

The Link

A PUBLICATION OF THE MICHIGAN DIETETIC ASSOCIATION

SPRING 2009

ISSUE 3



From the President's Desk



Charity Simpkins, MS, RD

Happy Spring! As our membership year comes to an end, I'd like to share with you some exciting events that have occurred these past few months.

This year was the first year the American Dietetic Association offered our membership the opportunity

to attend a virtual Public Policy Workshop from our own homes and offices. As a result, over 4000 members were able to attend these virtual grassroots workshops! I know that instead of only 6 members attending from Michigan, we had 30 plus members who registered. I hope that you were able to gain some background (or refreshment) for grassroots efforts. This year's legislative focus was on budget and healthcare reform along with how we as Registered Dietitians need to be at the forefront of any healthcare reform for disease prevention. Several of our members attended plenary parties to kick off this virtual event. I would like to extend a sincere thank you to those of you who arranged these meetings, whether they were in your home or at other facilities. Thank you to Diane Delhey, Gail Rogers, Laura Freeland-Kull, Lee McDonagh, and Ann Hoffman. It took a lot of work and coordination with our Public Policy Coordinator, Mary

Pearsall, and our State Policy Representative, Lee McDonagh, to coordinate this. I know there was a lot of additional time spent on planning the virtual events this year, not only at a national level, but also here in Michigan. Thanks to all for making this a huge success, and please do not forget that our legislative work is never done.

Our Annual meeting is fast approaching and I am very excited about the schedule of speakers at this year's meeting. Please make sure to view the brochure on-line and get your registration in soon. We are happy to have the American Dietetic Association President Marty Yadrick, MS, MBA, RD, FADA, presenting on Friday morning as

well as the world renowned motivational speaker, Wolf Rinke, PhD, RD, CSP, giving our subconscious a jumpstart to achieve peak performance.

Enjoy what remains of our long winter, keeping abreast of any nutritional research.

I look forward to seeing you at the Annual Meeting in Grand Rapids!

Charity Simpkins, MS, RD
MDA President 2008–2009
csimpkins@wbrmc.org

'Our Annual meeting is fast approaching and I am very excited about the schedule of speakers at this year's meeting. Please make sure to view the brochure on-line and get your registration in soon'

House of Delegates Update

By: Gail Rogers, MDA Delegate

The House of Delegates will “meet” electronically on May 1-3, 2009. In preparation for this meeting member input is needed on several important topics:

- 1) ADA Proposed Bylaws Amendments. Member input on these amendments is needed by **March 26, 2009**.
- 2) Prevention of childhood obesity mega issue discussion. Member input on this topic is needed by **April 27, 2009**.
- 3) HLT Proposal. Member input needed by **April 27, 2009**.

Please take this opportunity to read the fact sheets and/or backgrounders on these topics and provide your feedback!

Members can locate these materials on the ADA website in the members only section:

www.eatright.org/HODBackgrounderSpring2009.

Your feedback can be provided by contacting me (Gail Rogers at rogersg3@msu.edu or 517-449-2911) or by filling out the member feedback form (below) and sending on to the House of Delegates using the link provided on the form.

Thank you for taking the time to express your views!

Spring 2009 HOD Meeting HOD Member Input Form House of Delegates

Prevention of Childhood Obesity

Provide responses to your delegate or send an email to hod-childhoodobesity@eatright.communityzero.com by Monday, April 27, 2009.

- 1) Beyond policy makers, school personnel, health care providers, families and the community, are there stakeholder groups missing that are critical to preventing childhood obesity?
- 2) What prevention programs have been successful with each of the stakeholder groups for preventing childhood obesity?
- 3) What are the barriers to being successful in preventing childhood obesity?

HLT Proposal for Incorporating an Inclusive Practice Perspective in the House of Delegates

Provide responses to your delegate or send an email to hod-hltproposal@eatright.communityzero.com by **Monday, April 27, 2009**.

- 1) What specific questions do you have regarding the HLT proposal?
- 2) Does the proposal provide the practice perspective needed in the HOD? Yes ___ No ___

If no, please explain: _____

HOD Delegate Contact Information

(insert your name) is the delegate for (insert affiliate, area of practice, etc.) and can be contacted at (insert email address and phone). For more information on these topics, visit www.eatright.org/HODBackgrounderSpring2009.

