

CANADIAN FOUNDATION
FOR DIETETIC RESEARCH

LA FONDATION CANADIENNE
DE LA RECHERCHE EN DIÉTÉTIQUE

2005 ANNUAL REPORT



TOGETHER
ADVANCING
NUTRITION

From Plan to Action
Building a Stronger, More Relevant CFDR

PRESIDENT'S REPORT

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

– Carl Bard



The past year has been all about "starting from now" to make a brand new ending: a stronger, more relevant Foundation. The new 3-year Strategic Plan approved by the Board at the start of the fiscal year crystallized the core role of CFDR as a funder of applied nutrition and dietetic research, and clarified the need to focus our efforts in two strategic directions: (1) fundraising, and (2) research and granting. The plan didn't have time to gather any dust! This year we focused on putting that plan into action to ensure that our ongoing evolution makes the Foundation stronger and more relevant to our multiple stakeholders. I am pleased to report highlights of our progress on what we've pledged to do.

A key focus this year was to establish stronger relationships with those who support the work of CFDR.

SECURING FUNDS

FORGING STRONGER LINKS WITH SUPPORTERS

By adopting a donor-centred fundraising model as a cornerstone of the new strategic plan, CFDR has pledged to establish stronger relationships with those who support the Foundation's work. This was a key focus of 2004-05, as we took steps to tailor communications, recognition and benefits to the interests and needs of our supporters.

As Winston Churchill once said, "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." We listened closely to our supporters to understand their needs and to determine how we can best work together. We worked on formalizing our processes for communication with supporters.

As part of these efforts, we laid the groundwork for a revamped CFDR website to make it easier to access information about the organization. As of the launch in fall 2005, CFDR has its own direct address (www.cfdr.ca).

Listening to Our Corporate Supporters

We gathered information through a survey and through conversations between Board

members and funders.

The well-received Partners Breakfast, at the same time as informing partners about our ongoing activities, created a venue for securing feedback and

for networking among CFDR's corporate supporters, Board members, committee volunteers and grant recipients.

We took steps to determine the most effective ways to put this advice into practice. For example, we began to revamp donor benefits to be consistent with what supporters told us they want. We also created updated materials to clearly and consistently outline the benefits accorded to the various levels of corporate supporters.

Fostering the Commitment of DC Members

CFDR also worked to enhance our relationship with individual members of Dietitians of Canada. A new subcommittee with that aim swung into action at the DC conference with an information booth and a survey to help guide our outreach plans. We also initiated a review of dietitians' needs beyond the ability to apply for research grants.

Recognizing the historic role that DC members have played in the health of the

Foundation, we are aiming to encourage their ongoing commitment in a more focused way. We continued to generate strategies to make it easier for members to contribute to CFDR, including ways to foster more regional events.

The CFDR and DC Boards also worked more closely together to determine how they can best support each other's mandate.

ACHIEVING STRONG FINANCIAL SUPPORT

CFDR continued to receive the strong financial support required to be effective in our role as a funder of applied nutrition and dietetic research:

- We are fortunate to have so many committed corporate partners who generously supported the Foundation this year as in the past, through annual giving.
- The third annual Corporate Golf Challenge attracted 125 golfers from 34 corporations and raised a record \$66,500 for CFDR.
- Dietitians gave even more generously to their research Foundation this year, with 427 individual members and regional events, such as the golf tournaments in Calgary and Winnipeg, contributing more than \$45,400.
- Through the inaugural CFDR Fun Run/Walk at the Dietitians of Canada national conference, 170 dietitians and friends of CFDR raised nearly \$13,000 for applied nutrition and dietetic research.

Recognizing the historic role that DC members have played in the health of the Foundation, we are aiming to encourage their ongoing commitment in a more focused way.

Inaugural CFDR Fun Run/Walk a Success!



And they're off!
The first CFDR Fun Run / Walk attracts 170 participants.

To achieve Research and Granting Goals

- \$80,000 awarded to 5 research teams
- 29 letters of intent received; 19 invited to submit full proposals, 18 full proposals submitted
- Website provides examples of proposal writing and other resources to assist researchers
- Implemented modified timelines for grant submissions
- Increased time for grant completion to two years

RESEARCH AND GRANTING

Five investigative teams led by dietitians were awarded research grants totalling nearly \$80,000 from CFDR in this year's grant competition. Their discoveries will ensure that dietetic practice continues to be based on a solid foundation of research—whether in the hospital, the community, food service, or in development of food and nutrition policy.

