

Michigan Dietetic Association

The LINK

Fall Web Edition 2002

Carol A Grafford, RD, CDE

President's Update

As President of MDA, I am proud to say:

Visit www.eatrightmich.org - it is a great website! If you need help logging in as a member, hit the contact button and our Webmaster, Linda Harrison, will get you set up. Your District President or DPG Chair will be in Midland on Sept 28! It's a special MDA Board meeting, and we're inviting all District Presidents and state DPG Chairs. We need their input to shape the future of MDA.

Media/Marketing is **hot** this year! Our goal is to get a press release to all 9 *District Media Reps* every month starting in September. Keep your eyes and ears tuned to your *TV, radio, and newspaper* for nutrition-related items from MDA.

Legislation is **hot** in Michigan also! After the crushing veto of RD recognition by Governor Engler last year, we are regrouping efforts as the election nears. **Continued next page...**

Read all about it.....

Dateline....ADA's PR Team

worked closely with producers at NBC's

- *Dateline urging them to air a balanced story on low carb diets.*

After several weeks of story development, NBC Dateline did just that. Tuesday, August 13 they aired a story featuring an interview with ADA Spokesperson Gail Frank. The story highlighted the dietetics profession. At the end of the segment, the reporter also encouraged viewers to log on to www.dateline.msnbc.com to find an RD (links to ADA's Web site - Find a Dietitian). Below is the direct link to the story on Dateline's Web site and the transcript.

Direct link: <http://www.msnbc.com/news/790263.asp#BODY>

Courtesy of ADA Public Relations Team.



Quote Unquote

“Nothing is so absolutely cast in concrete that it cannot be altered as we see the need in the future. If we are indeed fast, fluid and flexible, then we cast things in jello, not cement.”

*At Large Director of Member Issues
Marilyn Mook*

PRESIDENTS UPDATE

Continued from first page

Please help get Michigan moving by sending your email address to Tracie Bolton today.

TABOLTON@aol.com

MDA At Large Director of Legislation

Thanks!

Carol A Grafford, RD, CDE

MDA President 2002-03

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Check out MDA's model 2003 "vehicle" to navigate the roads ahead. Our members make it happen ! **See next page . . .**

2002-2003 District Presidents

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FDDA

LDA

NMDA

SEMDA

SWMDDA

TCDA

UPDA

DWM

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for print issue is December 5,2002

Please email articles for Nov. Web Link

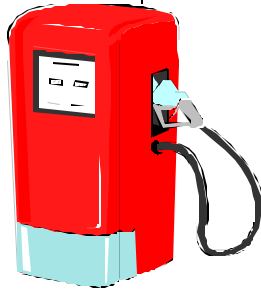
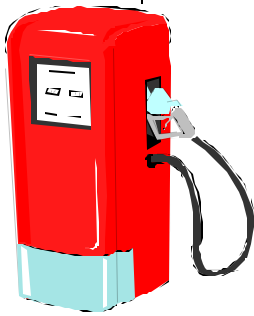
Save The Date

MDA Annual Conference
May 29-31,2003 (Thurs-Sat)

