



2003

Annual Report



CANADIAN
FOUNDATION
FOR DIETETIC
RESEARCH

LA FONDATION
CANADIENNE
DE LA RECHERCHE
EN DIÉTÉTIQUE



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

2003 marks ten years of the Canadian Foundation for Dietetic Research awarding grants for dietetic research. And so it is my pleasure to reflect on the accomplishments of the Foundation not only over the past year, but the past decade.



Doryne Peace
CFDR President, 2003-2004

And what a decade it's been – indeed cause for celebration! CFDR has made tremendous strides toward its vision – whereby CFDR is the driving force for fostering practice-based dietetic research. Supporters of CFDR can take pride in the fact that their generosity has sparked the development of better practices that are evidence-based resulting in a greater impact on the health of Canadians.

Fostering Practice-Based Research

The number and size of research grants awarded annually to dietitians by CFDR have steadily increased since 1993. Almost 60 research proposals have been funded, representing a \$600,000 investment. With each competition we are reminded of the amazing diversity of dietetic practice!

In 2003, seven dietitians and their teams were awarded a total of \$112,000. CFDR extends congratulations to these winners, and to all those who have participated over the past decade. In 2004 \$60,000 will be available for research grants.

Tangible Benefits from CFDR Grants

To dietitians who have received CFDR grants, the benefits are tangible and far-reaching. A decade of awarding grants is an appropriate occasion to reflect on some highlights.

Vancouver-based dietitian **Catherine Morley** received one of two inaugural CFDR grants in 1993. That investment has had far-reaching impact in encouraging dietitians to pursue research. "I was fortunate to have a boss who supported the need to investigate why more dietitians didn't do research," says Catherine. "Dietitians are well aware of the value of research to the profession, and want to incorporate it into their practice." Publication of the results in the *Canadian Journal of Dietetic Practice and Research* has multiplied its reach and impact. (*Can J Diet Pract Res* 2000; 61(1):6-12)

As budgets shrink, administrators need to fully justify expenditures. At The Hospital for Sick Children, Toronto, dietitian **Francy Pillo-Blocka** received a CFDR grant to investigate how the implementation of a rapid progression feeding program in infants born with heart disease would affect their hospital stay and weight gain. "The cost savings related to decreased length of stay associated with the intervention has already made a positive impact, at other institutions as well as here at Sick Kids," indicates Francy. "It is rewarding to know that the results of my study have benefited the health of these infants, as well as helped dietitians to justify headcount in hospital settings."

Dietitian **Pauline Darling** has received three grants from the Foundation (two as principal investigator, one as co-investigator). The grants have had rippling effects – advancing research training for three clinical dietitians and stimulating Pauline to pursue further research. "The experience as a research mentor and graduate student supervisor has helped me in my academic role at the University of Toronto, and also in my role as Coordinator of Nutrition and Dietetic Research at St Michael's Hospital", states Pauline.

The food-related habits that children develop can set the stage for lifelong eating habits. A CFDR grant allowed **Marie Marquis** of the University of Montreal to study the role of culture in meal selection. Specifically, she wanted to gain a better understanding of factors leading to food choices among 10- to 12-year-old children from different cultural communities. "Eating together as a family is known to promote healthful dietary patterns and family relationships. We found that the importance given to family meals

depends on the mother's food-related motivations and culture," says Marie. The insights can help dietitians promote healthy lifestyle choices. Findings were presented to dietitians at the recent DC conference and the International Society for Behavioral Nutrition and Physical Activity.

These examples demonstrate how CFDR grants have benefited recipients, and also the dietetic profession as a whole. Highlights of all CFDR-funded research projects are reported in the online CINDAR database (Canadian Inventory of Nutrition and Dietetic Associated Research). (www.dietitians.ca/cfdrresearch)

Raising the Funds for Critical Projects

Corporate donors and dietitians have contributed generously to the fund that distributes the annual CFDR research grants to dietitians.

First Annual Corporate Golf Challenge

Golf is one way that CFDR has been putting the "fun" in "fundraising". The popularity of earlier golf tournaments sparked the First Annual Corporate Golf Challenge. In September 2002, 128 golfers teed off to raise \$50,000 for dietetic research. Other golf tournaments organized by local dietitians in Calgary, Winnipeg and Toronto also benefited the Foundation – and the dietitians who enjoyed the change of pace! Many companies and volunteers supported these events and to them we extend our sincere gratitude.

Successful Silent Auctions

Silent auctions have become another fundraising stand-by for CFDR, and this year's DC conference was no exception. With many wonderful gifts being donated by conference sponsors and "crafty" DC members, \$5,000 was raised for the Foundation.

CFDR Support at the DC Conference

The DC annual conference agenda provides another venue for supporting research among dietitians. The key role traditionally played by CFDR was more prominent than ever in 2003.

CFDR hosted oral presentations, providing a forum for research results and experiences to be shared. Delegates also had the opportunity to view an exceptional number of poster presentations, displaying the results of their colleagues' research projects. In addition, CFDR hosted key workshop sessions designed to encourage participation in research. Delegates participated enthusiastically in these sessions and rated their value highly.



What a decade it's been! CFDR continues to receive tremendous support – ranging from the grassroots level to corporate headquarters – which makes the CFDR-funded research initiatives possible. There is no doubt that the Foundation is well equipped to meet the challenges of the next decade, *together advancing nutrition.*



1 Dave Thomson receiving a donor recognition plaque acknowledging Coca Cola's commitment to CFDR. The plaque presented by Mike Hill and Doryne Peace.

