

Message from the President



Tonia Reinhard, MS, RD

A few weeks back, I replied to an email from a former ADA/MDA member who had questioned the benefits of membership. Based on what she had written, she seemed to be a very thoughtful person, an RD actively engaged in her community. At first, I wasn't sure how to respond, because for many of us, membership is almost second nature to being an RD. Within the next few minutes, a veritable flood of ideas coursed through the old noggin, and I had to speed up the typing to catch up with those ideas! Here's an overview of that email, which is a good update on MDA's activities:

The first sentence was about an incredible benefit that, at the moment of going to press, we are in the final stages of planning: a seminar for our Fall Conference, "NCP: Hands On Skills Beyond the Basics", with 5 CPEs at no cost to MDA members. My very next line was about the awesome MDA 2010 Annual Conference, "Shaping a Healthier Future for Michigan" on April 29 and 30 in Bay City. Members get a major discount on registration for timely presentations, plenty of CPEs and networking opportunities.

We're also working on the Public Policy Workshop Program (PPW) for February 2010. With all the news about health care reform, we need to make sure that members are actively engaged in positioning RDs at the forefront of shaping the nation's health care system. This year's PPW will be in webinar format with real time video feeds to PPW sites around the country. We'll be looking for PPW site hosts, so if you want to be where the action is, let us know that you want to host a site!

My email also gushed about ADA's fabulous Evidence Analysis Library, which they showcased at 2009 FNCE and will be updating at this year's FNCE from October 16 to 19 in Denver. I offered to meet my email pen pal at a coffee shop with web access and show her the incredible resource that members have at their fingertips on my laptop. I'm still waiting to hear back on that! MDA has also increased its support to district associations and practice groups to \$750 each year and added a complimentary MDA Annual Conference registration.

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"Please consider getting involved in MDA by simply contacting us. We have lots of fun volunteer positions that will position you for a leadership role in our Association."
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If you have any ideas on how to bring RDs back into the fold, please send them to me so that I have more ideas for the next email. In closing, I'd like to ask you to remember to cast your votes for upcoming elections, as the MDA 2009-2010 Ballot will be presented next month. It's vital that members provide input on these key positions, and it's also a good time to make a pitch for even greater involvement. Please consider getting involved in MDA by simply contacting us. We have lots of fun volunteer positions that, if you are interested, will position you for a leadership role in our Association. Have a wonderful Michigan autumn season!

Tonia Reinhard

Tonia Reinhard, MS, RD
MDA President 2009-2010
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Best Practice Tips

Prevention of Childhood Obesity: A New Medium to Reach the Computer Savvy Generation

By Rubina S. Haque, PhD, RD, MDA Membership Director

The MyPyramid Blast Off Game is a interactive computer game with a fresh approach to promote healthy eating habits in children. Based on age and gender, it calculates the number of calories a child requires to “fuel” their tank to reach Planet Power. The challenge is to fuel their rocket with the right types and amounts of food and get enough physical activity. http://www.mypyramid.gov/kids/kids_game.html#

These interactive Web sites are a great resource for dietitians, parents and teachers:

<http://www.bam.gov/index.html>

<http://teamnutrition.usda.gov/Resources/eatsmartmaterials.html>

http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html

<http://www.smallstep.gov/kids/flash/index.html>

<http://www.usda.gov/wps/portal/!ut/p/s.70A/7010B?navid=SEARCH&q=portion+distortion&site=usda>

Does Plate Size Influence How Much You Eat?

By Peggy Crum, RD, Consultant/Nutritionist, Health4U Program, MSU

How many times have you heard the advice to serve your food on a smaller plate? Plenty, no doubt. Several organizations make the recommendation to use a smaller plate/bowl/cup/spoon as a strategy to reduce portion size with the goal of decreasing intake. Does it really work that way?

Researcher Barbara Rolls and her colleagues at Pennsylvania State University looked at the effect of changing plate size on food consumption. They used three study variations to test the effect of plate size:

- 1) When participants served themselves a main course;
- 2) When participants were served a fixed amount of a main course;
- 3) When participants served themselves from a buffet.

