



Western MCH Nutrition Leadership Network

February 21st and 22nd, 2019

Crowne Plaza Hotel, Redondo Beach, California

Navigating Systems Change to Strengthen MCH Nutrition Impact: What you Need to Know Now about the Farm Bill, Nutrition Assistance Programs and PSE

Agenda

Thursday, February 21st, 2019

- 8:00 AM – 8:30 AM** **Continental Breakfast, Registration & Trainee Poster Viewing**
- 8:30 AM – 8:45 AM** **Welcome and Introductions**
- 8:45 AM – 10:30 AM** ***Updates on Federal Food and Nutrition Programs - How Will it Affect
the RD Profession?***

Panel: Lindsey Haynes-Maslow, Assistant Professor, North Carolina State University,
Raleigh, North Carolina

Lauren Au, Assistant Researcher, University of California, Division of Agriculture and
Natural Resources, Nutrition Policy Institute, Berkeley, CA

Patricia Keane, Associate Scientist/Lecturer, University of New Mexico, School of
Medicine, Prevention Research Center, Albuquerque, NM

Facilitator: Liz Adams

Reading Assignments:

- National Sustainable Agriculture Coalition. What is the Farm Bill? <http://sustainableagriculture.net/our-work/campaigns/fbcampaign/what-is-the-farm-bill/>
- Nestle M. The 2015 Dietary Guidelines, at long last. <https://www.foodpolitics.com/2016/01/the-2015-dietary-guidelines-at-long-last/>
- Haynes-Maslow L. Happy Fifth Anniversary to the Healthy Hunger-Free Kids Act! <https://blog.ucsusa.org/lindsey-haynes-maslow/happy-fifth-anniversary-to-the-healthy-hunger-free-kids-act>

- Au, L. E., Ehrens, K., Burda, N., & Zumbrun, E. (2018). The Academy of Nutrition and Dietetics' Priorities in the 2018 Farm Bill. *Journal of the Academy of Nutrition and Dietetics*, 118(4), 767–770. <https://doi.org/10.1016/j.jand.2018.01.021>

Objectives:

Attendees of this session will be able to:

1. Define what the Farm Bill is and describe the programs and topics that it covers
2. Define the Child Nutrition Re-authorization Act and the programs that it covers
3. Understand the reauthorization process and how the Farm Bill, the Child Nutrition Reauthorization Act and the Dietary Guidelines for Americans are related
4. Discuss the current policy threats to federal food assistance programs

10:30 AM- 10:45 AM Break & Trainee Poster Viewing

10:45 AM – 12:00 PM *PSE 2.0 – Application of PSE Concepts to Unique Regional Environments – Rural, Urban and Tribal Communities*

Speaker: Adrienne Udarbe, Executive Director, Pinnacle Prevention, Chandler, AZ

Facilitator: Meg Bruening

Reading Assignment:

- First Nations Development Institute. (2014). “Conducting Food Sovereignty Assessments in Native Communities: On-the-Ground Perspectives.” Longmont, CO: First Nations Development Institute.

Objectives:

Attendees of this session will be able to:

1. Define what Policy, System, and Environmental (PSE) change means for public health nutrition
2. Summarize opportunities available to utilize PSE strategies at the federal, state, and local levels with an understanding of advocacy roles based on public funding and sector
3. Identify opportunities to tailor approaches with respect for culture and equity unique to regional environments with rural, urban, and tribal communities

12:00 PM – 1:00 PM Lunch & Networking

1:00 PM – 2:00 PM

***Stories from the Field – MCH Childhood Obesity Enhancement:
Technical Assistance Opportunity***

Panel: **Chris Benson**, WA State Department of Public Health
Suzanne Haydu, CA State Department of Public Health
Nicole Lawrence, U.S Public Health Service Commissioned Corps, Supervisory
Dietitian & Public Health Internship Site Supervisor, Winslow Indian Health Care
Center
Robin Stanton, OR State Department of Public Health

Facilitator: Leslie Cunningham-Sabo

Objectives:

Attendees of this session will be able to:

