



News from the Association of State Public Health Nutritionists



July 2022

About Us



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.

Our Call to Action

Join us as we pursue innovation in the way we work to improve access and encourage eating of vegetables and fruits.

[Join the Call to Action!](#)

[VISIT OUR WEBSITE](#)

Student Leadership

**Meet the Next Student Representative for the
ASPHN Board, Andile Mkhonta**

Congratulations to [Andile Mkhonta](#)! The ASPHN Board members unanimously supported her appointment as Student Representative for the ASPHN Board from August 2022 through July 2023. The Student Representative position further develops the leadership experience of each student and broadens the perspective of the Board.



Andile is a MPH level student and Fulbright Scholar at Tulane University School of Public Health and Tropical Medicine.

Leadership Experience

- Tulane African Students' Association
- Eswatini National Nutrition Council
- Seeker's Temple Community Church

Her Bachelor's degree in Food Science, Nutrition and Technology provided experience in community engagement; project planning & implementation; nutrition promotion for maternal, infant and young child nutrition; and nutrition for vulnerable groups living with non-communicable diseases.

Short and Long-term Goals

- Experience the ASPHN leadership culture and learn from the Board
- Pursue a PhD in Public Health specializing in nutritional epidemiology
- Influence programming in nutrition and public health projects and structures
- Contribute to sustainable links between communities, policymakers, and health facilities that promote quality nutrition, healthy eating behaviors and healthy environments

Andile says, "I look forward to experiences where I can be challenged to learn more about public health nutrition. I also believe that a PhD will serve as a vehicle for me to enrich my research skills and obtain the necessary professional and consultation expertise that I will need to effectively contribute to the work of the government and non-government organizations in the prevention, treatment, and management of nutrition-related non-communicable diseases."

National Observance

National Breastfeeding Month: August is a Celebration of Lactation!

The pandemic reduced breastfeeding rates worldwide. Now is the time to provide education and support that can improve the health of mothers and infants.



Prepare to showcase your lactation initiatives and the value of breastfeeding throughout the month of August, [National Breastfeeding Month!](#)

Add these weekly emphasis links to your social media posts, email messages and presentations to encourage your colleagues and communities toward action in support of chest/breastfeeding. Attend virtual events and share the wealth of digital resources behind each link.

- Week 1 is [World Breastfeeding Week](#)- This global campaign raises awareness and galvanizes action on themes related to breastfeeding. It also supports the [Warm Chain of Support Campaign](#) which builds a continuum of care for mothers and infants during the first 1000 days of life.
- Week 2 is [Indigenous Milk Medicine Week](#)- Formerly known as Native Breastfeeding Week, the weeklong celebration has now evolved to be more inclusive and to emphasize the healing power of those who breastfeed or chestfeed.
- Week 3 is [Asian American Native Hawaiian and Pacific Islander Breastfeeding Week](#)- This is the first nationwide Asian American, Native Hawaiian and Pacific

Islander (AANHPI) Breastfeeding Week. What a milestone!

- Week 4 is **Black Breastfeeding Week**- #BBW22 is building the foundation of lactation support on racial equity, cultural empowerment, and community engagement.

ASPHN Membership

Discover the Benefits of ASPHN Membership

Your active participation in ASPHN can accelerate your career development and keep your state on the leading edge of public health innovation.

**Become a
Member**

**ASSOCIATION of STATE PUBLIC
HEALTH NUTRITIONISTS | [\[asphn.org\]](https://asphn.org)**