In all study variations, participants were remarkably consistent in eating the same amount despite the change in plate size. The only significant effect of plate size was the number of trips made to the buffets in study 3. Participants rated hunger and food taste as the primary influences on their food intake.

This study showed that smaller plate size did not cause anyone to eat less. People were consistent in their eating when offered ample amounts of food regardless of plate size.

Consider the “eat off smaller plates” advice to be one of many control messages aimed at getting you to eat less than your body needs or desires. According to Ellyn Satter, author and expert in feeding relationships, “Control tactics may trick your head, but they won’t trick your body.” At first glance, it seems that a smaller serving utensil would make you think you have more food, but your body isn’t fooled.

Thankfully. You have internal regulators you can trust to guide you in your food selections and amounts. Give yourself trust

messages: use whatever size plate you have, offer yourself and your family meals with plenty of food, and enjoy how good it tastes.

References:

Rolls B, Roe L, Halverson K, Meengs J. Using a smaller plate did not reduce energy intake at meals. *Appetite*. 2007; 49:652-660.

Satter E. *Secrets of Feeding a Healthy Family: How To Eat, How To Raise Good Eaters, How To Cook*, 2nd Ed. Madison, WI: Kelcy Press; 2008.

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Leadership Education Excellence in Pediatric Nutrition Fellowship Program

Each year, the Nutrition & Dietetics Department, Indiana University School of Health & Rehabilitation Sciences, offers four clinical fellowships in Leadership Education Excellence in Pediatric Nutrition as part of an Education Excellence in Pediatric Nutrition Training Program.

The fellowships are in coordination with the Department of Pediatrics (Section of Neonatal-Perinatal Medicine) at the Indiana University School of Medicine. The training will occur in the Indiana University Hospitals, including the James Whitcomb Riley Hospital for Children and University Hospital. For more information, visit

http://shrs.iupui.edu/nutrition_dietetics/degrees/fellowship.html

Michigan Dietetic Association Institute Update

By Kelly Fontes, MS, RD, MDAI President

MDAI is pleased to announce that, thanks to all the generous donations from the 2009 Annual MDA Conference, we were able to raise scholarship amounts from \$750 to \$1500!

To continue the work set forth by the Institute, we rely on your generous donation each year in the form of general donation (cash or check) directly to MDAI, the Silent Auction or the Quilt Drawing. It's not too early to think about donating items for the Silent Auction at the 2010 MDA Annual Conference or sending direct donations to MDAI.

More information will be coming about the 2010 Silent Auction and Quilt Drawing, so stay tuned!

Please encourage appropriate students and candidates to apply for scholarships this year, and please continue to support our work so we are able to raise the amount of scholarship money that is offered to deserving students every year.

MDA District and DPG Update

By Diane Delhey, MS, RD, MDA President-Elect

The District's/DPG's Boards of Directors are busy with meetings to plan a year of exciting and informative educational sessions. I'm pleased to announce that we have two more Districts on board this year. Southwest Michigan District Dietetic Association's new President is Joanne Sobie and her e-mail address is Joannasobie@brogess.com. The Lansing Dietetic Association has reorganized and is under the direction of Melanie Shehan; her e-mail address is Melanie.Shehan@yahoo.com. Thank you to these two individuals for taking on leadership roles and organizing the board for each of their respective districts.

If you have not received an application form to join a local district, please contact the MDA office at mda.exccdir@sbcglobe.net. Also, if you are interested in educational events in your district, DPG or in other areas, please check the MDA website at www.eatrightmich.org.

In addition to attending continuing educational events, consider a leadership role in your district/DPG. We need everyone to become involved to make the Districts/DPGs and MDA strong.

MDA 2010 Annual Conference Update

By Kelly Fontes, MS, RD, MDA Conference Co-Chair

“SHAPING A HEALTHIER FUTURE FOR MICHIGAN”

We are pleased to announce the 2010 Michigan Dietetic Association Annual Conference, held on April 29 and 30 at the Doubletree Hotel in Bay City. Don't miss out on the action, educational opportunities and great networking!