Valley Plaza Resort, Midland

**MDAI
MDA-PAC
ADA
ADAF
ADA-PAC**

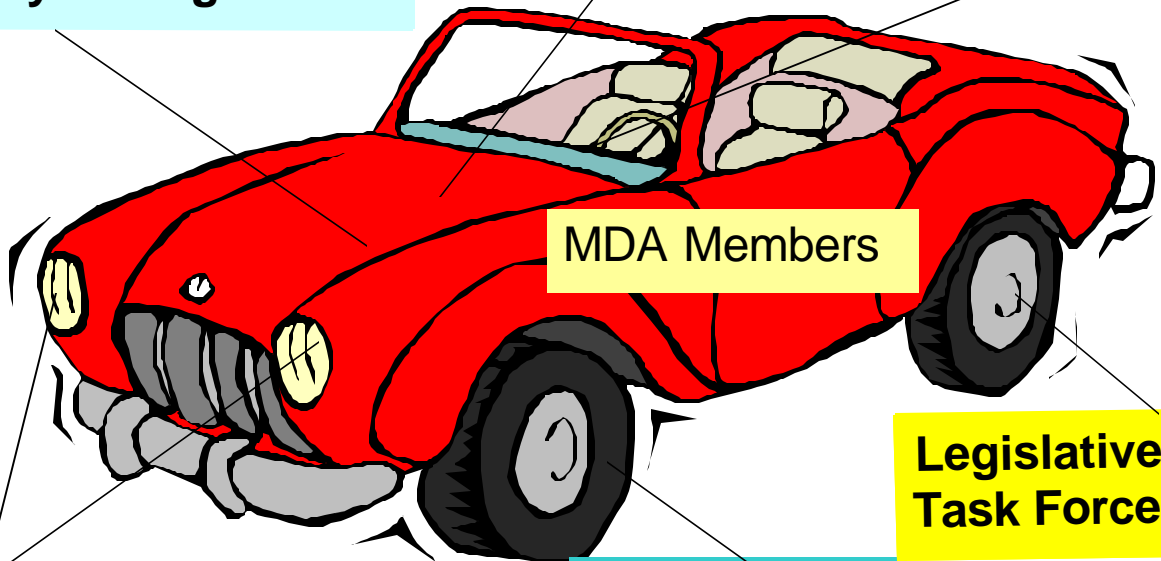
**CPE Coordinator
Lobbyist
Auditor
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Central Office
Webmaster**



**Mentoring Diversity
Membership
Awards
Governance Transition
Manual Revision**

**Districts
DPG's/Specialty Groups
Nominating Committee
Conference Planning
Quality Management**

**Board of
Directors**



MDA Members

**Legislative
Task Force**

Media Reps

**"ENERGY"
Task Force**

FREQUENTLY ASKED QUESTIONS ABOUT THE PROPOSED ADA DUES INCREASE

LADA Members:

Here are 22 of the most frequently asked questions about the proposed \$40 dues increase, as reflected in member comments posted on the various ADA electronic mailing lists over the summer months. We hope you find the answers helpful.

Sincerely,

Julie O'Sullivan-Maillet, PhD, RD, FADA, ADA President

Sylvia Escott-Stump, MA, RD, Speaker, House of Delegates

Marilyn Laskowski-Sachnoff, MA, RD, ADA Treasurer

QUESTIONS

1. What would be the consequence of no dues increase?
2. Aren't the reserves there for just this kind of hard-times, "rainy day" situation? What is wrong with using them until the stock market and other conditions get better?
3. Is it true that the bad economy is why ADA needs a dues increase?
4. How much cushion does ADA have in financial reserves?
5. Why can't the Foundation and the Commission on Dietetic Registration be called on for funds to cover any operating deficit for the core ADA operations?
6. Can the policy be changed to lower the required level of reserves?
7. What is being done to cut costs at ADA?
8. Specifically, what cuts have been made in activities and services to reduce costs in the past couple of years?
9. Can't ADA take advantage of the technology revolution to reduce costs and increase productivity?
10. What about staffing levels? How can members be sure that the Association is not overstaffed?
11. Why not cut back on the *Journal* to save

money? Publish only six issues a year? Or send it out only to members who pay extra for it?

12. Why doesn't ADA adopt a cafeteria approach to member benefits where each member would pay only for the services she or he wants?

