

JANUARY 2024



ASSOCIATION OF STATE  
PUBLIC HEALTH NUTRITIONISTS

## MONTHLY NEWSLETTER



### THIS MONTH'S HIGHLIGHTS

#### Begin The Year with Gratitude: ASPHN Award Nominations

This New Year season, celebrate ASPHN members for their courage, perseverance, problem-solving, and innovation with a nomination for an ASPHN Annual Award.

Warm appreciation flowed in 2023 through our easy new nomination form. Use that [simple nomination form](#) to briefly tell us about your amazing colleagues.

By March 31, 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, students on special projects, emerging leaders, and seasoned professionals alike.

Several awardees will be chosen. See the award categories and past awardees on [ASPHN.org](http://ASPHN.org).

Contact Karen Probert with questions at [karen@asphn.org](mailto:karen@asphn.org).

[PREPARE YOUR NOMINATION](#)

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**Cooperative Extension: Apply for the**

## Healthy for Life® Community Nutrition Grant from ASPHN's Partner.



[Apply now](#) for the Healthy for Life® community nutrition grant for Cooperative Extension agencies.

In 2015, the American Heart Association and Aramark launched [Healthy for Life®](#), an innovative health impact initiative that empowers people to make healthy food, nutrition, and lifestyle choices.

The primary goal of this grant is to further support quality nutrition education through Cooperative Extension. It may also facilitate relationships with healthcare and public health organizations, which has been noted as important in the 2021 [Cooperative Extension Framework for Health Equity and Well-being](#).

Six grants with a value of \$2,500 and two grants with a value of \$7,500 will be awarded.

Application deadline: February 28, 2024, 11:59 PST. Questions? Contact [healthyforlife@heart.org](mailto:healthyforlife@heart.org).

## STUDENT PROFESSIONAL EXPERIENCE



### Student Networking and Professional Development

Kickstart your career in Public Health! Register now for the interactive student development series.

[Student Networking Event](#)  
February 13th, 6- 7 pm ET

Laugh and learn with professionals and fellow students as you hear the career stories of public health nutrition leaders. Ask questions and envision a path of your own!



### Students, Apply By March 1: ASPHN's DNPAO Nutrition and Physical Activity Traineeship

[Apply now](#) to ASPHN's DNPAO Nutrition and Physical Activity Traineeship!

Through experience in evidenced-based nutrition and physical activity interventions for health equity, students will:

- Learn public health competencies
- Receive compensation toward education costs, and

[Professional Development  
Tools at ASPHN](#)  
[March 6th, 7-8:15 pm ET](#)

This 7th annual webinar hosted by ASPHN and Appalachian State University is also open to all students. Discover more benefits of student membership, navigate ASPHN resources, and apply them to sharpen your professional skills.

For more information contact Amber Brown at [amberbrown@asphn.org](mailto:amberbrown@asphn.org).

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### 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. Watch your inbox for an email announcement.

**Commitment:** One-year term, August 1 - July 31, approximately eight (8) hours a month.

**Eligibility:** ASPHN full-time student members AND entering their junior year 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 Amber Brown at [amberbrown@asphn.org](mailto:amberbrown@asphn.org).

[MORE ABOUT THE BOARD](#)

- Earn coursework credit as approved by your university.

The ASPHN DNPAO Nutrition and Physical Activity Traineeship Program is in its third year. It aims to increase diversity in the public health workforce by offering advanced training in nutrition and physical activity to students from populations historically underrepresented in these fields of study.

#### Eligibility

- Senior through doctorate-level academic or dietetic intern status, and
- Enrollment in a nutrition or kinesiology-related degree

#### Praise for the Traineeship

“The DNPAO-ASPHN traineeship has been an exceptional experience! The program's curriculum was designed with remarkable clarity, making complex concepts easy to grasp. The flexibility offered allowed me to tailor my learning to suit my needs perfectly. Most importantly, the traineeship provided invaluable practical skills, preparing me thoroughly for the challenges of the work world. Highly recommended!”  
-Jayda Jefferson, 2023 participant

The deadline to submit is Friday, March 1, 2024, at 11:59 PM ET. The application includes the full eligibility criteria. Only complete applications will be reviewed. Accepted students will be notified by April 12.

