

March 2023



ASSOCIATION OF STATE
PUBLIC HEALTH NUTRITIONISTS

MONTHLY NEWSLETTER



TRUST. LISTEN. BUILD.

ASPHN 2023 ANNUAL MEETING

2023 ASPHN Annual Meeting – Trust, Listen, Build

[Register now](#) for the 2023 ASPHN Annual Meeting and join us in person, Sunday, June 11-Tuesday, June 13, at the [Grand Hyatt Denver](#). The Annual Meeting is open to members and non-members alike!

Attendees will experience powerful and inspiring sessions, professional development opportunities, and updates from federal partners MCHB, CDC-DNPAO, and USDA.

Refresh your profile! [Professional headshot photos](#) will be available for \$50 cash, VENMO, PayPal, or credit card purchase on-site.

[Book your hotel room at the ASPHN room rate](#) by 4 PM MST on Friday, May 19th. (\$199/night, the federal per diem rate) If you need to, cancel 72 hr before 4 PM MST of the arrival date.

[ANNUAL MEETING WEBPAGE](#)

Annual Meeting Poster Session: Apply by May 1st

There is great news for poster sessions this year the ASPHN Annual Meeting Poster Session!

This year we will use a virtual poster

ASPHN Annual Awards: Submit by March 31

Submit nominations for yourself, another individual, or even a team for the [ASPHN Annual Awards](#). Hurry! The March 31 deadline is approaching.

Public health nutritionists at every career stage will be celebrated for their courage, perseverance, problem-solving, and innovation. Several awardees will be chosen.

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 NOW!](#)

The nomination form is short. Contact Karen Probert with questions at karen@asphn.org.



session platform, allowing presenters to be in the room or join the conversation remotely, reducing barriers to participation.

A few posters will be selected to be presented during breakfast on Monday and Tuesday. Click the button below to read the requirements.

Submit abstracts by 11:59 PM on May 1st.

[LEARN MORE & APPLY](#)

Contact Cyndi Atterbury with questions at cyndi@asphn.org.

ENHANCE YOUR PRACTICE



Watch for the ASPHN Ballot

It's time for the annual ASPHN Election!

Each year the ASPHN Board of Directors gets a refresh, putting new people with diverse experience and skills into several key roles.

The ballot will be sent in early March for member-representatives to vote. Here's what to expect.

- The Appointed Member from each state receives the General Ballot and is encouraged to consult with the General Members in their state before voting. Find your state [Appointed Member here](#).
- Every member of the ASPHN councils votes on the Council Ballots.
- Ballots are distributed via email by Survey Monkey.
- Voting will be open for 30 days.
- Those elected will be contacted and the results will be announced in April.
- If you have questions about the ballot, please contact amber@asphn.org.



National Nutrition Month: Advance Equity Through Sustainable Chest/Breastfeeding

March is [National Nutrition Month](#). The theme is to eat sustainably both for nourishment and the protection of the environment. So let's pay attention to the best ecological nutrition, [breastmilk!](#)

Here are some quick tips to support breastfeeding this month!

- Don't assume. Race-based assumptions about who may wish to breastfeed result in [racial and ethnic disparities](#). As nutritionists, we can invest in culturally centered breastfeeding education and support.
- Discuss the benefits of breastmilk with all influencers in the family; mothers, fathers, grandparents, etc.
- Be sure to share information on [Baby-Friendly Hospital initiatives](#). Many families, especially non-white families, have not been informed of the value of delivering in a Baby-Friendly hospital.

[TAKE ACTION FOR CHEST/BREASTFEEDING](#)

GET ACTIVE WITH ASPHN



ASPHN Student Board Position: Apply by March 31

March 31 is the deadline for applications for the student position on the Board. This Board of Directors Student Representative position is a one-year, non-voting position for a student and takes about eight(8) hours a month.