1. Describe at least two examples of how PSE can be implemented in MCH Nutrition settings
2. Explain the difference between application of PSE strategies to make program changes and application of PSE strategies to make systems changes
3. Apply lessons learned from speakers to identify at least one opportunity to make a PSE change within existing work setting

2:00 PM – 2:30 PM

ASPHN – What’s New That You Need to Know

Speaker: Sandy Perkins, Association of State and Public Health Nutritionists

Facilitator: Dena Herman

Objectives:

Attendees of this session will be able to:

1. Describe what ASPHN does as an organization for the field of MCH nutrition.
2. List at least two ways they can get involved with ASPHN
3. Identify ASPHN resources that are useful to build leadership in food and nutrition policy, programs and services

2:30 PM - 3:30 PM

Free Time & Trainee Poster Viewing

3:30 PM - 6:30 PM

Western MCH Nutrition Leadership Network Networking Session
(Refreshments provided)

6:30 PM

Free evening to explore ...

Friday, February 22nd, 2019

8:30 AM - 4:00 PM Leadership Workshop

Making a Meaningful Difference: Leadership and Communication Skills for Building Coalitions and Strengthening Partnerships

Presenter: Niki Steckler, Associate Professor of Management, Chair, Faculty Advancement and Development Committee, School of Medicine, Oregon Health Sciences University, Portland, OR.

Dr. Steckler's expertise is in communication and collaboration across disciplines and organizational boundaries. She coaches academic leaders and health care professionals on increasing their leadership capacities and reaching their career goals. Within the Oregon Clinical and Translational Research Institute she leads a mentoring skills program and teaches academic leadership courses in the Human Investigations Program. Dr. Steckler has won awards for her teaching excellence; she currently teaches graduate courses on becoming an effective manager, leadership assessment and development, influence and communication skills, and managing people in health care organizations.

Reading/Video Assignments:

- The London Perret Roche Group, LLC. "Working Collaboratively – Generous Listening."
- Sinek, S. (2009). How Great Leaders Inspire Action. Retrieved from https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en
- Enders, J., & McKnight, C. (2013). Clarifying Your Leadership Purpose. Retrieved from https://www.youtube.com/watch?v=D_OK2VFj1fE&feature=youtu.be

Objectives:

Attendees of this session will be able to:

1. Strengthen professional relationships through giving voice to your own compelling vision for the future at the same time as you inquire about what inspires others
2. Recognize sources of power and influence you already have and learn how to make even better uses of them
3. Discern which relationships to put energy into in order to accomplish your desired changes and prepare for important conversations with those key stakeholders

8:00 AM – 8:30 AM Continental Breakfast & Trainee Poster Viewing

8:30 AM – 3:30 PM

Building a Coalition: Leadership Practices for Strengthening Partnerships

- Appreciate organizational and environmental complexities to consider when seeking to make a meaningful difference
- Consider the potential application of relational leadership skills to influencing change

- Apply concepts to your own situations

Articulating Your Vision: Create an Inspiring Picture of a Desired Future

- Clarify your motivations for working on change—articulate your “why”
- Articulate a vision for increased organizational capacity in your unit (clinical, research, education)

Connecting with Colleagues: Inquiry as a Leadership Skill

- Inquire about the visions and priorities of others and listen with intent to understand
- Practice generous listening with colleagues and stakeholders who have different perspectives

10:15 AM- 10:30 AM Break

10:30 AM – 12:00 PM

Influencing Up, Down and Across: Building a Network of Relationships

- Map your individual network of relationships with key stakeholders
- Identify current sources of power and available social capital

12:00 PM- 1:00 PM Lunch

1:00 PM- 2:30 PM (Snack offered at 2:00 PM)

Preparing for Important Conversations

- Practice an “opening statement” for an upcoming conversation you’d like to engage in

2:45 PM- 3:30 PM

Experimenting and Moving to Action

- Identify and act on next steps using a “next action” or “prototyping” mindset

3:30 PM – 4:00 PM

Next Steps

Additional Resources

Evaluation

4:00 PM Conference adjourns