ATTRACTING MORE HIGH-QUALITY RESEARCH PROPOSALS

The measures CFDR has implemented to increase the number of grant applications are yielding success. For the 2005 competition we received an impressive 29 letters of intent, 10 more than the previous year. And of the 19 who were invited to submit full research proposals, 18 did so.

CFDR's strategies were successful in encouraging more dietitians to apply for grants. We received 29 letters of intent, and 18 of the 19 teams invited to submit full research proposals did so.

The meticulous work of the 29 volunteer external reviewers not only ensured that the research funded by CFDR is of high quality, but also as evidenced in recent years will encourage unsuccessful candidates to revise and resubmit their proposals in future competitions.

BUILDING STRATEGIC PARTNERSHIPS

CFDR is investigating potential strategic partnerships. This year we began to develop a process for undertaking commissioned research, an innovative opportunity that has been identified as an area of interest by some of CFDR's corporate partners.

The Foundation also opened two new gateways to CINDAR, our consolidated

listing of food, nutrition and dietetic practice research activity. Members of the Canadian Society for Nutritional Sciences (CSNS) and of the Canadian Society for Clinical Nutrition (CSCN) gained access to the unique database from the organizations' websites, promoting further collaboration among researchers and practitioners.

With the benefit of our new Strategic Plan, and the tremendous support of our partners, volunteers and staff, CFDR has taken significant action this year toward achieving a "brand new ending" as a stronger, more relevant Foundation.

To achieve Fundraising Goals

- Developed process to enhance effective corporate partnerships
- Streamlined processes for communicating with all donors
- Developed DC member giving subcommittee
- Enhanced relationship between the DC and CFDR Boards
- Held successful third CFDR Golf Tournament
- Implemented additional ways to fundraise

CFDR Does Golf to a "Tee"



CFDR Corporate Golf Challenge 2004 winning foursome (L to R):
Rick Winslow and Dave Mann (ACNielsen Canada);
and guests, Mike Barry and Bob Howran (McCain Foods).

CANADIAN FOUNDATION FOR DIETETIC RESEARCH

SUMMARIZED BALANCE SHEET AS AT AUGUST 31, 2005			
		2005	2004
Assets	▪ Cash and investments	1,976,932	1,857,303
	▪ Accrued interest and other receivables	58,400	35,256
		2,035,332	1,892,559
Liabilities	▪ Accounts payable and accrued liabilities	27,466	63,470
	▪ Deferred revenue	57,625	77,800
	▪ Due to Dietitians of Canada	275	2,375
		85,366	143,645
Balance of funds		1,949,966	1,748,914

SUMMARIZED STATEMENT OF REVENUE, EXPENSES AND BALANCE OF FUNDS YEAR ENDED AUGUST 31, 2005			
Revenue	▪ Donations – corporate	191,345	191,333
	▪ Donations – members of Dietitians of Canada	45,437	24,024
	▪ Investment income	128,803	100,365
	▪ Net proceeds – fundraising activities	81,409	61,246
	▪ Other income	150	90
		447,144	377,058
Expenses	▪ Research awards	93,337	78,474
	▪ Research communications	39,166	89,630
	▪ Fundraising	40,692	29,465
	▪ Governance	38,146	25,821
	▪ Administration	34,751	29,640
		246,092	253,030
Excess of revenue over expenses for the year		201,052	124,028
Balance of funds - at beginning of year		1,748,914	1,624,886
Balance of funds - at end of year		\$1,949,966	\$1,748,914

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

The accompanying summarized Balance Sheet and summarized Statement of Revenue, Expenses and Balance for Funds are derived from the complete financial statements of the Canadian Foundation for Dietetic Research as at August 31, 2005 and for the year then ended. In our auditors' report on the complete financial statements dated September 28, 2005, we expressed a qualified opinion because we were unable to satisfy ourselves concerning the completeness of donation revenue. The fair summarization of the complete financial statements is the responsibility of management. Our responsibility, in accordance with the applicable Assurance Guideline of The Canadian Institute of Chartered Accountants, is to report on the summarized financial statements.

In our opinion, the accompanying summarized financial statements fairly summarize, in all material respects, the related complete financial statements in accordance with the criteria described in the Guideline referred to above.

The summarized financial statements do not contain all disclosures required by Canadian generally accepted accounting principles. Readers are cautioned that these statements may not be appropriate for their purposes. For more information on the Foundation's financial position, revenues, expenses and balance of funds and cash flows, reference should be made to the related complete financial statements.

