

We Are ASN: The Professional Society for the Entire Nutrition Community

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Society can be defined as an organized group of people working together for a common purpose, with two characteristics of a society being both *likeness* and *differences* among its members. ASN is the professional society for the entire nutrition community, bringing us all together for the common purpose of creating a healthier world through evidence-based nutrition.

We are alike in our passion for advancing the science, education and practice of nutrition. Yet, we come from different backgrounds, we have different job roles, and we have different areas of focus. We are scientists and clinicians; we work in labs, schools, government, corporations, and medical offices; we work with research subjects, patients, and the general population. For nearly 100 years, ASN's strong, multidisciplinary membership base has collectively made significant advancements to our understanding and practice of nutrition science. Our strength lies in the depth and breadth of our members' contributions to the field of nutrition, from research to practice.

We strive to be a diverse and inclusive society – no matter what your role in nutrition, there is a place for you here.

I am ASN. You are ASN. Together, we are ASN.

I AM ASN

As a professor in the Department of Food Science and Human Nutrition at Iowa State University, one of the areas of my research is to better understand the role of one-carbon metabolism in cancer, diabetes, cardiovascular disease, obesity, birth defects, and most recently, polycystic ovary syndrome. Through ASN, I've connected with other members who work in diverse areas of nutrition – these networking interactions have been invaluable in my research and professional development. Their perspectives and insights – sometimes similar to my own, and sometimes vastly different – have proven to be essential in leading all of us to a greater understanding and appreciation of each other. I've collaborated with other scientists to determine best research methods and analysis, and I've consulted with clinicians to better understand their needs and challenges, and how my research can help them.

As a professor and a mentor to my students, I've benefited from meeting members working in a variety of job roles. My engagement with members has allowed me to provide networking and professional development opportunities for my graduate students and junior faculty I've learned a great deal about nutrition career options outside the lab, and this has helped me provide better career counseling to undergraduate, graduate, and postdoc students.

I'm a researcher, a professor, and, most importantly, a mentor. I am ASN.

YOU ARE ASN

One of the most valuable benefits of joining ASN is the opportunity to collaborate with thousands of people who are alike enough to share your enthusiasm for nutrition, but different enough to challenge your ideas and broaden your perspectives, allowing you to grow.

In addition to learning from others, ASN can help you develop professionally and advance your career.

For researchers, ASN has great opportunities to help you boost your CV and advance in your career. Present your research at the annual Nutrition meeting, get published in one of four leading journals, review articles and abstracts, get involved in Research Interest Sections, and learn about new job opportunities.

Healthcare providers know that nutrition is a critical component of your patients' overall health and they count on you to give them the best nutritional counsel. ASN translates nutrition science into easy-to-understand, relatable information so you can educate your patients and improve their health.

If you work in health policy, ASN keeps you up-to-date with the latest nutrition policy news. Stay current about congressional and regulatory activities impacting nutrition research, and be considered for appointments to federal advisory committees.

If you work in the food industry, ASN helps you stay current with nutrition science, trends, and opportunities so you can be aware of new market demands that can lead to business growth.

Educators benefit from ASN membership by sharing high-quality evidence-based research with students and setting students up for success with career development opportunities, mentoring, and access to job postings.

If you communicate to the public about nutrition issues, you can build your reputation as a credible source with access to the latest evidence-based nutrition research to challenge the misinformation about nutrition, diet and health.

For wellness professionals, ASN offers nutrition education through webinars, online classes, translational research, and more to help you guide your clients to better health through nutrition.

If you work in nutrition, you are ASN.

WE ARE ASN

At ASN, we are scientific researchers, practitioners and healthcare providers, global and public health professionals, wellness professionals, policy specialists and advocacy leaders, industry leaders, communicators and members of the media, educators, and more. We are the nutrition community.

Nutrition is about science – and it's about people. To succeed as a society and as a profession, we need experience and perspectives from nutrition professionals in all disciplines of the field.

If you work in nutrition, you belong at ASN. Join us and let's bring our collective similarities and differences together for the benefit of science and health.

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