

February 2, 2016



Dear NLN Participants,

The time is drawing near for our meeting in Marina Del Rey; we will see you in about a month. At this point we have some requests to ask of you in preparation for the meeting.

1) Abstracts

We are looking forward, as usual, to hearing about all that you have accomplished during the past year. In an effort to organize our "sharing session" and maximize information exchange, we would like to ask each of you, as we have done in the past, to please write a brief abstract so that your NLN colleagues can get a preview of what you have been up to during the past year.

As before, we will compile these abstracts and post them to the Western MCH Nutrition Partners website: <http://www.mchnutritionpartners.ucla.edu>. You may click on "NLN Annual Meetings," and then click on "NLN Meeting 2016" to review them prior to the meeting. We will be sure we post them in an easy-to-download format should you want to bring a copy with you to the meeting. In an effort to be greener, we will not be providing copies at the meeting. One caveat... We are updating the website and making it more secure. So, if it turns out that there are changes (like needing a password), we will let you know when it's finished.

If you have more than one project that you would like to share, you may submit additional abstracts. However, because our sharing time is limited and we want everyone to have a chance to speak, please select just one project that you would like to focus on for the purposes of our discussion. If there is more than one person/project from your state, please prioritize among yourselves about which to present in case time is short.

Once the abstracts are posted, we would like to ask you to look them over and think about the types of questions you would like to ask of your fellow NLN members. The deadline for abstract submission is **Monday, February 15th**. Please submit your abstracts to Jasmine Mercado at: jasmine.mercado91@gmail.com in Microsoft Word format (.doc), 1" margins, and 12 pt Times New Roman font. The abstracts from last year can also be viewed at:

<http://www.mchnutritionpartners.ucla.edu/nln-sharing-session-abstracts-2015>

Please include the following in your abstract:

- 300 words or fewer
- Title
- People involved in project and their organizational affiliation

The parts of the abstract should include:

- Background/Introduction
- Project Goals
- Methods
- Results
- Summary/Discussion

1) Preparation for Day 1 Sessions

Morning Session 1: “2015 Dietary Guidelines: Implications for MCH and Sustainability”

Reading Assignment:

- Executive Summary DGAC, <http://health.gov/dietaryguidelines/2015-scientific-report/pdfs/scientific-report-of-the-2015-dietary-guidelines-advisory-committee.pdf>
- <http://www.fcrn.org.uk/fcrn-blogs/michaelwhamm/new-commentary-tom-et-al-paper-energy-use-ghg-and-blue-water-impacts>

Morning Session 2/Afternoon Session 1: “Nutrition and Prevention - A Golden Opportunity: How Can MCH Practitioners Get Involved?”

Reading Assignment:

- Download and carefully read the overview below. Come prepared to strategize follow-up work in your home states (or California)
- Report brief: http://www.calwic.org/storage/documents/reports/CWA-Lactation_and_Nutrition_Counseling_Under_Health_Reform_May_2012.pdf

2) Preparation for Friday’s Leadership Session “Mentorship for MCH Professionals”

Phyllis Crowley and Jean Weinberg, this year’s workshop leaders, have asked for participants to complete the following activities prior to attending this day of leadership.

1. Assigned Reading: “Mentoring 101,” by John Maxwell
 - Less than \$10.00 and an easy read.
2. Take a free personality test based on Carl Jung’s and Isabel Briggs Myers’ typology.
 - Can be accessed at: <http://www.humanmetrics.com/cgi-win/jtypes2.asp>
 - Takes about 7 minutes to complete.
 - Send your results to Jean Weinberg at jean@jeanweinberg.com by **February 15th**
 - Bring a hard copy of your results to the meeting.

You can find all pertinent meeting information posted at our website:

<http://www.mchnutritionpartners.ucla.edu>,

Click on "NLN Annual Meetings" and then click on "NLN Meeting 2016". We will also be posting additional information regarding the meeting site, ground transportation, as well as other details along with the final agenda in the coming weeks.

Sincerely,

A handwritten signature in black ink that reads "Dena Herman". The signature is written in a cursive, flowing style.

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