OCTOBER 2025

ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

MONTHLY NEWSLETTER

THIS MONTH'S HIGHLIGHT

ASPHN Work Group: Join to Advance Health Opportunities for ALL Bodies

Join us! The ASPHN Weight Neutral Public Health Workgroupis a collaboration of public health practitioners with interest or expertise in weight inclusive activities.

Weight inclusive public health recognizes that health can be achieved across a range of body sizes by focusing on social determinants of health, mental health, health-promoting behaviors, and health outcomes.

Weight Inclusive Workgroup
-Meet quarterly
-Develop and share research, data, skills, and resources
-Dismantle weight-bias and foster welcoming health opportunities for all

Contact us by email: health.healthyeating@state.mn.us

Weight is a sensitive topic for many. This is not a space to debate the validity of weight inclusivity, but rather a courageous and inclusive space for advocacy.

CONTACT US TODAY

FRESH RESOURCE

Inspire Taste for Fruit and Vegetables with “Have a Plant”

Discover the Have a Plant® campaign from the Foundation for Fresh Produce. Their website is packed with creative ideas, ready-to-use resources, and plenty of flavor to help you celebrate fall harvest vegetables and seasonal produce all year long!

Ready to taste what’s fresh?

I’M READY!

THIS MONTH'S MEMBERSHIP TIP

Connect, Comment and Expand Through Social Media

Get active with ASPHN on social media. Follow us on**Facebook**, **X**, **LinkedIn**, and **Instagram**. Engage with our content and enhance your online reputation as a leader in public health and nutrition.

You'll find highlights of our members and their innovative work, along with ASPHN products, programs, partnerships, opportunities and events.
Our well-chosen hashtags and tags keep the conversation current with national events and allied organizations.

Jump in! Comment, share, and like our posts. Your enthusiasm and connections help expand ASPHN thought leadership to reach more communities!

DISCOVER MEMBERSHIP BENEFITS!

WELCOME TO OUR NEW MEMBERS

ASPHN members are committed to bringing greater health to all people through nutrition in policy, programs and services.

From August through September we gained the wisdom and experience of 22 new members. We are especially encouraged by the addition of so many students. Thank you for joining us and sharing your strength!

General Member

- Melissa Maust in the Pennsylvania Department of Health

Associate Members

- Alicia Acevedo in the Vermont Department of Health - WIC
- Megan Patton-Lopez at University of Massachusetts Amherst
- Madelyn Dunski, student at University of Minnesota
- Jessica Barnikel, Carol Lawrence, Chloe Pate, Mia Rosetti, Wesley Shoaf, Jalen Tot, and Ethan Wilson, students at Appalachian State University (North Carolina)
- Lucy Black, Kate Bowman, Fredric Esters, Madeline Holtkamp, Tiffany Lei, Hannah Maldonado, Faith Mwangi; Denisse Nguyen-Martinez, Annalise Traub, Christina Yang, and Claire Young, students at University of California Berkeley
- Ragu Voleti, student at Dublin High School (California)

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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