Here is a “teaser” of what's in the works for this year's conference:

- **Michigan's First Surgeon General, Kimberlydawn Wisdom:** Health disparities in Michigan.
- **Author of The Flexitarian Diet, Dawn Jackson Blatner:** The lowdown on vegetarianism/flexitarianism.
- **Diabetes workshop:** An intense overview on pumps, pump training and insulin management and the role of diet.
- **“Healthcare without Harm”** and the exciting new ways that “green” is driving healthcare food service.
- **New this year:** A Student Forum. An open forum just for students. Everything you wanted to know about careers and pathways in dietetics as well as current challenges.
- **A hot topic:** “The Blame Game and Foodborne Illness” presented by Michigan Beef Industry Commission.

Mark your calendars for the 2010 Michigan Dietetic Association Annual Conference, “**Shaping a Healthier Future for Michigan.**”

In the Spotlight: Tonia Reinhard, MS, RD, MDA President 2009-2010

By Ann Hoffman, RD, CDE, MDA Public Relations/Marketing Director



Tonia Reinhard and Seymour.

It is an honor to feature Tonia Reinhard *In the Spotlight*. She is a joy to work with on the MDA board, bringing expertise, enthusiasm and her pleasant personality to our meetings! Additionally, she shares experience from her background, which is laden with publications and presentations.

Tonia received her B.S. in dietetics with distinction from Wayne State University and completed her Master of Science in nutrition and food service at Wayne State University, as well.

She has served as program director and lecturer at Wayne State University's College of Science since 1989, and is currently the program director for the Coordinated Program in Dietetics. She is responsible for the development and implementation of courses in nutrition and disease, community nutrition, and nutritional assessment. She also supervises students at extended care facilities, hospitals, schools and community sites. Additionally, she is course director for the Wayne State University School of Medicine, developing and implementing clinical nutrition courses for medical students.

Her past professional experiences include: nutrition consultant and writer for BASF Corporation, clinical manager at Crittenton Hospital, and Macomb County Expanded Food

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"She is course director for the Wayne State University School of Medicine, developing and implementing clinical nutrition courses for medical students."
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and Nutrition Education program manager through Michigan State University.

Her numerous publications and presentations include a sampling of topics such as food safety, antioxidants, nutrition in gastrointestinal disease, and energy expenditure in the critically ill obese patient. She has presented to various groups, covering topics such as childhood obesity, nutrition assessment, vitamins and health, heart disease, and school foodservice.

In addition to leading the MDA board, Tonia currently serves as a representative to the Governor's Expert Committee on Childhood Obesity and the Oakland County Childhood Obesity Committee, keeping dietitians visible in the community and within the structure of the Michigan legislature.

Tonia lives in Romeo with her husband, John, a bearded dragon, Seymour...and six pigeons! She has two grown children, Faye, in Ann Arbor, and Brendan in Clinton Township. Our organization is fortunate to have Tonia as a leader for the 2009-10 year!

Harvesting a New Hamburger

By Kristie Hopka, Wayne State University CPD Student

If you're like me, each spring you plant seeds and enjoy a bountiful harvest of fresh vegetables in the summer—tomatoes, peppers, beans, squash—common sights in neighborhood gardens. How about ground beef and pork? They're probably not growing in the backyards around town...but they could be thriving in a lab near you soon.

An innovative group of scientists at New Harvest is working to fund research to support the development of cultured meat: animal protein grown in-vitro. Sound like something out of a science fiction film? Perhaps, but this emerging science could change diets around the world within ten years. Proponents hail the advantages to the environment and to the health of the world population.

