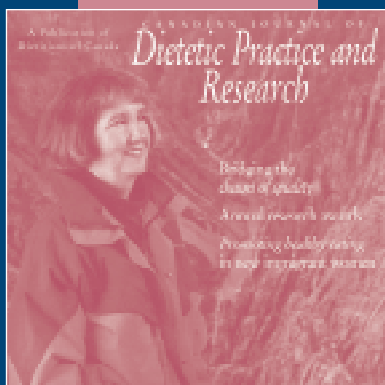
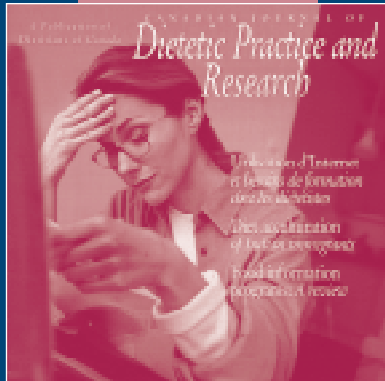
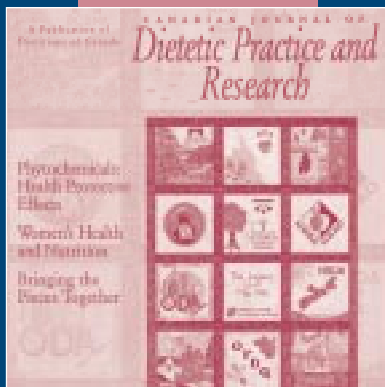


CANADIAN FOUNDATION FOR DIETETIC RESEARCH

LA FONDATION CANADIENNE DE LA RECHERCHE EN DIÉTÉTIQUE



2002 ANNUAL REPORT

MISSION

Our way of contributing to the protection and promotion of health for all Canadians is to support and challenge dietitians to include research in their everyday practice.

PRESIDENT'S REPORT



Doryne Peace
CFDR PRESIDENT
2002 - 2003

It's with a great deal of exuberance that we report on progress that the Canadian Foundation for Dietetic Research has made this year. The Foundation has supported practice-based dietetic research both through granting and through communication of research results to dietitians and to others interested in nutritional sciences. In this manner CFDR contributes significantly to the present and future health and vitality of all Canadians. Though our efforts are ongoing, it's important to pause every so often and acknowledge advances we've made — and a job well done.

Right There on the Label

Putting information about the nutritional contents of food products directly into the hands of consumers is one of the most empowering steps we can take to promote healthy food choices. As Health Canada's new labelling programme comes closer to reality an educational component will be integral to its success.

In March, representatives of CFDR's donor companies were invited to an educational forum. Participants heard from Dr. Marian Campbell, of the University of Manitoba, Winnipeg, who reported on her CFDR-funded study of parents' attitudes about the amount of fat in foods their children eat, research demonstrating that the more people know about nutrition, the healthier food choices they make.

Coupled with Dr. Campbell's presentation participants got an understanding of ways to reach and educate the public about Canada's new labelling requirements by learning about the *Healthy Eating Is In Store for You Project (HESY)*, a web-based programme developed through collaboration between Dietitians of Canada (DC) and the Canadian Diabetes Association. The informative online program is geared toward community health educators and consumers alike. Of particular interest to donors was the inclusion of a research component to evaluate the effectiveness of the tools included in the project.

CINDAR, a Growing Database for Nutritional Research

The Web is proving an invaluable tool for nutrition professionals as well, allowing easy access to the very latest research results. Working jointly with the Canadian Society for Nutritional Sciences and DC, CFDR has ensured that the Canadian Inventory of Dietetic Activities in Research — CINDAR — will be available to a whole new community of nutrition researchers. Renamed CINDAR — the Canadian Inventory of Nutrition and Dietetic Associated Research — the online database currently features reports on nearly 300 research projects, including several funded by CFDR. To provide an up-to-the-minute overview of research and research activities in Canada, submissions of ongoing projects and unpublished works are included. (<http://www.dietitians.ca/cfdrresearch/index.html>)

The database promotes collaboration among researchers and practitioners, helping researchers not only to share their methods and findings, but also reduces duplication, resulting in a more efficient and focused use of resources. CFDR continues to search for other ways to create close links between nutrition practitioners and researchers.

Research with Promising Results

CFDR's annual grant competition, one of our organization's chief means of supporting practice-based dietetic research in Canada since 1993, will result in knowledge advances this year. Seven dietitians and their teams have been awarded grants for research toward the promotion of

health and treatment of nutrition-related illnesses, with projects covering such diverse topics as probiotics, the glycemic index and the management of diabetes, and folic acid intake in the elderly.

