

# The Link

A PUBLICATION OF THE MICHIGAN DIETETIC ASSOCIATION  
SPRING 2008

ISSUE 3



## After all... good nutrition is not an issue for people that have no food.



Cathy Lynn Francke

Dear MDA Members,

Our beautiful state of Michigan is going through some tough times right now, and I challenge MDA to reach out to offer our unique expertise and good fortune to our friends and neighbors. The Food Bank Council of

Michigan reports that in 2006, one out of every ten people in Michigan needed food assistance. I can only imagine what the statistic for 2008 will be! Food banks across the state are reporting supplies and donation are critically low after our hard winter.

What can Michigan MDA members do?

Donate money, food or time to your local food bank, Hidden Harvest, Food Bank Council of Michigan, church food drive, etc. The Food Bank Council told me that for the \$\$ you spend to purchase a food item,

they can purchase 4 times as much with their group buying. Therefore, a money donation goes a LONG way.

Participate in the Lansing District Food-N-Fitness Race, a funding raising event to support local food banks on Saturday, March 29 in Lansing (see [www.eightrightlansing.org](http://www.eightrightlansing.org) for info.)

Bring 2 or more cans of high protein foods to donate at your local district meeting or our MDA Annual Conference in April. We will also have donation forms available in all MDA Conference packets.

Email [franckemnt@aol.com](mailto:franckemnt@aol.com) with any other ideas, suggestions, recipes, etc., to post on our MDA website ([www.eatrightmich.org](http://www.eatrightmich.org))

RDs are the experts in nutrition, and this important issue, which affects so many citizens in our state, interferes with our overall mission. After all, good nutrition is NOT an issue for people that have no food.

Cathy Lynn Francke, MDA President

*Participate in the Lansing District Food-N-Fitness Race, a funding raising event to support local food banks'*

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# Delegate Update

By Eileen Mikus, MDA Delegate

The House of Delegates (HOD) will take up the issue of the changing American family and the impact on the practice of Dietetics at the May 2008 meeting. The HOD will identify strategies in all practice areas that respond to changing family structures and eating patterns. Members are encouraged to read the background material found at [www.eatright.org](http://www.eatright.org). Log in as a member, choose HOD (under My ADA on the left) then put “Changing US

Family” in the search option. These materials provide CE credit, which remain available through August 1st.

The final report of the Dietetics Education Task Force (DETF) will be discussed on Saturday, May 3rd at the HOD meeting. The report is available on the ADA and CDR websites starting March 14, 2008. A recorded webinar on the DETF report will be available for members on the ADA website beginning April 2, 2008. Please contact me at [emikus@freeway.net](mailto:emikus@freeway.net) or by phone at 231-539-8608 with any questions or concerns.

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## The Diet and Inflammation Connection

By Adrienne Miriani, Wayne State University Senior Dietetic Student

Research on the link between inflammation and chronic diseases makes news headlines every week. Inflammation damages healthy tissue, and studies suggest this damage is involved in cardiovascular disease, diabetes and arthritis. More recently, researchers have been interested in the role that certain foods play in either reducing or promoting inflammation.

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*‘When inflammation occurs, blood levels of c-reactive protein (CRP) rise’*  
• • •

Inflammation is a response of the immune system acting to repair damage. When inflammation occurs, blood levels of c-reactive protein (CRP) rise. This acute phase plasma protein, made by hepatocytes and adipocytes, was first identified in 1930 in the serum of patients with acute inflammation. CRP is considered a reliable marker of inflammation and is used in studies to assess the effect of various foods and dietary constituents in its prevention or promotion.

Diets high in carbohydrate lower CRP levels, whereas, high fat, low carbohydrate diets (less than 12 percent of total energy from carbohydrates) tend to raise CRP in test subjects (1). Trans fats appear to be particularly harmful in promoting inflammation. The Mediterranean diet, which generally consists of whole grains, fruits, vegetables, olive oil, dairy, nuts, and fish, is associated with lower levels of CRP (2). One theory related to these findings proposes that the protective effect arises from the high levels of antioxidants in many of these foods, which reduce free radical damage to cells. High-antioxidant foods are thought to act as anti-inflammatory agents in the body. Thus far, the research points to the same healthy diet promoted by RDs - a diet firmly based on the Food Guide Pyramid.

