Building a Positive Workplace
Practical Tips from the ASPHN Development Digest

Spark wellbeing in your professional settings with these highlighted articles from the ASPHN Development Digest.

Leading Connection in the Office
- Consider how these 8+ strategies can foster meaningful relationships with the people we see the most.

Practicing Validation and Recognition at Work
- The process of nominating, selecting, and soon celebrating the ASPHN Annual Award winners released such good energy this year! People were really happy. Spark joy with recognition at work.

Improving Your Well-Being Through Appreciation
- Gratitude is both a gift to others and to yourself. Step forward in wellbeing with these practical thoughts on expressing appreciation.

DEVELOPMENT DIGEST BLOG

Have a topic you’d like us to explore? Contact Lourdes Pogue at lourdes@asphn.org.
Attend Virtually at No Cost

The ASPHN Annual Meeting, June 11 – 13, is open to members and non-members alike.

Can’t make it to the Grand Hyatt in Denver, Colorado? Join us virtually from the comfort of your office at no cost!

Experience powerful and inspiring sessions, professional development opportunities, and updates from federal partners MCHB, CDC-DNPAO, and USDA-FNS.

REGISTER NOW

Breastfeeding Week!

World Breastfeeding Week is August 1-7. Contact your state or local breastfeeding coalition to support their activities.

Also, check out the Association of State and Territorial Health Officials (ASTHO)’s lactation virtual learning series. ASPHN partners with many organizations like ASTHO to enhance education and programs around nutrition.

CAREER READY

ASPHN’s DNPAO Traineeship Matches Students and Preceptors for Success

Kudos to the nine students chosen to participate in the Centers for Disease Control’s highly competitive DNPAO Nutrition and Physical Activity Traineeship, June 2023 - July 2023.

The selected students were matched with outstanding preceptors at the sites listed below.

1. Jayda Jefferson is seeking a Master's degree in Nutrition and Public Health. She will be placed with Steph Leonard at the Colorado Department of Public Health and Environment in Denver, CO.

2. Kdayjah Council is earning her Master’s Degree while enrolled in a dietetic internship program and will be with Molly Killman at the Alabama Department of Public Health in Montgomery, AL.

3. Thania Ortiz Santiago is working on a Master's Degree in Nutrition and Dietetics and will be placed with Lauren Maxwell at the Texas Department of State Health Services in Austin, TX.

4. Yi Lin is a senior majoring in Nutritional Sciences and will be placed with Karina Scott and Ydalia Heimann at the City of

Traineeship: Next-level Professional Experience for Students

The eight-week DNPAO Traineeship provides students with educational opportunities at state health departments and similar agencies in-person, online, or in a hybrid work model.

Traineeship: Preceptors Benefit, Too

After a recent training for preceptors, Molly Killman shared how pleased she was to be a part of the Traineeship stating, “This is not only a great opportunity for students to learn, but also can be a way for us to find qualified new employees in the future.”

LEARN MORE

Watch for Your Opportunity to Apply for Traineeship

Applications for next summer’s Traineeship will be accepted from January to March 2024. Watch this newsletter and ASPHN
5. Alejandra Moreno has a degree in Kinesiology. She is working on a Master’s Degree in Public Health and will be placed with Paula Kreissler at YMCA Healthy Savannah in Savannah, GA.

6. Nadiya Madyun is a junior majoring in Nutritional Sciences and will be placed with Kathryn Bernstein at the Illinois Public Health Institute in Chicago, IL.

7. Khang Ho is earning an MPH in Nutritional Sciences and will be placed with Rose Gioia-Fine and Tiffany Edwards-Piercie at Tuscora Intermediate Unit in Lewistown, PA.

8. Kimberly Siu is earning an MPH in Nutritional Sciences and will be placed with Kelsey Liu at Public Health Seattle & King County in Seattle, WA.

9. Alden Gu is a junior earning a Bachelor of Science in Public Health with a Global Health Nutritional Sciences focus and will be placed with Megan McGregor and Sandra Cummings at the Marion County Public Health Department in Indianapolis, IN.

Applications are encouraged from historically underrepresented scholars who are also:

- Junior through doctorate-level students in nutrition or kinesiology-related degrees or
- Dietetic interns, and
- US citizens, Permanent Residents, or U.S. Nationals.

The 240-hour placements are completed at specific state health departments or similar facilities and can be used for dietetic internship rotations or coursework as approved by your university.

Meet the Next Student Representative to the ASPHN Board, Emilie Holloway

Congratulations to Emilie Holloway who has been appointed as Student Representative for the ASPHN Board for the August 2023 through July 2024 term.

The Student Representative position further develops the leadership experience of each student and broadens the perspective of the Board.

Emilie is a doctorate-level student at University of Tennessee, Knoxville with leadership experience. She became active in the Association by serving on the annual meeting planning committee which helped her connect with current members while learning more about the process of planning a meeting. Also, while working on her Master’s, she was the faculty-student liaison for the nutrition club.

Emile encourages other students to be involved in ASPHN. “Being on committees and councils is a great way students can learn to be effective future leaders who are willing to step up when needed.”
Get Involved in Councils and Committees

ASPHN exists because of members like YOU!

Are you interested in:
- Making new or deeper connections with your ASPHN colleagues?
- Becoming more involved with ASPHN?
- Contributing time to help keep ASPHN thriving?

Get involved in a Committee or Council.

Easily find the purpose, priorities, workplan, leadership, and resources of each Committees or Councils dropdown menus at the top of the ASPHN homepage. The page for each Committee/Council has a link for joining.

Questions? Already a Council member but wonder about being part of its leadership? Get more information from the ASPHN consultant assigned to each Committee and Council. Look at the bottom of each respective web page for the consultant’s name and email address.

APPLY FOR MEMBERSHIP TODAY!

WELCOME TO OUR NEW MEMBERS

ASPHN Celebrates Six New Members in May

ASPHN prioritizes inclusion, involvement, and the professional advancement of all members. This includes members of every age, race, ethnicity, sexual orientation, gender identity, and socioeconomic status.

We thank you six for bringing your uniqueness to our group and adding perspective to the broad vision of health for all people.

New General Members
Sophia Bopp, MPH, RDN in the CA Dept of Food and Agriculture
Christine Kassas in the GA Dept of Health
Gabrielle Risley, MPH, RD, LD in the Kansas Dept for Aging

New Associate Members
Angel Cunningham, MS, RD, LD with Family Care Health Centers (WV)
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.