The student requirements are to:

- Be enrolled in an accredited college or university's nutrition, nutrition-related, or public health program.
- Be a junior through doctoral academic level during the office term; dietetic interns and dietetic technician students with a strong interest in public health are also included.
- Have leadership experience, preferred.

The application is easy to complete. Only one question requires a short paragraph. In that answer, be prepared to provide:

1. An explanation of your interest in learning more about public health nutrition leadership at the national association level.
2. An example of a situation where you used leadership and critical thinking skills to provide rapid, strategic, and effective solutions.
3. Your short-term and long-term professional goals.
4. The strengths you would bring to the Board including any experiences that have helped you prepare for serving on a Board and ideas of how to increase student engagement.

[LEARN MORE & APPLY](#)

Celebrate National CACFP Week! CACFP Vegetable and Fruit Snack Menu

National CACFP Week is this week

(March 12-18)! So, grab a [CACFP Fruit and Vegetable Snack Menu](#) for yourself on ASPHN's website.

National CACFP Week is designed to raise awareness of USDA's work through CACFP to combat hunger and bring healthy foods to tables across the country.



ASPHN's National Fruit & Vegetable Nutrition Council's CACFP Work Group developed the snack menu for CACFP providers and others (parents, caretakers, nutrition workers, and students alike) to easily, plan, prep, and provide fruit and vegetable-filled snacks with a month's worth of recipes!

And the best part... it's FREE!

For more information about National CACFP Week, please visit [the National CACFP Sponsors Association website](#).

[GET THE CACFP SNACK MENU NOW](#)

THIS MONTH'S MEMBERSHIP TIP

Get an ASPHN Buddy



Connect with a Buddy to learn more about all ASPHN has to offer and where to start your involvement.

The ASPHN buddy system pairs new (and new-ish) members with ASPHN volunteer 'Buddies' who can help orient you to the organization.

Getting connected with an ASPHN Buddy is as easy as emailing Amber Brown at amberbrown@asphn.org.

[APPLY FOR MEMBERSHIP TODAY!](#)

WELCOME TO OUR NEW MEMBERS

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

In February we gained the action power of 28 new members. Thank you for joining us and sharing your strength!

General Members:

Ruhiyyih Bannister, MS, RD, LDN, CLC in the FL Dept of Health
Hannah Barnes in the FL Dept of Health
Cynthia Ervin, RDN in the NC Department of Health
Maggie Hartig, MS, RD, CDN, CLC in the NY State Dept of Health
Vanessa LeMire, MS, RD, LDN in the FL Dept of Health
Carrie Lindquist in the MN Department of Human Services
Hannah Scott, MS, RD, LD, CLC in the NH Dept of Health
Konnie Tran in the NC Dept of Health
Hannah Wise, RDN in the NY State Dept of Health

Associate Members:

Students at Appalachian State University (NC)

Mohammadi Amena
Molly Ball
Patrick Blower
Gillian Bridges
Damion Daley
Jackie Dalzell
Shelby Fink
Alexandria Owen
Samantha Simmons
Marcy Steigerwald
Beth Stepp

Students at University of Minnesota

Huda Gass
Abigail Gelineau

Additional Universities

Leah Ahkee-Baczkievicz, student at University of New Mexico
Kelsey Kamanani Conklin, student at UC Berkeley
Susan Kreager, RDN, LD, CDCES with Northern Arapaho and Santee Tribes (WY) University
Sarah McKenzie, student at UC Berkeley
Adewumi Oladele, student at Morgan State University (MD)

DISCOVER MORE BENEFITS WITH ASPHN

ASPHN Membership

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

Not a member yet? [Apply today!](#)

Follow ASPHN On Social Media

Did you know that ASPHN posts to its social media channels regularly? Be sure to follow us on the channels below to keep apprised on current public health nutrition events, resources and much more!

[Facebook](#) • [LinkedIn](#) • [Twitter](#) • [Instagram](#)

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ASPHN is a 501(c)3 non-profit membership organization. We provide national leadership on food and nutrition policy, programs and services.