Imagine a hamburger with the fat profile of salmon, meat produced with a much lower risk of disease, and a world where the environmental footprint of meat production is dramatically decreased. With growing concerns for human health and that of the planet, in-vitro meat seems to have remarkable potential to change the way the world thinks of steak. For more information, visit <http://www.new-harvest.org>

Kristie Hopka has a BS in Business Administration from Wayne State and worked for Detroit Diesel Corporation for 9 years. She lives in Dearborn Heights with her husband, Mike, and looks forward to starting a family and a career in child nutrition and counseling.

MDA Position Descriptions

If you love the profession of dietetics, networking with colleagues, and are looking for a way to become more involved, please consider running for an elected position on the MDA Board or volunteering for an appointed position. The table below outlines the positions:

Position	Requirements: All must be ADA members	Description	Estimated Monthly Time Commitment <i>Approximately:</i>
President/elect	5 year member prior to nomination; Board experience within past 3 years	1) Serves as spokesperson of ADA and Chair of the Board of Directors (BOD) 2) Appoints directors, committee chair and members, and official Association representatives 3) Presides at meetings of the full membership and the MDA BOD 4) As PE, holds quarterly meetings with district presidents	President: 25 President Elect: 20 Both receive complimentary MDA conference registration and hotel, and FNCE hotel/travel expenses
Secretary-treasurer/elect	ADA member for 3 years	1) Sends out BOD meeting announcements; Completes the list of approved motions 2) Completes the BOD meeting minutes 3) Serves on the budget committee which meets twice per year as a phone conference 4) Reviews and approves MDA budget expenses that meet the established budget	3 hours per month
MDA Delegate	ADA member prior to nomination; Board experience within past 3 years	1) Serves as a member of the MDA BOD 2) Represents members at all meetings of the ADA House of Delegates 3) Communicates current issues of the House of Delegates to and from the BOD and the Association membership 4) Communicates professional and practice issues to the District Association Presidents and State Dietetic Practice Group Chairs	10 hours per month; except for October and May, meeting months may increase to 30 hours per month Reimbursement of travel to ADA Fall meeting.
Legislative Director, Federal Issues (Public Policy Coordinator)	ADA member for 3 years prior to service; experience in MDA activities	1) Serves as a member of the BOD with voting privileges 2) Assists the President in leading the Association in its Strategic Plan, particularly in areas of federal legislation/public policy	5 hours per month
State Public Policy Rep	ADA member for 3 years; experience in MDA activities	1) Serves as a member of the BOD with voting privileges 2) Assists the President in leading the Association in its Strategic Plan, particularly in areas of legislation/public policy	4-7 hours per month
Membership Director	ADA member for 3 years	1) Works closely with the Executive Director and develops the committee member list and projected deadline for the completion for each aligned Task Force or Work Group 2) Works with the Executive Director on maintaining the membership database 3) Clarifies any questions of the Board members regarding the progress of Task Force and Work Group at the Board of Directions meetings	7-8 hours first month and then 4-5 hours remaining months
Newsletter/Editor Director	ADA member for 3 years	1) Oversees the preparation of The LINK 2) Collects and edits articles received from MDA Board and membership 3) Works with the Executive Director on the design layout/further editing and final copy for the graphic designer	3-4 hours per month
Marketing/PR Director	ADA member for 3 years	1) Coordinates public relations activities of the Association 2) Coordinates activities of District, ADA Media Reps and ADA Spokesperson 3) Implements selection and training of District Media Reps 4) Prepares "Spotlight on a Member" articles for The Link 5) Writes press releases regarding MDA events for JADA, district newsletters, and media in region of MDA Conference or event 6) Implements promotion of MDA activities to enhance its public image	4 hours per month
Professional Development Director (Co-chairs; lead and incoming)	ADA member for 3 years	1) Coordinates professional development of the MDA annual conference 2) Oversees selection, topics, and speakers for the annual conference 3) Works with Chair, Professional Education in approving requests for continuing education credits for the annual conference 4) Works with MDAI President, Awards chair and Poster Sessions Chair for events held at the annual conference 5) Works with the Executive Director on managing annual conference 6) Assists in training the incoming Professional Development Director	5-10 hours per week with additional time spent the month before and during the conference. Complimentary conference registration for both co-chairs.
MDA Institute President	ADA member; Elected MDAI Trustee; experience as Trustee for 1 year	1) Acts as principal executive officer of MDAI and supervises all its affairs 2) Ensures that all notices are given in accordance with the provisions of the MDAI Bylaws 3) Presides at all MDAI meetings 4) Prepares the MDAI Annual Report. 5) Serves as a member of MDA BOD with voting privileges	First quarter 4 hours total; 2-3 hours per month starting second quarter
Nominating Committee Chair/elect	Annually, two MDA members will be elected by the general membership on the MDA Ballot. ADA member for 3 years	1) Formulates a list of all offices to be filled by election by July 1 2) Compiles a list of nominees from all sources for each open position 3) Sends to each selected nominee, via e-mail or regular mail, the ballot requirements 4) Works with the Executive Director on design of ballot	June through December: 5 hours per month; January through May: 3 hours per month
Liaisons	ADA member	1) Conducts communications, meetings and activities to represent MDA in a state or local agency 2) Maintains communications with the MDA President and designated Board member regarding progress 3) Presents oral and written interim and final reports to the BOD	Variable, based on frequency of state/local agency meetings; 1-2 hours per month
Task Forces	ADA member	1) Conducts communications, meetings and activities to complete its charge(s) 2) Maintains communications with the MDA President and designated Board member regarding progress 3) Presents oral and written interim and final reports to the BOD	Variable, based on group project; 1-2 hours per month



