

S P R I N G 2 0 2 4

The Northern Lights

The Northern Michigan Dietetic Association



Hello NMDA members!

Our new membership period has started and will run from June 1, 2024 through May 31, 2025. I am pleased that the board has decided that current NMDA members will not be required to pay a membership fee for the 2024-25 period. Please note that in order to maintain your NMDA membership, it is the Academy policy that you are a member of the Academy of Nutrition and Dietetics.

Currently, we have 29 members of NMDA. We are always looking for new members to join us, so encourage your colleagues to join NMDA! Additionally, if your contact information has changed, please let me know.

We would also love to see some new members join our board. If you are interested, please reach out to a current board member!

In this newsletter, you will find:

- ~ Member news*
- ~ Recipe*
- ~ Summary of the MiAND spring conference*
- ~ Article on licensure*

I wish you all a wonderful summer ahead!

Best,

Julie Poole, MS, RDN/ NMDA secretary and newsletter editor

MICHIGAN ACADEMY SEEKING FALL WEBINAR SPEAKERS

The Michigan Academy is currently seeking speakers for their fall webinar series! If you or someone you know is interested in presenting, please contact Megan Armstrong at miand.execdirec@gmail.com.

YOUR NMDA BOARD

Co-chairs: Lynette Maxey, RDN, CDE (lmaxey2@mhc.net) & Amy Britton, RDN (abritton@mhc.net)

Treasurer: Kimberly Hornacek, RDN (khornacek@mhc.net)

Secretary/Newsletter Editor: Julie Poole, MS, RDN (julie.poole1@gmail.com)

Nominating Chair: Connie Farrier, RDN (cfarrier@mhc.net)

Webmaster: Meghan Damman, RDN (mdamman@mhc.net)

NMDA Website: www.upnorthrd.com

RECIPE CORNER: FRESH BASIL PESTO

Ingredients:

- 2 cups fresh basil leaves, packed (can sub half the basil leaves with baby spinach)
- 1/2 cup freshly grated Romano or Parmesan cheese (about 2 ounces)
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts (can sub chopped walnuts)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1/4 teaspoon salt, or more to taste
- 1/8 teaspoon freshly ground black pepper, or more to taste

Method:

Pulse the basil and pine nuts. Place the basil leaves and pine nuts into the bowl of a food processor and pulse several times.

Add the garlic and cheese: Add the garlic and Parmesan or Romano cheese and pulse several times more. Scrape down the sides of the food processor with a rubber spatula.

Slowly pour the olive oil: While the food processor is running, slowly add the olive oil in a steady small stream. Adding the olive oil slowly while the processor is running will help it emulsify and help keep the olive oil from separating. Occasionally, stop to scrape down the sides of the food processor.

Season the pesto sauce: Add salt and freshly ground black pepper to taste.

Toss with pasta for a quick sauce, dollop over baked potatoes, or spread onto crackers or toasted slices of bread.

Source: https://www.simplyrecipes.com/recipes/fresh_basil_pesto

MiAND 2024 ANNUAL CONFERENCE RECAP

Erika Ford, RDN

The Michigan Academy of Nutrition and Dietetics (MiAND) recently hosted its annual conference at the Sheraton in Ann Arbor, Michigan. It was a resounding success bringing together dietitians, retirees, students, and interns for two days of networking and learning on April 25th and 26th. With an impressive lineup of speakers and a diverse range of topics, the event proved to be both informative and inspiring.

Throughout the conference, attendees delved into a variety of timely and relevant topics shaping the field of nutrition. From exploring innovative approaches to nutrition therapy for kidney disease to learning how to implement the Global Malnutrition Composite Score to GLP-1 medications and intuitive eating, the conference offered something for everyone.

General session speakers such as Ragen Chastain, Dr. Forbes, Dr. Veit, and Dr. Tucker captivated the audience with their insights and research. Their thought-provoking presentations sparked lively discussions and provided attendees with valuable takeaways to enhance their practice.

Beyond the informative sessions, the conference provided ample opportunities for networking and collaboration. Attendees connected with peers, exchanged ideas, and forged valuable professional relationships that will shape their future endeavors.

Armed with knowledge and insights gained from the conference, attendees left with a renewed sense of passion for their work and inspiration to make a positive impact on the health and well-being of all Michiganders.

The planning is already underway for 2025. Stay tuned for location and dates. We can't wait to see you there!

Licensure for Michigan – Passed and Signed!

Bethany Thayer, MS, RDN, FAND

April 30, 2024, [Governor Whitmer](#) signed HB 4608 into law. This marks a significant milestone in dietetics as 10 years after the repeal of Michigan's dietetics and nutrition licensing law, the Michigan Legislature passed legislation to protect the safety of Michiganders by licensing dietitian nutritionists and the practice of medical nutrition therapy. This historic move underscores the commitment of Michigan lawmakers to prioritize the health and well-being of its citizens by ensuring that those seeking medical nutrition therapy services receive accurate, evidence-based care from qualified professionals.

Incorporating many principles from the [Academy's Model Practice Act](#), this newly passed legislation ([HB 4608](#)):

- Narrowly licenses the practice of medical nutrition therapy, a service which, if provided by an unqualified practitioner, presents a significant risk of harm
- Establishes rigorous standards and criteria for individuals seeking to practice as dietitians within the jurisdiction by aligning licensing requirements with the prerequisites for obtaining the Registered Dietitian Nutritionist credential
- Aligns the scope of practice for licensed dietitians with current RDN scope and standards, helping to ensure Michiganders have access to timely, cost-effective, qualified nutrition care

This legislation empowers [Michigan's Department of Licensing and Regulatory Affairs](#) (LARA) to oversee and enforce adherence to professional standards and ethics, thereby safeguarding the public against improper nutrition care and unqualified practitioners. By formalizing the licensure process, the Michigan legislature has taken a proactive stance in promoting public health by expanding access to nutrition care and preventing potential harm arising from unqualified individuals practicing medical nutrition therapy.

The passage of this legislation comes after extensive collaboration between the Michigan affiliate and the Academy, and consultation with key stakeholders, including healthcare professionals, Michigan's Department of LARA, and other providers of nutrition care. A special thanks to our bill sponsor, [Representative Laurie Pohutsky](#), and all of the legislators who voted in support of this bill ([House results](#)) ([Senate results](#)). The overwhelming support garnered for this initiative underscores the widespread recognition of the importance of professional standards in the field of nutrition and dietetics.

Now that Governor Whitmer has signed the bill into law, it will proceed into the rules stage which can take a minimum of 18 months.

As a member we will work to keep you up-to-date on the process.