



# News from the Association of State Public Health Nutritionists

## January 2023

### Emerging Professionals and Students

#### Apply Today for ASPHN's Courage in Leadership Program

**Apply by January 23** to ASPHN's Courage in Leadership Program: Personal and Professional Leadership Development.



This eight-person cohort program is designed to help members, working in public health for 3-10 years, strengthen their leadership skills. Over the ten 45-minute meetings between January and August of 2023, cohort members will enhance these skills:

- Building Trusted Relationships
- Emotional Intelligence for Self-Efficacy
- Facilitating Deeper Thinking
- Prioritizing in Intense Times
- Setting Meaningful Goals

Contact Diane Golzynski at [diane@asphn.org](mailto:diane@asphn.org) or Teresa Jones at [teresa@asphn.org](mailto:teresa@asphn.org) for more information.



#### Apply in February: ASPHN Board-level Student Position

Students, you can be more active in ASPHN and grow in leadership through the board-level position for student members! Applications open February 1, 2023. Watch your inbox for an email announcement.

#### Register Today for an All-Student Public Health Nutrition Networking Event!

**Kickstart your Career in Public Health**  
January 19th at 6 pm ET  
**Register today!**

Join our student networking event where we will talk about current events in public health practice & policy, and how participation with ASPHN can benefit your career!

Connect with public health nutritionists

The position is a one-year term, August 1 - July 31, and will require approximately eight (8) hours a month.

Applicants must be full-time students and ASPHN members entering their junior level and higher or in a dietetic internship or accredited dietetic technician programs (DTR/NDTR).

College-level leadership experience and nutrition-related degrees are preferred.

Questions? Contact Mim Gaines at [mim@asphn.org](mailto:mim@asphn.org).



and fellow students. Ask questions and gain insight into public health nutrition career paths.

## **DNPAO Nutrition and Physical Activity Traineeship: Apply by March 15**

Learn about public health competencies, get compensation toward education costs, and earn credit from your university. **Apply by March 15** to ASPHN's DNPAO Nutrition and Physical Activity Traineeship.



Use the 8-week, 240-hour, state-level placements in nutrition and physical activity for a dietetic internship rotation or coursework, as approved by your university. In-person, virtual, or hybrid placements locations are listed on the application.

Applications are encouraged from historically underrepresented scholars who are also:

- junior through doctorate-level students,
- enrolled in a nutrition or kinesiology-related degree, or
- dietetic interns, and
- US citizens, Permanent Residents, or U.S. Nationals.

Last year's participant, Bich-Nhu Do, said of the **Traineeship**:

"I think this program provides a great opportunity for students who want to learn more about public health or are interested in public health to build both work and learning experiences.

The staff from ASPHN and my site (WA DOH) were some of the most professional and organized that I have worked with. I was given enough time to learn and complete the project, and even though the traineeship was completely virtual, my preceptors were always there to help and guide me in every step."

Selected students will be notified in April. Contact Teresa Jones with questions at [teresa@asphn.org](mailto:teresa@asphn.org).

## **Fresh Resources**



### **Helpful Information for SPAN, HOP, and REACH Applicants**

Visit the new ASPHN webpage, [Helpful Information for SPAN, HOP, and REACH 2023 Applicants](#).

Gain insight into SPAN, HOP, and REACH priorities from the nearly three years the Division of Nutrition, Physical Activity, and Obesity at CDC has held meetings for invited national organizations. Browse this ASPHN-compiled webpage with the DNPAO National Partner Check-in Meetings Agenda Topics document



### **New Year, New Focus on First Foods**

ASPHN is equipping you to support culturally appropriate first food choices!

In late January, watch your inbox for ASPHN's series of briefs on cultural approaches to chest/breastfeeding and introducing foods to infants.

Chapter 2 of the 2020 [Dietary Guidelines](#) recommends the introduction of culturally appropriate complementary foods to infants.

covering June 2021 - August 2022.

Contact [shana@asphn.org](mailto:shana@asphn.org) or [diane@asphn.org](mailto:diane@asphn.org) with questions.