Educational Conferences of Interest

Genesee County Health Department's Public Health Week
This year's 4th Annual Genesee County Health Department's Public Health Week conference titled “**You are Public Health: Partnering for Healthier Communities**” will be held on **April 1-2, 2009**. Speakers will be discussing such topics as Social Determinants of Health, Contaminated Food, Revitalizing Local Economies, Improving African American Men's Health, and Designing Communities for Physical Activity. Visit www.gchd.gov for additional information and to register.

Michigan Consultant Dietitians in Health Care Facilities

The “**Focus on Long Term Care Dietary Issues**” conference will be held on **April 22, 2009** from 7:30 am to 4:45 pm at Laurel Manor in Livonia. Topics presented include: Improving Clinical Nutrition Outcomes through Data Management, Demystifying Insulin, and Regulatory Compliance and Culture Change. Visit the MDA website for additional information.

The Annual MODE Spring Conference

This year's MODE conference will be held at the Crowne Plaza

in Grand Rapids on **April 24, 2009**. Topics include: Mindless Eating, Type 2 Diabetes and Youth, Worthwhileness of Education, and “Those who Laugh...Last”. Visit www.modeonline.org for additional information.

3rd Annual Michigan Bone and Joint Health Conference

Registration is now open for “**Comprehensive Management of Bone and Joint Health: The Multi-Disciplinary Approach**”. The conference is sponsored by the Michigan Coalition for Bone Health and the Michigan Arthritis Collaborative Partnership. An exciting lineup of speakers and topics is set. All stakeholders with an active interest in the management of arthritis and osteoporosis are encouraged to attend. The meeting is Tuesday, **May 19, 2009** at Lansing Community College West Campus, 5708 Cornerstone Drive, Lansing MI 48917. Space is limited, please register early. **Return RSVP to:** Amber Matthews; Michigan Department of Community Health; 109 W. Michigan, PO Box 30195; Lansing, MI 48909 (517) 335-7992 Fax: (517) 335-9461 e-mail: matthewsa1@michigan.gov.

Public Policy Update

At the end of each month, the ADA Washington office posts policy update briefs on the Web. The documents can be found at <http://www.eatright.org/ppw>. Briefs from last month include:

Federal Budget

On February 26, President Obama delivered his budget to Congress, which includes a \$634 billion reserve fund for health care over the next decade. The objective is to cover more Americans while at the same time decrease costs. He is open to views and opinions of all parties. So let him know what you think!

Health Care Reform

The Senate HELP and Finance committees are crucial to the development of a plan to follow through on the President's goal of comprehensive health care reform. Senator Chris Dodd (D-CT) has been leading the effort in the absence of HELP committee chair Sen. Ted Kennedy (D-MA) who has been absent due to illness.

Update on Michigan Board of Dietetics and Nutrition Board Meeting

By: Kathy DeGrow, MDA Lobbyist

On March 11, 2009 the Board met for their regular bi-monthly meeting in Lansing and again discussed the first draft of Administrative Rules as drafted by the Bureau of Health Professions. The review included acceptance of standards of accreditation, license lapse and reactivation, continuing education requirements, as well as a number of issues commonly covered in rule making for governing boards such as, foreign credential acceptance and reciprocity, specific rules for advertising, limited licenses and professional records maintenance requirements.

The Board will meet again May 13, 2009 at 10:00 am.



**Sodexo Services –
Health Care Division**

www.sodexousa.com

Senator Baucus, chair of the Senate Finance Committee wants to introduce a bill in June. He is leading the bipartisan taskforce that has been charged with drafting the bill. Senators Baucus and Kennedy speak regularly and their staffs are working closely together in this process. The ADA messages to Congress are very important during this drafting process. They are posted online at <http://www.eatright.org/ppw>. The Senate HELP and Finance Committees are exploring ways to implement health care reform by creating four work groups: Coverage, Delivery, Prevention, and Finance.

The next congressional recess is April 6-17. Please keep this in mind while planning your visit to your member of Congress. After your meeting, please fax your meeting report to Jennifer Teters at 202-775-8559.

