OCTOBER 2026

ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

MONTHLY NEWSLETTER

THIS MONTH'S HIGHLIGHT

October 21: CELEBRATE Farm to School & ECE Month with a Harvest of the Month Resources Webinar

Join ASPHN's Farm to ECE program, National Fruit and Vegetable Council and the ASPHN Maternal Child Health Council for an October webinar.

Harvest of the Month Resources Deep Dive
2-3pm ET October 21

Harvest of the Month resources are available in 40 states and several Tribal Nations. Some have been tailored just for early care and education (ECE) sites. This webinar will review where to find your state's materials, how to use these tools, and how some states are adapting and using their Harvest of the Month materials.

SPEAKERS
Emily Campbell
Alabama Partnership for Children
Casey Cavanaugh
Bureau of Indian Education
Audrey Hess
Pennsylvania Department of Education

REGISTER NOW

ASPHN FELLOWS IN ACTION

By connecting classroom knowledge with real-world prevention activities, ASPHN fellows are primed for public health leadership.

(2 min read)

ASPHN Fellows Advance Men's Heart Health Using Brother to Brother Messaging at Tougaloo College

ASPHN fellows at Tougaloo College put public health into action through the Brother to Brother initiative.

Brother to Brother (B2B) is a peer-led health communication strategy designed specifically to reach men—most frequently Black men, Latino men, and other men of color. Rather than relying on traditional institutional messaging, it leverages trusted, peer-driven narratives ("brother to brother") to bypass systemic medical distrust, reduce stigma, and promote proactive health behaviors.

RELEASE THE PRESSURE + B2B

Working alongside Tougaloo faculty and community partners, the ASPHN Fellows helped infuse Brother to Brother messaging into Tougaloo's "Release the Pressure: A Farm to Table Experience," combining heart-health education with practical conversations about healthy eating and hypertension prevention.

THE GAINS

While supporting outreach, participant engagement, health education, and promotion of the activities, the fellows gained valuable hands-on skills in

community engagement, health communication, program planning, and public health practice.

WIN-WIN

The Tougaloo Brother to Brother project demonstrates the value of placing students at the center of community-based public health efforts. Students are not only are uniquely prepared to promote health among their peers, but by connecting classroom knowledge with real-world prevention activities, ASPHN fellows are also developing skills that will prepare them to become the next generation of public health professionals.

ENHANCE YOUR PRACTICE

On Demand: Must-See Webinar on Ultra-Processed Foods

Stay on the leading edge of public health innovation with powerful ASPHN webinars. Members like you asked for this timely topic and attendance was maxed out!

Recorded Webinar Series: The Science Behind Ultra-Processed Foods
From September 2026

Catch up on this two-part series in your own time with the recordings and slide presentations at your fingertips.

CATCH UP ON ULTRA-PROCESSED FOODS

THIS MONTH'S MEMBERSHIP TIP

HELP ASPHN BUILD THE NEXT GENERATION OF PUBLIC HEALTH NUTRITION LEADERS

Students Thrive with ASPHN. Help Them Get Connected!

Help students expand their career opportunities through student membership at ASPHN!

LOW COST, BIG BENEFITS
For just $25/year, ASPHN student members can connect with public health nutrition professionals and students across the country while exploring career paths and building their professional network.

Student opportunities include:

- A Welcome Buddy/Mentor Program that pairs students with a more seasoned ASPHN member
- Student networking calls to connect with peers across the country
- Career path panels featuring professionals working in public health nutrition
- Additional networking, professional development, leadership, and career-building opportunities

THE STUDENT EXPERIENCE

Our current Student Board Representative, Gabriela Meraz-Fishbein, shared:

"ASPHN has helped me feel more connected to the broader public health nutrition community. I've been able to learn from experienced professionals, connect with other students, and discover the many pathways available for students to enter and contribute to the public health field."

PERSONAL CONNECTIONS

Know a student who might benefit? Share ASPHN's student membership information with them!

NEXT-LEVEL CONTACTS

Reach even more students through contacts who are connecting people to jobs.

- Office internship coordinators
- College career centers
- Career fairs
- Networks on connection platforms like LinkedIn, Handshake and WayUp

START THE CONVERSATION

Think creatively about your network and send them this message + link.
"ASPHN expands opportunities for students in public health nutrition. Check it out: https://asphn.org/share-your-student-voice/"

EMAIL QUESTIONS TO ALLISON@ASPHN.ORG

WELCOME TO OUR NEW MEMBERS

ASPHN members are committed to taking collective action that brings about greater health for all people.

In September, these dedicated individuals committed along with us to reach every corner of the nation for better health. Thank you for joining us and sharing your strength!

General Member

- Kate Balestracci in the Rhode Island Department of Health

Associate Members

- Mohammed Abukari at University of Tennessee
- Enid Aguirre at Appalachian State University (NC)
- Mohammad Alam at University of Tennessee
- Kimberly Barton at Appalachian State University (NC)
- Lela Buda at University of California, Berkeley
- Gabrielle Busby at the University of Tennessee
- Kristoff Cohran at University of California, Berkeley
- Willa Colville at University of California, Berkeley
- Uduak David at University of Tennessee
- Nikki DeWalt at University of Tennessee
- Dena French at University of Tennessee
- Bi-sek Hsiao with Vermont WIC
- Elizabeth Hydzik at University of Tennessee

- Komal Jethmalani at University of Tennessee
- Terri Johnson with Swope Health Services WIC (MO)
- Aditi Kulkarni at University of California, Berkeley
- Kina Lan at University of California, Berkeley
- Muhammad Majeed at the University of Tennessee
- Ramona Mills with Swope Health Services WIC (MO)
- Amanda Muth with Swope Health Services WIC (MO)
- Cynthia Padilla-Munoz at University of California, Berkeley
- Neeraja Patel at University of California, Berkeley
- Natalie Pedigo with Swope Health Services WIC (MO)
- Claire Pinkham at University of California, Berkeley
- Payton Randle at University of California, Berkeley
- Hannah Thompson at University of California, Berkeley
- Clara Vigil at University of California, Berkeley
- Lauren Woods at University of Tennessee

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**

Association of State Public Health Nutritionists
PO Box 37094
Tucson, AZ 85740-7094
tel: **814-225-2829**
email: **asphn@asphn.org**

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.

Association of State Public Health Nutritionists | PO Box 37094 | Tucson, AZ 85740 US

Unsubscribe | Constant Contact Data Notice

Constant Contact
Try email marketing for free today!