THIS MONTH'S HIGHLIGHTS

Apply to the Courage in Leadership Cohort by Jan 3

ASPHN invites you to join the Courage in Leadership Program. Apply by January 3.

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 1-hour meetings between January and July 2024, cohort members will enhance these skills:

- Build trusted relationships
- Develop emotional intelligence for self-efficacy
- Facilitate deeper thinking
- Foster courageous conversations

Praise from 2023 Participants:

“Courage in Leadership aligns perfectly with my needs as it empowers me to make bold decisions and take calculated risks at my workplace and in other professional settings. Additionally, it inspires confidence and trust in my leadership, and fosters a culture of innovation and growth that directly benefits me and my work.”

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Lead and Grow as an ASPHN Board Member- Nominate By February 1

Make a difference in public health nutrition and embark on a rewarding journey by joining the ASPHN Board of Directors! By taking on these vital roles, board members are pivotal in guiding ASPHN to fulfill its mission by supporting committee actions to implement our strategic plan.

Nominations are due by February 1.

From Tiffani Grant

"Serving on the ASPHN Board has enriched my professional life beyond imagination. This experience is an invaluable opportunity to:
- connect with dedicated colleagues who share your passion
- learn from the foremost experts in the field
- forge lifelong relationships and,
- gain a deep understanding of the organization's inner workings."

Consider self-nominating or nominating a colleague while you explore the positions available:
- President-Elect (requires previous experience on the
from this Program has taught me to be a better leader, friend, sister, daughter, and wife. Not only did it teach me how to lead, it taught me how to lift up others and include them in projects and ideas.”

Contact Phyllis Allen at phyllis@asphn.org or Teresa Jones at teresa@asphn.org for more information.

**Election Timeline**
- February 1, 2024 – Last day to submit nominations
- March 2024 – Election
- April 2024 – Results are announced
- August 1, 2024 – New Board terms begin

Submit your nominations or ask questions by contacting Tiffani Grant at tgrant@magnethccn.org.

**STUDENT PROFESSIONAL EXPERIENCE**

**Traineeship in Nutrition and Physical Activity: Apply in January**

Nutrition and physical activity go hand-in-hand to improve the health of individuals and communities. Enhance your academic and work experience with ASPHN’s DNPAO Nutrition and Physical Activity Traineeship. The application opens on January 1.

The Traineeship offers a paid, eight-week, 240-hour hands-on learning opportunity to college seniors through doctorate-level students in nutrition or kinesiology-related degrees and dietetic interns. State health departments or similar facilities will serve as face-to-face, virtual, or hybrid hosting sites. Experiences can be used for independent study, dietetic internship rotations, or coursework as approved by your university. A list of locations is available on the application.

Contact Teresa Jones at teresa@asphn.org.
Have you checked out the ASPHN Transition Feeding Briefs? Information in these briefs can help nutritionists be more aware of infant transition food beliefs and traditions across cultures.

A new brief has just been added! Bookmark and share these sources of information about traditional American Indian and/or Alaskan Native foods for infants and toddlers.

GET THE FEEDING BRIEF: NATIVE AMERICAN

THIS MONTH'S MEMBERSHIP TIP
Get a Guide: ASPHN’s Welcome Buddy Program

Are you a member who is new to ASPHN or to the Public Health Nutrition field? Get a guide for your new adventure!

ASPHN’s Welcome Buddy Program will help you connect with a more seasoned member. You will be connected with an experienced ASPHN member, a public health nutrition professional, and gain a mentor who can share more about the Association.

Contact amberbrown@asphn.org.

Not yet a member?

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 November, 12 people made a new or renewed commitment to lend their perspective and strength to this movement. We welcome you with joy!

General Members
- Alice Brite, NES, CLC in the South Carolina Department of Health
- Mia Donley, MPH, RD in the Colorado Department of Human Services
- Liz Marso, RDN in the South Dakota Department of Health
- Agnes Russell, RD in the South Carolina Department of Health
Kebra Wright, CLC in the South Carolina Department of Health

Associate Members
- Krista Casazza, PhD, RDN, Florida Gulf Coast University
- Lauren Gwaltney, student, Appalachian State University (NC)
- Amanda Harner, student, Appalachian State University (NC)
- Linda Knol, PhD, RDN, University of Alabama
- Kimberly Prosper, student, Howard University (DC)
- Theresa Saltsgaver, student, Appalachian State University (NC)
- Valeska Weiss, Nutritionist and Dietitian (FL)

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.