FEBRUARY 2024

ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

MONTHLY NEWSLETTER

THIS MONTH'S HIGHLIGHTS

INTEGRATING NUTRITION + HEALTH

NOURISHING PEOPLE + PLANET

Book Your Hotel: 2024 ASPHN Annual Meeting, Integrating Nutrition and Health

The 2024 ASPHN Annual Meeting will be held at the Embassy Suites in downtown Minneapolis, MN from June 9 – June 11, 2024.

The planning committee is pleased to announce a full day of sessions focused on Food Is Medicine. The popular federal updates presented by our federal partners will again be on the agenda.

A field trip is planned to tour the Indigenous Food Lab at

Annual Meeting Poster Session: Apply March 1-April 15

ASPHN invites all members, including students, and other meeting attendees to submit an abstract for our yearly peer-reviewed poster session, held at the 2024 ASPHN Annual Meeting.

To showcase the variety of our member's expertise and maximize poster session learning, our call for submissions has three categories.

Poster Session Categories

- Research and evaluation
- Programs and practice
- Policy and advocacy

Click the button below to read the requirements.

Submit abstracts between March 1 and 11:59 PM on April 15th. No extensions will be permitted. Notifications will be emailed by May 1st.

the Midtown Global Market on the afternoon of Tuesday, June 11.

Reserve your hotel room now. Registration for the Annual Meeting will open March 1st.

BOOK NOW

LEARN MORE & APPLY

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

PLAN YOUR PROMOTIONS: NATIONAL NUTRITION MONTH®

March is National Nutrition Month®

Go Beyond the Table this March during National Nutrition Month®. This focus is lead by the Academy of Nutrition and Dietetics.

ASPHN joins in the celebration by shining light on nutrition research, programs and advocacy. Through collective action we work to enhance the ability of all people to eat nutritious food.

Share the next three articles with your colleagues to advance health strategies beyond the table.

Watch ASPHN social media for more top tips.

GO BEYOND THE TABLE

Beyond the Table: Food Access

Get guidance for language around equitable access to nourishing food with the Food and Nutrition Security Primer.

- Gain insight into the terms and concepts you may be hearing and using.
- Enhance communication and understanding among public health nutritionists and their partners.

GET THE PRIMER

Beyond the Table: Angel Cunningham

Angel Cunningham goes Beyond the Table as an RD in a West Virginia community medical clinic. After completing her nutrition education, she returned to her own community with the aim of making nutrition services locally available to the average person. Share her Hall of Fame story highlighting the role and value of public health nutritionists.

VISIT THE HALL OF FAME

Beyond the Table: Making Healthy Choices, Easy Choices

Amp up your advocacy for public health nutrition as a vital part of the teams building healthy communities.

Tell your employer, city planners, academic settings, managed healthcare organizations, food purveyors, real estate developers and mental health teams this:

Public health nutritionists are **Making Healthy Choices, Easy Choices**.

Three Promotion Strategies:

- Include this catchy sound bite in presentations, emails, meeting themes and on social media.
- Download and display the customizable poster.
- Link to the nutrition program impact video.

SEE THE SOUND BITE CAMPAIGN

STUDENTS STEP FORWARD

Let's Get Together: Student Networking and Professional Development

Make the next great connection for your career in Public Health. Register now for the interactive student development series.

February 13th at 6 pm ET: Student Networking Event
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!

March 6th, 7-8:15 pm ET: Professional Development Tools at ASPHN
This 7th annual webinar hosted by ASPHN and Appalachian State University is also open to all public health nutrition students. Discover more benefits of student membership, navigate ASPHN resources, and apply them to sharpen your own professional skills.

For more information contact Amber Brown at **amberbrown@asphn.org**.

ASPHN LOVES Students: Apply to Represent Students on the ASPHN Board of Directors

Students, experience board-level leadership at ASPHN, diversify your resume, and enhance your career options! Apply by March 31 to become the next student representative on the ASPHN Board of Directors!

The one-year term is August 1 - July 31 and requires a commitment of around eight (8) hours a month. See the application for the detailed position description. ASPHN prioritizes equity and inclusion.

Current Student Representative, Emilie Holloway, says,
“I am learning so much about ASPHN as well as the field of public health nutrition. As a student, I am encouraged to participate in whatever way feels comfortable for me, taking on an active role or just observing meetings. I am so thankful for these opportunities."

Contact Amber Brown at amberbrown@asphn.org with questions.

Find more opportunities for student leadership experience here!

2024 Spring Health Equity Fellowship Has Two Powerful Cohorts

The ASPHN Health Equity Fellowship program kicked off its Spring 2024 fellowship session with 71 undergraduate and graduate students who mostly

attend minority-serving institutions in 16 states and the District of Columbia.

Since 2002 the Fellowship has been supporting the diversification of the public health and health-related workforce. Students are placed at federal, regional, state, and local health agencies to gain 12 weeks of real-world work experience and develop advanced skills.

Maternal Health Cohort: Fifty-nine fellows come from schools in the Consortium of African American Public Health Programs' (CAAPHP) HBCU Alliance Team. Their Fellowship projects will focus on maternal health.

Cardiovascular Disease (CVD) Cohort: Twelve fellows continue their work on CVD risk reduction among HBCU students in the Deep South: Alabama, Louisiana, and Mississippi.

All students in the Spring 2024 Fellowship will participate in a Skill Building Institute and receive Systems Approaches to Healthy Communities training.

For more information about the ASPHN Health Equity Fellowship program, email internship@asphn.org.

Happy Birthday!
The Health Equity Internship Turns 20
Enjoy these photos from the 20th Anniversary celebration.

ENHANCE YOUR PRACTICE

Fresh Resource: Envision a Better Farm to ECE Network

Through Farm to ECE, young children fall in love with growing, eating, and learning about vegetables and fruit.

The ASPHN Visioning Tool makes starting and expanding the Farm to Early Care and Education settings (ECE) strategy easier for new and experienced planners.

- Draw inspiration for innovation from other Farm to ECE networks
- Review current and past Farm to ECE accomplishments
- Design relevant goals and strategies to explore next.

Download the Visioning Tool version that is right for your area. State-focused. Local-focused.

Questions? Contact Emia Oppenheim, emia@asphn.org, or Jennifer Dellaport, jennifer@asphn.org.

THIS MONTH'S MEMBERSHIP TIP

Get to Know Us Better with the ASPHN Member Orientation

Let's keep our relationship energized! Get to know us better through the refreshed 30-minute interactive **ASPHN Member Orientation**.

Complete the orientation and:
-Draw inspiration from ASPHN's updated Vision, Mission, and Goals.
-Gain fresh insight into the breadth of ASPHN programs.
-Imagine opportunities to use our updated products and grant projects.
-Stir up your passion to learn and lead through topic-focused committee and council participation.

Contact Amber Brown with questions and to take the next meaningful step! **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 January we gained the action-power of 7 new members. Thank you for joining us and sharing your strength!

General Members

- Adriann Pidek, MPH, RDN in the Colorado Department of Health
- Patience Sengbey in the New Jersey Department of Health
- Korina Skaff, IBCLC in the Oregon WIC Program
- Kyle Unland, MS, RDN in the Washington State Department of Health
- Shanna Williams, MS, RDN, SNS in the Michigan Department of Education

North Carolina Department of Health

- Meredith Ebersohl
- Angela Harpell, RDN, LD

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
Advancing Health Through Leadership

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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