13. How much of the Association's cost of doing business is paid for with member dues?

14. What is ADA doing to increase non-dues revenue?

15. Why was \$40 picked as the recommended dues increase?

16. Will there be a need for a further dues increase the following year?

17. Can the \$40 dues increase be spread out, for example, \$10 a year for four years? What would be the consequences?

18. What happens if dues are increased by \$40 but membership declines-say, by about 20% or 13,000 members?

19. Do ADA members have a say on whether or not there is a dues increase?

20. Do members have a voice in deciding what programs and services ADA will spend money on?

21. How did this dues increase proposal arise and how will it be decided?

22. Where can members get more information?

For responses to the above questions check out the Member Home Page on the MDA web site for the full article.

www.eatrightmich.org

FIBER FLAIR

by Jackie Newgent, RD, CDN, jnewgent@aol.com, on behalf of Food & Culinary Professionals DPG

Let's face it ... fiber suffers from an image problem. And with many Americans only receiving a fair grade on their fiber report cards, how can dietetic professionals help consumers overcome these unfortunate fiber facts?

Here are a dozen sweet, savory and sexy solutions to help consumers' fiber quotients go flavorfully from fair to flair:

1. **Move over mayo.** Spread on hummus, vegetarian refried beans or other bean dip as a sandwich condiment of choice.
2. **Sprinkle on soy.** For added joy, munch on chicken, tuna or leafy green salad with a sprinkling of crunchy soynuts. Or, go nuts with peanuts, hazelnuts or almonds.
3. **Add pizzazz to pizza.** Make a green lover's pizza; load up cheese pizza with steamed or roasted broccoli, spinach or asparagus tips.
4. **Pop open and plop.** Empty a small can of rinsed, drained beans into favorite pasta sauce or soup. Or, blend some in sauce or soup for extra creaminess.
5. **Choose to chew.** Instead of reaching for a fiber-free fruit beverage as a thirst quencher, gulp a chilly glass of H₂O while chomping on whole fruit.
6. **Bake it better.** Replace up to half of the all-purpose flour in a recipe with whole-wheat flour when possible.
7. **Start the day right.** Grab a cereal box with five or more grams of fiber per serving. Or, mix together a high-fiber cereal with a lower-fiber favorite. Then spike with fruit.
8. **Do dessert.** But when savoring sweets in moderation, make it a fruit-filled dessert like apple pie, oatmeal raisin cookies or fruit smoothie!
9. **Try pseudo-vegetarianism.** If not already a vegetarian, plan at least one, well-balanced vegetarian day each week. Including dairy and eggs is still okay.
10. **Be fruity.** Pair meat, poultry and fish with fruits. Top pork tenderloin with warm apple-sauce, fish with mango salsa or turkey with cranberry sauce. Be creative.
11. **Go heavy on your toppings.** Make sandwiches, burgers and burritos "top heavy" with extra lettuce, tomatoes, onions, peppers and more.
12. **Make way, meat and poultry.** Enjoy meat and poultry as side dishes, veggies as entrées. Opt for entrées like stir-fries and kebabs with meat or poultry AND veggies.

NOTE OF PERMISSION

Food & Culinary Professionals (FCP) DPG grants permission to reprint all or portions of this article only in state and district dietetic association newsletters and by their members for patient education. *For more information about FCP, visit their Web site at www.foodculinaryprofs.org or contact FCP@foodculinaryprofs.org.*

Our Mission

The Michigan Dietetic Association promotes optimal nutrition and well-being for our public by advocating for its members.

ELECTION CALL FOR ACTION

by Tracie Bolton tabolton@aol.com

Elections are approaching, and time to exercise your political choices. It is crucial that we, as Registered Dietitians become more visible if we want licensure to pass! There are a number of open seats this year. It doesn't matter what candidates you support or why. It matters that you let them know you support them and you are a registered dietitian. Contact at least one candidate and tell them that you are a registered dietitian. Expand regarding your specific circumstances. For example, "I work with mothers and babies teaching them appropriate nutrition habits in order to avoid malnutrition, diabetes, heart disease and obesity". It would be even better if you could tell them about our desire for licensure so the citizens of this state can receive nutrition counseling as a benefit of their insurance plan as they do in so many other states. You might also want to parallel that with the obesity, diabetes, heart disease and high blood pressure statistics of our state when compared to those states that have Licensed Registered Dietitians. If they seem supportive regarding our cause, first tell everyone you know. Then offer to put one of their signs in your yard or volunteer a couple of hours stuffing envelopes. Offer to hand out flyers or stickers in parades or at county fair booths. Offer to go door to door or make phone calls rallying support. Don't be afraid of not

knowing what to say. The candidate's office will supply you with the basic knowledge you need. If someone asks you a question you cannot answer, take his or her name and number. You don't have to be an expert on the candidate, only nutrition.

