



**News** from the  
Association of State Public Health Nutritionists

## February 2023

### Annual Meeting



#### **2023 ASPHN Annual Meeting – Trust, Listen, Build**

We are so glad to meet in **person** for the 2023 ASPHN Annual Meeting. Join us Sunday, June 11 through Tuesday, June 13 at the Grand Hyatt Denver to make deeper connections with your national colleagues and exchange ideas that advance public health for all people.

This year we look forward to a full-day session with diversity and inclusion champion, Anne Phibbs, from [Strategic Diversity Initiatives](#).

[Book your room now through our dedicated reservations page](#). For additional assistance, call 1-303-295-1234. The agenda is in progress and will be posted soon on the ASPHN website. Registration opens in early March.



#### **ASPHN Takes a Fresh Approach to the Annual Awards**

Celebrating ASPHN members for their courage, perseverance, problem-solving, and innovation continues to be the goal of the [ASPHN Annual Awards](#).

This year, we are taking a fresh approach to the Annual Awards by using one simple application form that lets you share your story. Tell us why this success is meaningful to you!

Nominate yourself, another individual, or even a team. These awards aim to highlight the accomplishments of public health nutritionists at every stage of their career, emerging leaders and seasoned professionals alike.

[View the application](#). Take a breath. Flex your gratitude muscle. Submit a nomination or two by March 31. Several awardees will be chosen.

Contact Karen Probert with

## Fresh Resources

### Culture Connections: Guidance for Ukrainian and East African Infant Transitional Foods

ASPHN is equipping you to support culturally appropriate first food choices with a series of briefs on cultural approaches to chest/breastfeeding and introducing transitional foods to infants.

Read the [introductory brief](#) to learn more about the impacts of migration on first food choices for infants.

Ready to go deeper? Get the [Ukrainian](#) and [East African](#) infant transitional food briefs now!

In future briefs, look forward to learning about more global complementary foods.



### ASPHN's Development Digest: Fuel Self-Fulfillment, Reduce Stress

Enhance your professional development through self-care. This is the grounding message of the latest issue of the Development Digest from ASPHN.

Read Now: [Fuel Self-Fulfillment Through Lifelong Learning](#)

The single, quick-read article will inspire and challenge you to invest in your outside-of-work interests and refresh your career perspective.

The Digest is written for members and about members. If you have a topic that you would like to explore, don't hesitate to contact Lourdes Pogue at [lourdes@asphn.org](mailto:lourdes@asphn.org).

### Healthy for Life® Community Nutrition Grant Opportunity

As a critical partner providing nutrition education in under-resourced communities, the American Heart Association is offering Cooperative Extension agencies a unique grant opportunity. They will award up to 10 organizations \$2,500 each to implement the Healthy for Life community nutrition program. The deadline is Feb. 28.

[Learn more and apply now.](#)

## Students

### Apply Now: Student Representative on the Board

Be more active in ASPHN and grow in leadership through the board-level position for student members! [Apply by March 31](#) for the ASPHN Student Board Position!

The one-year term is August 1 - July 31 and requires a commitment of around eight (8) hours a month.

Current student representative Andile



### ASPHN's Student Webinar Series Continues

ASPHN and Appalachian State welcome

Mkhonta says, “I had been looking for an opportunity that embraced diversity and worked to include underrepresented people groups.

Serving as an ASPHN student representative has created a platform for me to hone my leadership abilities. Plus, it has increased my confidence in ASPHN’s capacity to engage all people in advancing initiatives for healthy eating and active living for all.”

Contact Mim Gaines at [mim@asphn.org](mailto:mim@asphn.org) with questions.

students from all universities to join this 6th annual interactive webinar.

Date: Wednesday, March 1, 2023

Time: 7:00 pm - 8:30 pm ET

[Register now!](#)

Learn together about the value of student membership and gain awareness of professional development resources at the state and national levels.

Questions: Contact Shana Patterson Holland at [shana@asphn.org](mailto:shana@asphn.org).



## Spring 2023 Health Equity Internship Session Begins!

ASPHN is proud of our interns! Please greet and encourage them when you see them at the upcoming [Thrive Summit](#), [SOPHE Conference](#), and the ASPHN Annual Meeting.

In January, the [Health Equity Internship program](#) kicked off its Spring session with larger groups of students and more focused areas.

Thirty-five undergraduate and graduate students from mostly minority-serving institutions are serving as spring interns.

Sixteen of these interns are working closely with the [Consortium of African American Public Health Programs’ \(CAAPHP\)](#) HBCU Alliance Team on projects focusing on maternal and child health.

Also, 12 CVD Cohort interns are continuing their work on CVD risk reduction among [HBCU](#) students in the deep south in Alabama, Louisiana, and Mississippi.

The ASPHN Health Equity Internship continues to grow! It has increased from 70 to 100 interns since last year. For more information, email [internship@asphn.org](mailto:internship@asphn.org).

## 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 placement in nutrition and physical activity for nutrition coursework, a dietetic internship rotation, or exercise-related degree coursework, as approved by your university. In-person, virtual, or hybrid placement locations are listed on the application.

Applications are encouraged from historically underrepresented scholars. Selected students will be notified in April. Contact Teresa Jones with questions at [teresa@asphn.org](mailto:teresa@asphn.org).

## ASPHN Membership



[Discover the Benefits of ASPHN Membership](#)

### Membership Tip: Complete Member Orientation

Check out the 30-minute interactive [ASPHN Member Orientation](#), now available on demand!

Both new and experienced members will gain fresh insight into the breadth of programs offered by ASPHN.

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

You will find opportunities to learn and lead in your passion areas through committee and council work. Plus, you can preview upcoming leadership development opportunities like the Growing ASPHN Leaders program.



## ASPHN Welcomes New Members in January

New members make us stronger. ASPHN is delighted to connect with, support, and learn from the 11 new members that joined in January.

### General Members:

Beatriz Aurelio, MPH in the HI Dept of Health

Stacy Palm, MS, RD, LN in the SD Dept of Health

Darla Scardina in the LA Dept of Health

Mehgan Spencer, MPH, CHW in the FL Dept of Education

Shevonne Tsegaye, CLC in the WA State Dept of Health

### Associate Members:

Madeline Carreon, BS, student at NM State University

Suzanne Haydu, MPH, RD (CA)

Faith Iseguede, student at Jackson State University (MS)

Andrea Litzow, MPH student at University of WA

Josephine Okorie, student at Morgan State Polytechnic (MD)

Katherine Pratt, JD, LLM, Loyola Law School (CA)

## 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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