Legislative News

By: Lee McDonagh, State Policy Representative

We really have a lot of news for you! Here is just a capsule of what is happening in the legislative arena that could impact dietitians and nutrition.

First of all, the PPW (Public Policy Workshop) 2009 was online. Many MDA members joined in the fun and received valuable information. On Sunday, February 8 there were four plenary parties for the opening session of PPW. Many thanks to the hosts of these parties: Livonia – Madonna University, Laura Freeland-Kull, Grand Rapids – Gail Rogers, Saginaw – Ann Hoffman and Kalamazoo – Diane Delhey.

There are many legislative issues that affect nutrition and dietitians. The following are a sample of what will be brought before this Congress in 2009:

- **The Obesity Prevention, Treatment and Research Act** is a bill that includes specific provisions to help children.
- **The Child Nutrition Promotion and School Lunch Protection Act** was re-introduced by Representative Lynn Woolsey (D-CA). This act requires nutrition standards for all foods sold in schools and is scheduled to be reauthorized.

Now is a critical time for nutrition services, we need to have a place at the Health Care Reform table to encourage policies that can prevent disease and slow the progression of chronic conditions. We have research that shows that nutrition counseling and MNT are cost effective.

MDA members can stay informed by visiting: <http://www.eatright.org/ppw> for brief updates on policies on a monthly basis.

Another source that will keep you informed is "On The Pulse". Subscribe at pulse@eatright.org. This weekly email highlights all the legislative news for that week.

Remember if nutrition is your business, then politics is also your business.

MDAI Scholarship Awards

By Kim Griffin, MDAI President

The 2009 MDAI Scholarship Awardees have been selected! This year we are happy to be awarding nine \$750 scholarships to deserving students. Join us at this year's MDA Annual Conference's Thursday night dinner as we hand out the scholarship awards and honor these hard working students.

Thank you to all who have applied!

Guess who is MiNDing Michigan's tiniest citizens?

By Anne DeVitto, Pediatric/Neonatal Dietitian, Sparrow Health System-Lansing, MI

A group of dietitians who work in Level 3 neonatal intensive care units, that's who. The Michigan Neonatal Dietitians (MiND) have been meeting quarterly for almost 2 years. Dietitians from Flint to Kalamazoo meet in Chelsea for networking and information sharing. The ability to compare protocols; brainstorm on challenging patients and review new research has been invaluable. The group is generously supported by Mead Johnson. If you have any questions, please contact me via e-mail: Anne.Devitto@SPARROW.ORG

eat right. American Dietetic Association

Chronic Obstructive Pulmonary Disease (COPD) Evidence-Based Nutrition Practice Guideline Now Available

ADA unveils the COPD Evidence-Based Nutrition Practice Guideline, a resource for registered dietitians involved in providing MNT to people with COPD.

The guideline must be individualized, but it will assist the RD in successfully integrating MNT into the overall management of people with this condition. Recommendations in the guideline are based on a systematic review of the literature.

Topics include:

- Provision of MNT for people with COPD
- Energy Needs
- Quality of Life
- Medical Food Supplements
- Bone Density
- Use of supplemental oxygen

To download, visit www.adaevidencelibrary.com.

eat right. American Dietetic Association

EAL® Guideline Presentations now Available

The EAL® Guideline Powerpoint Presentations are perfect for the busy practitioner looking for user-friendly slides to assist them in implementing the ADA Evidence Based Nutrition Practice Guidelines. Ideal for use in meetings, in-service presentations and classes, these slides include all recommendations and ratings!



To order visit www.adaevidencelibrary.com and click on Store.

ADA Member Price: \$8.00 each

Guideline Presentations Available:

- Adult Weight Management
- Critical Illness
- Chronic Obstructive Pulmonary Disease
- Disorders of Lipid Metabolism
- Diabetes 1 & 2
- Gestational Diabetes
- Heart Failure
- Hypertension
- Oncology
- Pediatric Weight Management

Going Viral with a Healthy Diet

By: Douglas N. Hansford, Wayne State University Dietetic Student

It's a deliciously devious thought, but maybe dietitians can infect a healthy change in population behavior, rather than trying to drive change. Malcolm Gladwell, in his book, **The Tipping Point**, leads the reader to such inspiring ideas.