Toronto, Ontario
September 28, 2005

CLARKE HENNING LLP
CHARTERED ACCOUNTANTS

CORPORATE SUPPORTERS

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

FOUNDER (\$125,000+)

Dairy Farmers of Canada
Dietitians of Canada
Novartis Medical Nutrition

BENEFACTOR (\$75,000)

The Centrum Foundation and
Wyeth Consumer Health Care Inc.
The McCain Foundation and
McCain Foods (Canada)

SPONSOR (\$50,000)

Coca-Cola Ltd.
Compass Group Canada
Kraft Canada Inc.
McDonald's Restaurants of
Canada Limited
Nestlé Nutrition
Unilever Canada Inc.

PATRON (\$25,000)

Abbott Laboratories Limited, Ross
Product Division
Aramark Canada Ltd.
Canadian Egg Marketing Agency
General Mills Canada Corporation
Kellogg Canada Inc.
Mead Johnson Nutritionals
Neilson Dairy

* donations pledged over 5 years

2005 CFDR RESEARCH GRANTS

CFDR provided nearly \$80,000 in total to fund these five projects in the 2005 research grant competition. The research will have a broad impact on the health of Canadians.

The interface between nutrition and genes: nutritional genomics and dietetic professional practice

(2-year project)

"With this 2-year grant from CFDR we will be able to find innovative ways to provide dietitians with the knowledge, skills and resources needed to fully incorporate into their practice information on how genes affect diet and how diet influences genes—the emerging area of 'nutritional genomics'."

Principal Investigators:

Ellen Vogel, PhD, RD, FDC
Milly Ryan-Harshman, PhD, RD

Project Administration:

University of Ontario Institute of Technology,
Oshawa, ON

A prospective population-based cohort study of the association of urine measures of acid-base metabolism with bone loss and fractures in adults

"If the 'acid load' in the urine can effectively predict bone loss and fracture rates, we have the basis for a simple laboratory test to identify people at higher risk of osteoporosis. Then dietitians will be able to target interventions to prevent this debilitating disease."

Principal Investigator:

Tanis Fenton, PhD(C), MHSc, RD

Project Administration:

University of Calgary, Calgary, AB

Abdominal obesity in persons with chronic spinal cord injury: a pilot study

(2-year project)

"If we can confirm that measuring waist circumference—the size of the abdomen—can be just as useful in individuals with spinal cord injuries as it is in the general population, dietitians will be able to identify clients at risk for diabetes and/or heart disease, and provide early nutritional intervention."

Principal Investigator:

Andrea C. Buchholz, PhD, RD

Project Administration:

University of Guelph, Guelph, ON

Associations between wound development and nutritional status, diabetes and activity in hemodialysis patients

"We expect that nutritional factors, including malnutrition and poor diabetes control, will be associated with wound development in hemodialysis patients. This research should help to identify high-risk hemodialysis patients early enough to prevent wounds—with a positive impact on the patients' quality of life as well as health care costs."

Principal Investigator:

Karen Burleigh, MSc, RD

Project Administration:

St. Michael's Hospital, Toronto, ON

CONSUMER-FOCUSED AWARD

Nutrition education needs and preferences of three groups of consumers: developing guidelines for practice

"We suspect that people with different health status will have different nutrition education needs and preferences. The team will develop guidelines to help dietitians use a systematic approach to support Canadians with client-centred nutrition information and resources."

Principal Investigators:

Catherine Rocheleau, MBA, RD
Catherine Morley, PhD, RD, FDC

Project Administration:

NutritionLink Services Society (formerly Dial-A-Dietitian Nutrition Information Society of BC), Vancouver, BC

CFDR

VISION

CFDR is the pre-eminent funder of applied nutrition and dietetic research in Canada.

MISSION

CFDR contributes to the health of Canadians by generating funds for applied nutrition and dietetic research.

VALUES

CFDR is committed to demonstrating the following organizational values as guiding principles in fulfilling its mission:

- **Innovation** – Demonstrates creativity and support for the emergence of new knowledge, in an environment that embraces both freedom of inquiry and unrestricted dissemination of research results.
- **Integrity** – Functions with honesty, fairness, transparency, and objectivity.
- **Respect** – Operates inclusively and collaboratively, leveraging the wisdom and diverse perspectives of board members and partners to achieve results.
- **Accountability** – Manages resources responsibly by demonstrating the highest level of ethical conduct in support of desired outcomes.
- **Excellence** – Promotes high standards in research by supporting excellence.