Every elected official is important. We all know what an impact the governor can have on our efforts, but without the awareness of our importance in Congress, we won't even get to the governor. We are losing some long-time supporters to term limits. We need to educate the newcomers as well as those attempting comebacks.

Another way to get RD's more recognized is attending local meetings where candidates plan to appear. In a very small town near me a hopeful representative was at a village meeting with only seven people in attendance. What a great opportunity for one on one time! You can learn where candidates will be by checking their web sites, phoning their offices or reading you local newspapers. It would be great to work with your district legislative chairs and coordinate a contact list of candidates in your districts!

If all this still seems too intimidating, With every MDA dietitian contacting at least one candidate, the profession of Registered Dietitian will be a potential resource to Michigan legislators; and when our bill for licensure comes before them it will be common sense to support us and improve the state of nutrition in Michigan!

Taking on Stroke in Michigan

**A project of the Michigan Association of Health Plans' Foundation
Funded through the Michigan Department of Community Health**

The Michigan Association of Health Plans' Foundation (MAHPF) is the non-profit, charitable arm of the Michigan Association of Health Plans (MAHP). As part of MAHPF's mission, it sponsors educational seminars and programs concerning health care delivery issues. "Taking on Stroke in Michigan" is one of six projects currently being supported by the Foundation.

www.mahp.org

The message from *Taking on Stroke in Michigan* underscores this important bit of information: with proper control of risk factors, stroke is a preventable illness.

The *Taking on Stroke* project is based on the concept of "core measures" which cover the basic level of care all patients should expect from their primary care provider. Most importantly, all 25 members of the Michigan Association of Health Plans cover the core measures. Six core measures have been identified for the Stroke Project:

Hypertension (high blood pressure): Evaluate blood pressure at each health care visit

Atrial Fibrillation (irregular heart beat): Evaluate pulse at each visit

Hypercholesterolemia (high cholesterol): Obtain lipid profile (a blood test) at least once every 5 years beginning at age 20; younger and more frequently in those considered high risk

Diabetes: Obtain fasting plasma glucose (a blood test) every three years beginning at age 45; younger and more frequently in those considered high risk.

Smoking: offer smoking cessation counseling at each visit

History of Stroke, TIA or Coronary Artery Disease: Obtain history

Stroke is a devastating illness that usually leaves its victims with long-term incapacity and need for care. The good news is that by controlling the risk factors for stroke, many strokes can be prevented. For example, hypertension (high blood pressure) is implicated in up to 70% of all strokes and it is estimated that up to 250,000 strokes could be prevented in the United States each year by adequately controlling hypertension.

Taking on Stroke in Michigan has produced material that contains information to help the public work with their healthcare providers to control these risk factors for stroke. Knowledgeable speakers are also available to present the material in a workshop/seminar format. To obtain free samples of this material, or a list of available speakers, please contact the project coordinator, Mary Joseph, at 517-337-8146 or macajo8146@attbi.com. (*and Taking on Cancer in Michigan*)

Working together to see that all Michigan citizens know the risk factors for stroke and how to manage them, we can take on stroke in Michigan and win.

Link Editors note: This is a one in a series of six projects that will be featured in upcoming issues. The other projects are: Taking on Cancer in Michigan, Tobacco Cessation, Diabetes, and newly added Obesity and Asthma. For Tobacco the contact person is Maryann Szalka at 248.229-7169
Asthma: Mary Anne Ford 517.332.2839 and Healthy Weight: Marlene Soderstrom 517.337.9473