Though many of us enjoy access to world foods, eating curry or kielbasa does not prepare us to discuss with a mother of a six-month-old what traditional foods she might introduce to her child.

In these coming briefs, look forward to learning about global complementary foods and the impacts of migration on first foods choices for infants.

## Amplify Your Voice

### Lead and Grow as an ASPHN Board Member - Nominations Due February 1

Serving on the ASPHN Board of Directors is a great way to learn more about the organization and meet amazing colleagues from around the country! Board members guide ASPHN in fulfilling its mission by supporting committee actions to implement the strategic plan, along with [ASPHN's Call to Action on Vegetable and Fruit Consumption](#) and our [Prioritizing Equity Statement](#).



Self-nominate, or nominate someone else, for any of these positions:

- President-Elect (requires previous experience on the Board of Directors)
- Secretary
- Director at Large (2 positions)
- Chair-elect, MCH Nutrition Council
- Chair-elect, Fruit and Vegetable Nutrition Council
- Chair-elect, Healthy Food Active Communities Council
- Governance Committee members (3 positions)

Submit the name of your nominee or ask questions by email to Helen Brown at [helenb@uidaho.edu](mailto:helenb@uidaho.edu). The nominee will be contacted with further instructions.

Check out more information about the ASPHN board at: <https://asphn.org/our-board/>.

The timeline for the election is as follows:

- February 1, 2023 – Last day to submit nominations
- March 2023 – Election
- April 2023 – Results announced
- August 1, 2023 – New Board terms begin

### Register Now: California WIC Association Listening Session on Workforce Development

Join the California WIC Association (CWA) listening session to share your perspective on career opportunities, and challenges for public health RDs within and outside of WIC.

#### California WIC Association Listening Session on Workforce Development

January 23, 2023, 1-2 pm ET

[Register now!](#)

The CWA will incorporate your thoughts in its recommendations to address the workforce and diversity shortages related to WIC at the local, state, and national level.



## 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](#)

## ASPHN Welcomes New Members in December 2022

New members make us stronger. ASPHN is delighted to connect with, support, and learn from the 40 new members that joined in December 2022.

### General Members:

#### Alabama Department of Public Health

Pam Galloway, MS, RDN  
Tammie Rowe, MS, RDN, LD  
Sarah Weiss, MS, RD, LD

#### Arizona Department of Health Services

Zarina Ahlstrom  
Roel Ayala  
Kathryn Faull  
Bianca Valenzuela

#### Iowa Department on Aging

Ashley Danielson, RDN, LD  
Elizabeth Fridley, RDN, LD

#### Minnesota Department of Health

Tina Breitenbach, RD  
Rebecca Gruenes, MS, RD  
Mary Frances Guiney, RDN, LD  
Sara Johnson, MS, RD, LD  
Stephanie Olson, RD, LD  
Sandy Sather, RDN  
Jennifer Skinner, MS, RD, IBCLC  
Jayne Thalhuber, MS, RDN

Nicole Barron, MBA, MPH, RD in the MN Dept of Education

Rachel Bowman, MS, RDN, CD in the UT WIC Program

Amanda Harner, MS in the University of GA Extension

Jocceline Hernandez, MS, RD, CLEC in the CA Dept of Public Health

Leighanna Konetski, RDN in the CO Dept of Human Services

Lacy Little, MPH, RD, LN, CLC in the MT Dept of Public Health

Christy O'Connor, RD, LDN in the NC Dept of Health

Danica Pelzel, MA, RDN, LD in the KS Dept of Health

Kanchan Saagi, MS, RDN in the NY State Dept of Health

Neelma Skilling in the HI Dept of Health

Annette Slonim in the Washington State Dept of Agriculture

Rachel Spurr, MS, RD, LD, CLC in the AR Dept of Health

**Associate Members:**

**University of Minnesota Students**

Tatum Byhre  
Garrett Peacy  
Kali Starin  
Maija Thronveit

**Vermont WIC**

Erica Cutts, RDN  
Amanda Densmore, IBCLC  
Abby Erwin  
Danielle Lafont  
Debra Lindelof  
Dolores Riley  
Marinna Wojciechowski

**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



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