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MDA BOARD OF DIRECTORS

President: Tonia Reinhard
Pres. Elect: Diane Delhey
Sec/Treasurer: Joyce Kerestes
Sec/Treasurer Elect: Mary Niester
Delegate: Gail Rogers

At Large Directors

Membership: Rubina Haque
Communications: Karen Giles-Smith
Public Policy Coordinator: Charity Simpkins
State Policy Representative: Lee McDonagh
Prof. Development: Bethany Thayer
Kelly Fontes
Marketing: Ann Hoffman

Non-Voting

Nominating Chair: Cathy Lynn Francke
MDAI President: Kelly Fontes
Executive Director: Susanne Consiglio

Healthier Food Choices Now Available to WIC Clients

By Pat Hammerschmidt, Michigan WIC Consultant

Michigan WIC implemented new food packages on August 1, 2009. The new WIC foods align with the 2005 Dietary Guidelines for Americans and infant feeding guidelines of the American Academy of Pediatrics. A wider variety of foods is offered to appeal to WIC's culturally diverse clientele. It's been almost 30 years since a major food package change was made. The new food packages reinforce the nutrition education messages provided to WIC clients: "Eat more fruits and vegetables,"

"Eat foods with less fat," "Eat more whole grain foods and fiber," and "Babies are born to breastfeed."

Fresh fruits and vegetables; whole grain breads and tortillas; canned legumes; and infant fruits, vegetables, and meats are included for the first time. More whole grain breakfast cereals are offered. Amounts of juice, eggs, cheese, and milk were reduced from previous levels. Breastfeeding infants do not routinely receive formula for the first month of life to encourage exclusive breastfeeding.

Visit the Michigan WIC Program website at www.michigan.gov/wic (click on "New WIC Foods") or contact your local WIC agency for additional information.

House of Delegates Update, August 2009

By Gail Rogers, MS, RD, MDA Delegate

The next meeting of the House of Delegates (HOD) is scheduled for Friday, October 16 and Saturday, October 17 in Denver, Colorado. The dialogue topics for this HOD meeting are: 1) Healthcare reform, future role of the RD and medical home; 2) Application of evidenced-based practice to all areas of dietetics.

It is very important that members provide feedback to your delegate on these topics by October 9 so your voices are heard. You can access all of the background information for these topics at: http://www.eatright.org/HODBackgroundersFall2009

At this link you will find fact sheets for both topics, executive summaries and full backgrounders as well as a member input form that I encourage you to return to me. I know these topics are important to Michigan RDs, so let's make sure our voices are heard!