### References:

1. Rankin, J, and Turpyn, A. Low Carbohydrate, High Fat Diet Increases C-Reactive Protein during Weight Loss. *J Am Col Nutr* 2007; 26, 2: 163-169.
2. Pitsavos, C, Panagiotakos, D, Tzima, N, Lentzas, Y, Chrsohoou, C, Das, U, Stefanadis, C. Diet, Exercise, and C-Reactive Protein Levels in People with Abdominal Obesity: The ATTICA Epidemiological Study. *Angiology* 2007; 58: 224-233.

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## When You Join the ADA

When you join the American Dietetic Association, you are an automatic member of the Michigan Dietetic Association (MDA) and eligible to receive important member benefits. These benefits include:

- Access to the Members Only section on the MDA website, which provides the latest updates on national, state, and local dietetics news
- Lower member’s rate for the MDA Annual Conference
- Eligibility for membership in local dietetic associations, which provide continuing education credit and job postings
- Eligibility for holding leadership positions at the local and state levels

Being an ADA and MDA member entitles you to all of these benefits and more. Be sure to notify ADA of any email or snail mail address changes in order for MDA to always have your most current contact information.

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# ADA Public Policy Workshop 2008

By Mary Pearsall, Public Policy Coordinator Legislation

The ADA Public Policy Workshop recently held in Washington, DC was an experience not to be forgotten. It was an opportunity to mix and mingle with like-minded dietitians, learn the ways of advancing public policy and generally see what you're made of. I must confess I was confident going in, but by noon I was rather overwhelmed by the magnitude of responsibility I had undertaken. Needless to say, the support of my fellow Michiganders saved the day and our visits to Capitol Hill went smoothly. This workshop will renew your faith in government

and get you fired up to represent your profession in a new and exciting way. If you have questions about what ADA has done or will do for you, just ask me. I definitely have the answer to that question!



Pictured L to R: Charity Simpkins (MDA President Elect), Cathy Lynn Francke (MDA President), Congressman Kildee of the 5th District and Mary Pearsall (MDA Public Policy Chair).

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## From the Nominating Committee

By Tanya Lesinski, Nominating Committee Chair

The Nominating Committee would like to thank all MDA members who took the time to vote for the 2008-2009 MDA Board of Directors. The polls closed March 1st, and the turnout was very good. In addition, I would personally like to thank this year's Nominating Committee, Mary Angela Niester and Melissa Lonsberry, for all their hard work during the nomination process. All three of us are from different parts of the state, so it's exciting to see that the ballot contains candidates from all over Michigan! And finally, the Nominating Committee would like to thank Peggy Davey, MDA Teller, and her assistants Mary Przepiora, RD, CNSD and Kelley Lentz, RD for all their hard work.

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*'The Nominating Committee would like to thank all MDA members who took the time to vote'*  
• • •

### Here are the results, the 2008-2009 MDA Board of Directors:

**President-Elect:** Tonia Reinhard

**Secretary Treasurer-Elect:** Joyce Kerestes

**MDAI Trustees:** Karen Schmitz, Kelly Fontes, Rubina Haque

**MDA Nominating Committee Chair:** Cathy Lynn Francke

**MDA Nominating Committee:** Lynette Maxey, Marsha Polsinelli

Please continue to share with the MDA Board the names of dietetic professionals with excellent leadership skills for future MDA positions. It takes a strong membership to move the Association forward. And by becoming involved, you play a vital role in keeping MDA at the forefront of the latest nutrition and health issues in our state.

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## In the Spotlight.....

### Cathy Lynn Francke, MS, RD,CDE and President of MDA

By Ann Hoffman, ALD 4



Cathy Lynn Francke, MS, RD, CDE

Cathy Lynn Francke tells us that she is commonly asked by friends and family why she wanted to become the President of MDA. She responds, “I have a great enthusiasm in my heart for the RD and the dietetics profession. Serving as MDA President has been extremely rewarding. My connection with both ADA and MDA

has given me the resources, network and support to keep adding new skills to my RD repertoire, making me qualified to make an impact as an expert in nutrition.”