The annual CFDR grant competition awarded \$80,000 in research funding in 2002. Congratulations to the recipients, and thanks so much to everyone who participated in the competition! Dietitians may be interested to know that the Foundation had been prepared to give out additional funding to qualified research proposals. At this time we are encouraging all dietitians to consider submitting proposals to future competitions.

Meanwhile the 2003 grant competition is open for all applicants. At the Dietitians of Canada annual meeting in Saint John in June, the CFDR board, announced that \$110,000 would be available for grant funding. This amount includes one grant of \$50,000 to be awarded to a team of dietitians who will complete a two-year multi-site research project that will focus on a study of dietitians' knowledge, attitudes and/or beliefs about a practice issue. The research must include a plan for research education/mentoring of novice researchers participating in the study.

The Dietitians of Canada annual conference provided CFDR with an additional forum for dietitians to exchange their research and experiences through oral and poster presentation sessions.

Lots of Fun in Fundraising

As always, financing CFDR's many critical projects requires some heavy-duty fundraising throughout the dietetic community, with efforts ranging from the grassroots level across to corporate headquarters. But we've found that fundraising can have a lighter side, making it enjoyable for all concerned.

Golf tournaments in Toronto, Winnipeg and Saint John drew dietitians out of offices and conference halls for some vigorous fresh air and exercise, some serious socializing, fundraising and lots of team spirit in support of the cause. Their obvious success was the spark of inspiration for **CFDR's First Annual Golf Challenge**, to be held at the Royal Ashburn Golf Course in Ashburn, Ontario, in September 2002.

Details of the success of this event will be highlighted in future reports.



Mike Hill, Fundraising Chair and Doryne Peace, President of CFDR presenting a donor recognition plaque to Helen Ann Dillon, of The Campbell Soup Company Ltd.

Maritimers know how to party, and shared the knack with participants of the DC annual conference in Saint John. Celtic music and step-dancing kept the room hopping at one fundraising evening, and a very UN-silent auction! Amid all the noise and hoopla, the bidding went on, resulting in \$2,000 raised for Foundation coffers.

The Board was very pleased to present to its fifteen corporate sponsors a tangible thank you for their significant financial support of the Foundation. Each was presented with an artistic plaque acknowledging their commitment to our mission of promoting health for all Canadians.



Kevin Flannagan of McCain Foods receives donor recognition plaque, on behalf of the McCain Foundation, from CFDR Vice-President, Nancy Schwartz.

This year the Foundation concluded a thorough review of its corporate governance policies. This undertaking, together with a planned strategic plan review, and coupled with a framework for future successful fundraising, the Foundation continues to enjoy excellent health and is well equipped to meet the challenges ahead.



CORPORATE DONORS

CFDR gratefully acknowledges the support of corporations who have demonstrated their leadership in the industry through renewed support of the Foundation.

* donations pledged over 5 years

FOUNDER

(\$125,000+)

Dairy Farmers of Canada
Dietitians of Canada
Kraft Canada Inc.
Novartis Nutrition Corporation

BENEFACTOR

(\$75,000+)

SPONSOR

(\$50,000+)

Campbell Soup Company Ltd
Compass Group
Monsanto Canada
Nestlé Nutrition
Unilever Canada Limited

PATRON

(\$25,000+)

Abbott Laboratories Limited,
Ross Product Division
ARAMARK Canada Ltd.
Canadian Egg Marketing Agency
Coca-Cola Ltd.
Kellogg Canada Inc.
Mead Johnson Nutritionals
The McCain Foundation
Neilson Dairy

CANADIAN FOUNDATION FOR DIETETIC RESEARCH CONDENSED BALANCE SHEET AS AT AUGUST 31, 2002

		2002	2001
Assets	• Cash and investments	\$ 1,548,166	\$1,552,768
	• Accrued interest and other receivables	25,745	18,082
	• Capital assets	-	-
		1,573,911	1,570,850
Liabilities	• Accounts payable and accrued liabilities	38,915	144,214
	• Deferred revenue	48,700	-
	• Due to Dietitians of Canada	1,838	1,804
		89,453	146,018
Balance of funds		1,484,458	1,424,832

CONDENSED STATEMENT OF REVENUE, EXPENSES AND BALANCE OF FUNDS YEAR ENDED AUGUST 31, 2002

Revenue	• Donations - corporate	166,154	168,797
	• Donations - members of Dietitians of Canada	20,641	31,664
	• Investment income	108,620	91,899
	• Other income	3,721	4,577
		299,136	296,937
Expenses	• Research awards	98,937	136,204
	• Research communications	27,555	39,762
	• Fundraising	53,077	41,925
	• Governance	26,262	32,110
	• Administration	33,679	32,065
	239,510	282,066	
Excess of revenue over expenses for the year		59,626	14,871
Balance of funds - at beginning of year		1,424,832	1,409,961
Balance of funds - at end of year		1,484,458	\$1,424,832

