing Urgent Maternal Protections (PUMP) for Nursing Mothers Act that passed the U.S. House in October expands coverage to salaried employees, such as teachers and fills other gaps left behind by the landmark [2010 Break Time for Nursing Mothers Act](#).

Find more ways to support nutrition for all people through policy. [Visit the ASPHN Policy Committee webpage.](#)

Join the New Work Group for WIC Members

To better support WIC members, ASPHN is creating a dedicated WIC work group.

Work group members will choose priority topics to work on together, with an initial focus on maximizing the impact of the increase to the fruit and vegetable cash value voucher (CVV).

To join this group or learn more about it, [complete this survey](#) with your contact information and select the topics that would be of greatest interest to you.

If you have any questions, please contact Amber Brown at amberbrown@asphn.org.

Help Connect Two Powerful Nutrition Organizations, ASPHN and USBC

Become an ASPHN liaison to US Breastfeeding Committee (USBC). Liaisons help to coordinate initiatives between ASPHN and our partners to increase collective impact on issues of mutual interest.

The USBC liaison commits 1-2 hours per month and participates alongside the current member-representatives Robin Stanton, Kelli Stader, Jana Gach and ASPHN Consultant Martha Hagen.

Qualification and Duties

- Be an ASPHN member
- Have current work experience related to breastfeeding and breastfeeding priorities
- Share ASPHN's organizational activities related to breastfeeding
- Participate in biannual USBC meetings and USBC Constellations (action-focused work teams)

Ready to learn more? Contact Shana Patterson at shana@asphn.org.



MCH Nutrition Council: Grow in Leadership as a Health Equity Advisor

Members, students included, are encouraged to take on the role of health equity advisor for the ASPHN MCH Nutrition Council Steering Committee.

In addition to being a full member of the steering committee, the advisor listens to the committee conversation with the intent to further embed diversity and health equity in the council discussions and work.

Contact Sandy Perkins at Sandy@ASPHN.org, for more information.

WIC Developmental Monitoring Project: Welcome New States

ASPHN announces the 4 new states to join the WIC Developmental Monitoring Project as Technical Assistance states for year-4!

- Louisiana
- Wisconsin
- West Virginia
- Rhode Island

Many states from year-3 will return, including AR, DE, GA, HI, IA, IN, MA, ME, MT, NH, NJ, NV, OH, PR, SC, TX, UT.

Year-4 focuses on testing virtual options for promoting developmental monitoring in WIC, creating a "virtual options" campaign to encourage their use in additional states and updating materials based on CDC's milestone checklists revisions coming later this year.

For more information about the WIC Developmental Monitoring Project, contact Amber Brown at amberbrown@asphn.org.

ASPHN Observers National Diabetes Awareness Month

Public health nutritionists are *improving nutrition, decreasing disease...* to prevent diabetes!

During National Diabetes Awareness Month, promote the value of public health nutritionists by sharing this sound-bite plus the tools and nutrition leadership experience from ASPHN highlighted on SeIt.SayIt.ShareIt.org.



Internship Highlight: Addressing Diabetes among Rural African Americans

Through her placement site within the Stress Research Study at the University of Missouri, ASPHN Intern, Colleen Sullivan, supports several outreach strategies to engage rural African Americans for diabetes education and awareness.

Minority populations in southern states have some of the highest rates of diabetes in the country. These disparities can be stressful and accentuated in rural communities. For some minorities, poverty, lack of access to health care, cultural attitudes and behaviors are all barriers to preventing diabetes and having effective diabetes management, once diagnosed.

"The Stress Research Study seeks to further understand stressors related to diabetes management and its impact on African Americans living with diabetes," reported Colleen.

For her internship project, Colleen creates content for diabetes health education materials. She also uses social media platforms to recruit minority communities for participation in the study and to promote health.

"The internship program has increased my understanding about social determinants of health and their impact on diabetes risk," reported Colleen.

Upon completion of her Master of Public Health with an emphasis on health promotion and policy, plus a certificate in epidemiology, Colleen Sullivan will seek opportunities where she can apply her health communication skills in communities impacted by diabetes.

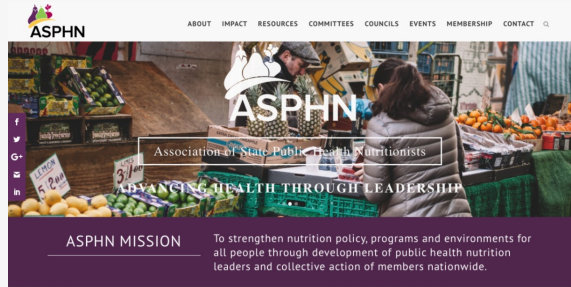
Visit our [website](#) for more information about the internship program or email questions to internship@asphn.org.

Membership Tip: Getting Connected to ASPHN Activities is Just a Click Away

Are you interested in learning more about an ASPHN committee, council or short-term group? Do you want to attend a committee or council call before committing to join it?

Complete our ultra brief, [clickable form](#) to get tailored-to-you information about ASPHN opportunities related to your public health passions.

Just check the boxes that interest you and an ASPHN consultant will contact you with more information. ASPHN appreciates your membership. We're glad you are here!



Discover More Benefits of ASPHN Membership

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

[Become A Member](#)