A key aspect to engineering a social epidemic is that the desired behavior has to be sticky; that is memorable, easy to do – a hurdle for dietitians. But a sticky message also has to be delivered through “Mavens”, “Connectors”, and “Salesmen”. Reaching Mavens is a key because they serve as informal experts who give the message a certain social gravitas. Mavens pass the message to Connectors, who link many persons in many diverse social circles.

Lastly, the sticky message has to reach Salespersons. These are persons with an almost subtle but effective gift of persuasion. When dietitians can hone our message to be sticky and targeted

2009 MDA Annual Conference: May 7th and 8th

“Making a Difference – Improving Michigan’s Health”

By: Bethany Thayer, MDA Annual Conference Co-chair

It's not too late to register for this year's conference! New this year is the ability to register and pay online by visiting www.eatrightmich.org and clicking on the conference registration link. **The price of the conference increases by \$50 for those registering after April 8.**

There is one change to note for this year's conference – our original speaker for the breakout session: “Improving Outcomes in Multiple Births” had to cancel. However, we feel lucky to be able to replace that breakout with Dr. Paul Ehrmann who will be speaking on: “Generation XL: The Challenge of Childhood Obesity and Community-Based Solutions”.

In an effort to “go green” AND reduce conference fees **all handouts will be available online April 23, 2009** at www.eatrightmich.org. Simply print out the ones you want. **There will be no handouts available at the conference.** You will be able to print them after the conference through the month of May.

For hotel reservations: A block of rooms has been reserved at the Crowne Plaza Hotel for a discounted rate of \$89 per night until April 8. To make reservations, call the hotel directly at (616) 957-1770.

The Conference Committee looks forward to seeing you there!

to key social vectors, then it goes viral, which is one epidemic we can support.

Doug Hansford is a writer, dietetics student at Wayne State University, and former project-management consultant. He received a B.A. from Michigan State University and is currently working toward his R.D. credential and personal-trainer certification.



**Herbruck
Poultry Ranch, Inc.**

www.egglandsbest.com

Michigan's dairy farmers

are dedicated to providing safe, high- quality milk and dairy products. Commitment to quality includes caring for animals and the land.



Milk and dairy products undergo a number of safety, quality and sanitation procedures such as pasteurization, making them among the most highly regulated and safest foods available to consumers.



**For more, visit
www.dairyfarmingtoday.com**



The Link

PRSR STD
U.S. Postage
PAID
MASS
MAILING

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

President: Charity Simpkins
Pres Elect: Tonia Reinhard
Sec/Treasurer: Diane Delhey
Sec/Treasurer/elect: Joyce Kerestes
Delegate: Gail Rogers

At Large Directors

Membership: Janet Dominowski
Communications: Mary Niester
State Policy Rep. Lee McDonagh
Public Policy Coord. Mary Pearsall
Prof. Development: Karen Giles-Smith,
Bethany Thayer
PR/Marketing: Ann Hoffman

Non-Voting

Nominating Chair: Cathy Lynn Francke
MDAI President: Kim Griffin
Executive Director: Susanne Consiglio

CALL FOR ABSTRACTS

MDA is still accepting abstracts for submission for our Poster Session at the annual MDA Conference. If you or someone you know is interested in presenting a poster at the conference, please contact Kelly Fontes before April 1st 2009 to get your submission approved.

Kelly Fontes, MS RD – Poster Chair 989-992-6465. kellyfontes@hotmail.com.

The MDA Institute (MDAI) Seeks Your Help: Contribute a Basket for the Silent Auction

By: Kim Griffin, MDAI President

Donations are still being sought for the MDAI Basket and Quilt Auction. The auction takes place at the MDA Annual Conference. All proceeds from bidding will go directly to the MDA Institute to help fund scholarships for deserving students.

We encourage districts, individuals or your ‘team’ of nutrition professionals at work to donate baskets of goodies or even an individual item to help support this program. If you would like to contribute a basket or need additional information, please email Kelly Fontes at kellyfontes@hotmail.com.