Cathy Lynn, originally from New Jersey, came to the Bay City area 25 years ago from Phoenix where she had met her veterinarian husband. Cathy has held many RD positions, including her favorite one as an RD for the Phoenix Fire Dept., where she taught fire fighters at the Academy

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*‘I have a great enthusiasm in my heart for the RD and the dietetics profession’*  
• • •

to cook nutritious meals. She also has been Director of Wellness Nutrition at a large six-hospital corporation in Phoenix, a Home Care and Hospice RD, clinical dietitian, community education RD, University Instructor (SVSU) and a Pharmaceutical Sales Representative. Cathy Lynn presently is enjoying working at Bay Regional Medical Center as a CDE.

Over the past 33 years as a dietitian, Cathy Lynn has told nutrition students and dietetic interns to, “Find your passion for what you choose as your profession and each day at work will give you opportunities to grow and learn and get better.” Cathy Lynn is very proud to be so closely connected to MDA and ADA. The Michigan Dietetic Association has been very fortunate to have had Cathy Lynn serve as its leader for 2007-08 year!

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## Healthy Kids, Healthy America

The Robert Wood Johnson Foundation (RWJF) and the Centers for Disease Control and Prevention has awarded fifteen states, including Michigan, up to \$110,000 to establish programs aimed at preventing childhood obesity. The grant program began in the fall of 2007 and the Michigan program is referred to as the NGA (National Governor’s Association) Healthy Kids, Healthy Michigan.

Cathy Lynn Francke, MDA President, presently serves on the Governor’s Childhood Obesity Workforce as a nutrition expert. Charity Simpkins, our MDA President-Elect, Eileen Mikus, our MDA Delegate and Tonia Reinhard, incoming MDA President-Elect will be added to this expert committee this month. During a conference call this week with Dr. Dwayne Proctor of the RWJF, the following information was presented:

- 25 million children in the US are at risk for or are already obese
- The goal of the RWJF is to reverse the childhood obesity epidemic by 2015 by improving access to affordable healthy foods and increasing opportunities for physical activity in schools and communities across the nation.

In order to meet this goal, the RWJF has focused on three major components:

- 1. Research-** Build best evidence-based research for preventing childhood obesity
- 2. Action-** Focus on action strategies, such as local, fresh fruits and vegetables available in schools and other public settings and physical changes in the community that will promote wellness
- 3. Advocacy-** Assist and educate policymakers; The RWJF goal of preventing childhood obesity relies heavily on the work of our profession. Registered Dietitians are involved in every one of these steps and our expertise will continue to become more essential. MDA members have been asked to serve on several expert committees this year involving public policy. It is our responsibility and privilege as the experts in nutrition to be the key leaders in these initiatives.