Questions? Contact Teresa Jones at [teresa@asphn.org](mailto:teresa@asphn.org).

[LEARN MORE](#)

ENHANCE YOUR PRACTICE

## No SPAN Funding? Swap Ideas on Networking Calls

Since 2019, ASPHN has provided a platform for discussion and networking among public health nutritionists in state health departments or other entities that were not awarded SPAN funding.

Get support from our 2024 networking series of calls.

### What to Expect

An ASPHN consultant will facilitate discussion generating ideas, steps, and examples of how state health departments can continue or invigorate nutrition and physical activity work with new partners, programs, etc.

### Get Started by January 15

Send interest emails with contact information or questions to Shana Patterson Holland at [shana@asphn.org](mailto:shana@asphn.org).

1. Tell us who is the most appropriate contact in your state to attend these calls. (Ex: a public health nutritionist at the program level)
2. Let us know if, in addition to your "state contact", you would be interested in joining these calls.



## Lend Ideas and Learn: Join the CACFP Work Group

Do you work in the CACFP area? Lend your insights and contribute to even greater impacts from this vital funding.

Join the CACFP Work Group within the ASPHN Fruit & Vegetable Council! Its monthly meetings create space to work on projects for increasing fruit and vegetable resources available to CACFP.

A current project will increase the cultural diversity of recipes in the CACFP program.

To join or get more information, contact Amber Brown at [amberbrown@asphn.org](mailto:amberbrown@asphn.org).

## Register Now: Fruit & Vegetable Nutrition Council Sponsored Webinar

### Apply Trauma-Informed Approaches and Harm-Reduction Principles in Public Health

January 25, 2024, 1:00–2:00 PM ET  
[Register now!](#)

### Presenter

Margaret Chaykin, MPH, CHES, RDN, CD  
Washington State Department of Health

### Description

Integrate trauma-informed approaches and harm reduction principles in public health nutrition practice. Grounding in trauma, we recognize it as part of the lived human condition we all share. This is highly relevant to the development and management of chronic disease, and also to justice actions.

Discuss health inequities that cause disparities, why language matters, and how to curate spaces of healing-centered engagement for social health access referral points.

This event is co-sponsored by the [Food Service Guidelines Collaborative \(FSGC\)](#).

## THIS MONTH'S MEMBERSHIP TIP

### Continue Your Membership As A Retiree



### Stay active with ASPHN as a retired member!

ASPHN hopes that our retired members will continue to contribute to the profession by remaining within our ranks, sharing their experiences, and fostering friendships that last a lifetime.

To help ease the financial burden that often comes when a consistent paycheck doesn't, ASPHN has a "Retiree" membership category at \$25/year. That's a 50% savings.

[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 we gained the action-power of 44 new members. Thank you for joining us and sharing your strength!

### **General Members:**

#### **Missouri Department of Health**

Laura Bykowski  
Dawn Gorden  
Cynthia Murphy  
Nefatterria Phillips

Samuel Foulchag in the Hawaii Department of Health  
Dongsoo Jeon, MS, MPH in the New Jersey Department of Health  
Erica Johnson, MPH, RD in the Oregon Health Authority  
Shoko Kumagai, MPH in the Washington State Department of Health  
Janet Ortiz, RD, LD, IBCLC in the Florida Department of Health

### **Appointed Member:**

Natasha Jones, MS, RD in the West Virginia Department of Health

### **Associate Members:**

#### **Students at University of Illinois Chicago**

Anisa Fought-Boudaia  
Kendall Lowns

#### **Vermont WIC**

Autum Perron  
Kendall Ross

Christian Carbajal, student at University of Texas at El Paso  
Kdayjah Council, student at Samford University (AL)  
Martha Henze, MPH, MS, RDN with Boulder County Public Health (CO)  
Gladys Emefa Hlorgbe, University of Tennessee Knoxville  
Emily Holbrook, student at University of Idaho  
Noah LeJeune, student at Tulane University (LA)  
Katie McConaughy, MPH, CPA, RDN, recent graduate of University of Washington

**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.*

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