

# Get Involved in Nutrition Science Policy!

## 10 Actions You Can Take for ASN

### 1 FAMILIARIZE YOURSELF WITH ASN'S PRIORITY ISSUES

This is the first step in beginning a dialogue with your elected official. The priority issues are determined annually by ASN's Public Policy Committee and designed to represent the interest of all ASN members. The issues are found on the Public Affairs portion of ASN's website, where valuable resources on how to effectively communicate with your member of Congress and additional ways to get involved are also highlighted.

### 2 STAY INFORMED

Set aside five minutes every morning to keep up with the latest nutrition science issues in Washington, D.C. and your state capitol. Set aside time each month to read the semi-monthly ASN Public Policy Newsletter (sent to all ASN members) and FASEB Washington Update (subscribe at [http://lyris.faseb.org/subscribe/faseb\\_washington\\_update.htm](http://lyris.faseb.org/subscribe/faseb_washington_update.htm))

### 3 SPEND 15 MINUTES ON YOUR ELECTED OFFICIALS' WEBSITES

You can learn a lot in a small amount of time and better prepare yourself to meet with your elected official and discuss nutrition issues that are most relevant and important to them. Look for opportunities to visit with your elected official when he or she is in the area, sign up to receive their updates, and learn about events.

### 4 JOIN ASN'S PUBLIC POLICY COMMITTEE

Volunteers are at the heart of ASN's work. To indicate your willingness to serve, log in to the ASN website and click on "Update My Member Profile." Select the box to enroll in a Volunteer Interest Group and indicate the Public Policy Committee in the Notes section. You can also email the ASN Secretariat ([sec@nutrition.org](mailto:sec@nutrition.org)) and attach a CV/résumé. ASN's President appoints volunteers for ASN committees each spring, with the volunteer year beginning on June 1.

### 5 RESPOND TO ACTION ALERTS FROM ASN & FASEB

You can write an email to your member of Congress with a few clicks of your mouse by following the link found in an e-action alert or visiting the Legislative Action Center on FASEB's website. Sign up for e-action alerts here: <http://www.capwiz.com/faseb/mlm/signup/>.



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### 6 SCHEDULE A "BACK HOME" VISIT WITH YOUR REPRESENTATIVE

Contact ASN's Government Relations staff ([sohlhorst@nutrition.org](mailto:sohlhorst@nutrition.org)) for assistance. Be sure to bring a fellow ASN member with you on a back home visit.

### 7 ATTEND LOCAL EVENTS WITH YOUR ELECTED OFFICIALS

Many Representatives and Senators list local events they plan to attend on their website. Attend a Town Hall Meeting to engage your elected official on nutrition science issues, if offered.

### 8 WRITE OPINION EDITORIALS

Write opinion editorials on nutrition science and research issues in your local newspaper. Elected officials at all levels pay attention to issues raised in local papers, so this is a great way to raise awareness of nutrition science issues.

### 9 EDUCATE OTHER MEMBERS OF YOUR COUNCIL OR RIS

Educate other members on nutrition policy issues and how they can also get more involved in public policy, including how they can help promote ASN's priority issues agenda.

### 10 APPLY TO BE AN ASN SCIENCE POLICY FELLOW!

Advanced graduate students, early professionals, postdoctoral trainees, or medical interns, residents, or fellows ASN members with an interest in public policy issues related to nutrition should apply. ASN members with policy experience can also apply to be mentors for ASN Science Policy Fellows.

Learn more at: [www.nutrition.org/public-affairs/asn-science-policy-fellowship](http://www.nutrition.org/public-affairs/asn-science-policy-fellowship)

*Bonus! Consider running for elected office. This is the best way to ensure that nutrition science is represented in policy decisions made at the local, state, and federal levels.*



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