2 Terry Booth and Paul Chimenti of Natrel, winners of the 2002 Corporate Golf Challenge Cup. The cup presented by Mike Hill and Susan Morgan.



Condensed Balance Sheet

AS AT AUGUST 31, 2003

		2003	2002
Assets	• Cash and investments	\$ 1,813,152	\$ 1,548,166
	• Accrued interest and other receivables	49,721	25,745
	• Capital assets	-	-
		<u>1,862,873</u>	<u>1,573,911</u>
Liabilities	• Accounts payable and accrued liabilities	156,216	38,915
	• Deferred revenue	61,225	48,700
	• Due to Dietitians of Canada	20,546	1,838
		<u>237,987</u>	<u>89,453</u>
Balance of funds		<u>1,624,886</u>	<u>1,484,458</u>

Condensed Statement

OF REVENUE, EXPENSES AND BALANCE OF FUNDS

YEAR ENDED AUGUST 31, 2003

Revenue	• Donations - corporate	188,763	166,154
	• Donations - members of Dietitians of Canada	23,783	20,641
	• Investment income	135,109	108,620
	• Net proceeds - golf days and auctions	50,472	
	• Other income	285	3,721
		<u>398,412</u>	<u>299,136</u>
Expenses	• Research awards	136,377	98,937
	• Research communications	30,061	27,555
	• Fund-raising	30,349	53,077
	• Governance	31,562	26,262
	• Administration	29,635	33,679
		<u>257,984</u>	<u>239,510</u>
Excess of revenue over expenses for the year		140,428	59,626
Balance of funds - at beginning of year		1,484,458	1,424,832
Balance of funds - at end of year		<u>\$ 1,624,886</u>	<u>\$ 1,484,458</u>

Note:

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

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, 2003 in accordance with Canadian 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 24, 2003, 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 24, 2003

CLARKE HENNING LLP
CHARTERED ACCOUNTANTS

Research Grants

Understanding women's experiences of normalization of eating in recovery from anorexia nervosa.

Investigators: Kosa Matic-Smyrnis, RDN, Josie Geller, PhD
Gwen Chapman, PhD, RDN, Susan Barr, PhD, RDN

Project Administration: Providence Health Care, St. Paul's Hospital, Vancouver, BC

Pediatric nutritional assessment:

A comparison of clinical judgement and objective measures.

Investigators: Donna Secker, MSc, RD, Stanley Zlotkin, MD, PhD, FRCP(C), Khursheed Jeejeebhoy, MD, PhD, MBBS,

Project Administration: The Hospital for Sick Children, Toronto, ON

Sensory and microbiological quality and vitamin C content of selected pureed foods for elderly in continuing care facilities.

Investigators: Judy Lowe, MHSA, PDt, Julie Green-Johnson, PhD, Perry Johnson-Green PhD, Faye Russell, PhD,

Patrice Simpson, MAEd (Cand), PDt

Project Administration: Acadia University, Wolfville, NS

Evaluation of galactose reduction in selected fruits and vegetables, due to preparation technique, on galactose consumption by galactosemic patients.

Investigators: Carol Hartnett, MSc, RDN, Christine Scaman, PhD

Project Administration: BC Children's and Women's Hospital, Vancouver, BC

A quality of life module for enteral feeding:

Reliability and validity assessment

Investigators: Betty Lemon, RD, Andrea Beznak, MSc, MDCM, FRCP(C), Jolie Ringash, MSc, MD, FRCP(C), Gina Lockwood, M. Math, John Waldron, MD, FRCP(C).

Project Administration: Princess Margaret Hospital, Toronto, ON

Using structured mealtime interaction to maintain or improve eating behaviours in Alzheimer's disease.

Investigators: Deanna Van Soest, RD, Kim Pederson, RD, Doris Mike, PhD, Tammy Hopper, PhD, R-SLP, Val Wilson, RD, Stuart Cleary, MS, R-SLP

Project Administration: University of Alberta, Edmonton, AB

Diet management care maps for dyslipidemia (DMCMD) study.

Investigators: Paula Brauer, PhD, RD, Rhona Hanning, PhD, RD, Jose Arocha, PhD

Project Administration: University of Guelph, Guelph, ON

Corporate Donors

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

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(\$125,000+)

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(\$25,000+)

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(\$75,000+)

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(\$50,000+)

Campbell Soup Company Ltd
Compass Group
Nestlé Nutrition
Unilever Canada Limited

* donations pledged over 5 years

DONATIONS

In Memoriam

During the past year the Foundation received donations in memory of:

- Arlette Marcotte
- Suzanne Simard-Mavrikakis
- Linda Warren

Members of Dietitians of Canada continued to support the Foundation personally. Three hundred and eighty-eight (388) members made personal donations over the year. Members in the DC Network of Dietitians in Business and Industry (Ontario) and DC members in Manitoba and Calgary initiated fun and creative fundraising activities that increased funds and succeeded in raising the profile of the Foundation.

Total donations from individuals were \$23,783.31 (\$16,814.60 through membership renewal; the balance was for miscellaneous such as individual pledges, in memoriam, in honour, unsolicited, etc.)

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.

2002-2003 CFDR

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CANADIAN FOUNDATION FOR DIETETIC RESEARCH

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