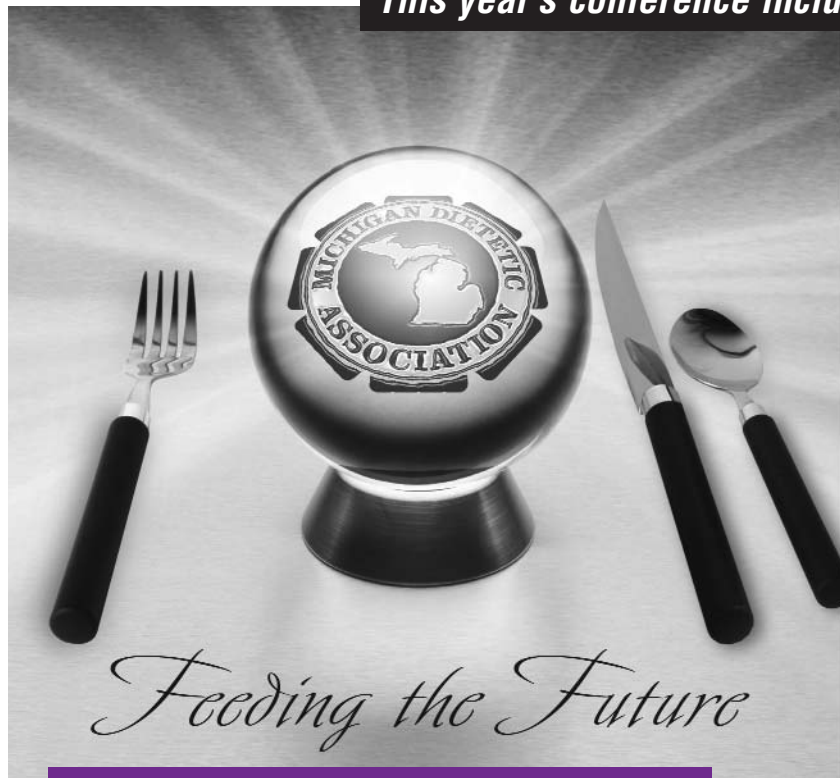
# MDA Annual Conference

April 17 & 18, 2008

Best Western Sterling Inn & Conference Center, Sterling Heights, Michigan

15 CPE Credits

*This year's conference includes nationally recognized speakers*



## THURSDAY APRIL 17:

Dave Grotto, RD, LDN  
Dayle Hayes, MS, RD  
Ronald Davis MD, President, AMA

### Breakout Sessions/Workshops:

- School Wellness Update
- Pediatric Weight Issues
- Eden Alternative Approach: Long-term Care
- Complementary Care for Treating Disease
- Evidence-Based Practice in an Electronic World
- The Next Generation of Fats

## FRIDAY APRIL 18:

State Representative Lee Gonzales  
Zonya Foco, RD, CHFI, CSP  
Jean Caton, MS, MBA, RD

### Breakout Sessions/Workshops:

- Eating Disorders in Teens
- Gestational Diabetes
- Nutrition Writing that Shines
- Pre- and Probiotics
- Sports Nutrition
- Sustainable Agriculture

### Exhibitors & Poster Sessions

**If you haven't registered** for the conference yet, please send in your registration form and payment to the MDA office. You will receive a confirmation of your registration within a few days of processing.

For anyone who has not received an email confirmation or phone call please contact the MDA office at **586-774-7447** or send email to [mda.execdir@sbcglobal.net](mailto:mda.execdir@sbcglobal.net) to be sure that your registration form was received in the MDA office.

**For hotel reservations:** A block of rooms has been reserved at The Best Western Sterling Inn & Conference Center for a discounted rate of \$89 per night until March 17. To make reservations, call the hotel directly at **800-953-1400**.

### Questions Contact:

Susanne Consiglio, RD, MDA Executive Director at:  
**586.774.7447**

**The conference committee looks forward to seeing you at another exciting MDA conference!**



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**Michigan Dietetic Association**  
c/o Susanne Consiglio, RD  
22811 Greater Mack, Suite 105  
St. Clair Shores, MI 48080  
(586) 774-7447  
Fax: (586) 778-3004  
mda.execdir@sbcglobal.net

## MDA BOARD OF DIRECTORS

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Mary Pearsall (Federal)  
Prof. Development: Mary Niester, Karen Giles-Smith  
PR/Marketing: Ann Hoffman

### Non-Voting

Nominating Chair: Tanya Lesinski  
MDAI President: Wanda Chenowith  
Executive Director: Susanne Consiglio

## Annual Basket and Quilt Auction

By Wanda Chenowith, President, MDA Institute

The time is quickly coming for our Annual Basket and Quilt Auction at the MDA Annual Conference. Once again you can bid on one of Marilyn Mook's exquisite quilts as well as numerous baskets with items you just can't resist. All proceeds from the auction go directly to the MDA Institute to help fund scholarships. With your

support we are hoping to raise enough money so that we can increase the amount and/or number of scholarships in 2009. Be sure to stop by our booth at the Annual Conference. If you would like donate a basket of goodies or even an individual item, please email Kelly Fontes at [kellyfontes@hotmail.com](mailto:kellyfontes@hotmail.com).

*Mark your calendar!!!*

**2008 MDA Annual Conference, *Feeding the Future:***

**April 17 & 18, 2008**

***DETAILS INSIDE***