AUDITORS' REPORT

TO THE MEMBERS OF CANADIAN FOUNDATION FOR DIETETIC RESEARCH

We have audited the financial statements of Canadian Foundation for Dietetic Research as at August 31, 2002 in accordance with generally accepted auditing standards. In common with many charitable organizations, the Foundation derives revenue from donations which are not susceptible of complete audit verification. Accordingly our audit report, dated September 30, 2002, was qualified with respect to the completeness of donation revenue. Except for our reservation in this regard, in our opinion the information contained in the accompanying condensed financial statements is consistent with the financial statements from which it is derived.

Toronto, Ontario
September 30, 2002

CLARKE HENNING LLP
CHARTERED ACCOUNTANTS

(A complete set of audited financial statements is available from the Foundation on request.)

CFDR RESEARCH GRANTS 2002

REGULAR RESEARCH GRANT COMPETITION

A Comparison of Dietary Folate Intake of Older Adults Before and After Mandatory Fortification of Grain Products with Folic Acid in Canada

Investigators: Judy DeWolfe, PhD, RD and Kris Millan, MHSc, RD
Project Administration: Kingston, Frontenac and Lennox & Addington Health Unit, Kingston, ON

The Effect of Inulin-Fortified Thickened Beverages on Beverage Acceptance, Gastrointestinal Function and Calcium Retention in Dysphagic Institutionalized Young Adults

Investigators: Teresa Isaac, RD; Chris J. Arnold, RD; Susan J. Whiting, PhD, RD and Wendy J. Dahl, MSc, RD
Project Administration: Royal University Hospital Foundation, Saskatoon, SK

Must Initial Feeding After Abdominal Cavity Surgery be Limited to Clear Fluids?

Investigators: Carlota Basualdo-Hammond, MSc, RD; Ronald James Brisebois, MD; Douglas Matheson, MD, FRCPC, FRCSC; Laura Snowden, RD; Nellie Wong, RD; Pam Mantyak, RD; Theresa Melton, RD; Sue Glen MSc, RD and Alison Holmes, RD
Project Administration: Capital Health, Edmonton, AB

Changes in Taste Sensitivity in Patients Undergoing Cardiopulmonary Bypass Surgery: A Pilot Study

Investigators: Mary Keith, PhD, RD; Jackie Song MSc, RD and Lee Errett, MD

Project Administration: St. Michael's Hospital, Toronto, ON

Nutrient Composition of Hindmilk Produced by Mothers of Very Low Birthweight Infants

Investigators: Pauline B. Darling, PhD, RD; Rosine Bishara, RD, CNSD; Michael Dunn, MD, FRCPC and Susan Merko, RD

Project Administration: St. Michael's Hospital, Toronto, ON

Probiotic Therapy in Critically Ill Enterally Fed Patients

Investigators: Cathy Alberda, RD; Karen Madsen, PhD; Linda McCargar, PhD, RD; Leah Gramlich, MD, FRCPC; Catherine Field, PhD, RD; Demetrios Kutsogiannis, MD, FMHS, FRCPC and Jon Meddings, MD, FRCPC

Project Administration: University of Alberta, Edmonton, AB

Use and Perceptions of Glycemic Index by Canadian Dietitians in the Nutritional Management of Diabetes: The Canadian Glycemic Index Survey

Investigators: Maria Kalergis, MSc, RD, CDE; Evelyne Pytka, PDt, CDE; Nancy Mayo, PhD; Jean-Francois Yale, MD and Irene Strychar, EdD, PDt

Project Administration: Centre de Recherche du Centre Hospitalier de l'Université de Montréal, Montréal, QC



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Visit CINDAR at
www.dietitians.ca/cfdrresearch

Charitable Registration No:
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Members of Dietitians of Canada continued to support the Foundation personally. Three hundred and ninety (390) members made personal donations over the year. Colleagues and friends made a contribution to CFDR to mark the retirement of Elizabeth Hamilton Moore, Fellow and past Chair of Dietitians of Canada. The donation was in recognition of Elizabeth's long time commitment to the profession. Members in the DC Network of Dietitians in Business and Industry (Ontario) and DC members in Manitoba and New Brunswick initiated fun and creative fundraising activities that increased funds and succeeded in raising the profile of the Foundation.

Commitment of the DC and CFDR Directors and Officers, members, and staff, our corporate partners and Members of Dietitians of Canada has positioned the Canadian Foundation for Dietetic Research to enter the changing environment for research opportunities as partners and collaborators.