2004–2005 BOARD OF DIRECTORS

Foundation Board members collectively govern CFDR and individually lead committees or teams, together ensuring the success achieved by CFDR.

CFDR PRESIDENT

Barb Anderson
Public Health Manager
Public Health Services,
AVH, SSH, SWH
Bridgewater, NS

CFDR VICE PRESIDENT

Beth Armour
Consultant
Montreal, QC

SECRETARY-TREASURER

Marsha Sharp
Chief Executive Officer
Dietitians of Canada
Toronto, ON

Helen Bishop MacDonald
Chair-elect
Dietitians of Canada
Ottawa, ON

Laurie Curry
Chair
Dietitians of Canada
Calgary, AB

Loretta DiFrancesco
Principal
Source! Nutrition
Toronto, ON

Tim Hedges
Vice President, Retail Sales
McCain Foods (Canada)
Etobicoke, ON

Kathryn Rowan
Vice President, Corporate Affairs
Nestlé Canada Inc.
North York, ON

John van der Ven
Director, Medical Sales
Wyeth Consumer Health Care Inc.
Mississauga, ON

COMMITTEES

CFDR activities are carried out through a variety of committees led by our Board and volunteers.

CORPORATE FUNDRAISING COMMITTEE

Chair: Tim Hedges

CORPORATE GOLF COMMITTEE

Chair: Tim Hedges

VOLUNTEERS

In addition to our Board, volunteers are a vital force, supporting and sustaining the activities of the Foundation.

Rita Accadia
St. Joseph's Hospital
Hamilton, ON

Jane Bellman
Wellington-Dufferin-Guelph
Health Unit
Guelph, ON

Jennifer Buccino
The Hospital for Sick Children
Toronto, ON

Janet Chappell
Ryerson University
Toronto, ON

Maria D'Agostino
CMI
Woodbridge, ON

Bridget Davidson
Consultant
Kitchener, ON

Dereck Hales
Kraft Canada Inc.
Toronto, ON

Fran Haley
Ministry of Health and
Long-Term Care
Toronto, ON

DC CONFERENCE ABSTRACTS REVIEW COMMITTEE

Chair: Donna Secker

FINANCE AND AUDIT COMMITTEE

Chair: Marsha Sharp

FUN RUN/WALK COMMITTEE

Chair: Pierrette Buklis

MEMBERSHIP FUNDRAISING COMMITTEE

Chair: Beth Armour

NOMINATIONS COMMITTEE

Chair: Helen Bishop MacDonald

SCIENTIFIC REVIEW COMMITTEE

Chair: Judy Sheeshka

AD HOC COMMITTEE ON BOARD STRUCTURE

Chair: Barb Anderson

Mike Hill
Novartis Medical Nutrition
Mississauga, ON

Pearl Ho-Tai
Nutrition Research Consultant
Guelph, ON

Valerie Johnson
Consultant
Toronto, ON

Daina Kalhins
The Hospital for Sick Children
Toronto, ON

Ben Lauritz
McDonald's Restaurants of
Canada Limited
Toronto, ON

Barb Ledermann
Unilever Canada Inc.
Toronto, ON

Roz MacKenzie
McCain Foods (Canada)
Etobicoke, ON

Mike Masse
Compass Group Canada
Mississauga, ON

Michelle McCall
St. Michael's Hospital
Toronto, ON

Marilyn Mori
St. Joseph's Health Centre
Toronto, ON

Debbie O'Connor
The Hospital for Sick Children
Toronto, ON

Doryne Peace
Consultant
Toronto, ON

Michelle Port
Dietitian
Montreal, QC

Susan Ross
Dietitian
Vancouver, BC

Nancy Schwartz
Consultant
Oakville, ON

Donna Secker
The Hospital for Sick Children
Toronto, ON

Judy Sheeshka
University of Guelph
Guelph, ON

Barb Smyth
Smyth Communications
Toronto, ON

Helen Toews
Hamilton General Hospital
Hamilton, ON

Marie Traynor
Nutrition Resource Centre
Toronto, ON

Fiona Yeudall
Ryerson University
Toronto, ON

IN MEMORIAM

The year marked a sad occasion in CFDR's history as an important friend of CFDR passed away in August. Ms. Susan Morgan served with dedication as CFDR's Manager for 5 years and as past President for a 2-year term that began in 1997. The Foundation is currently establishing a tribute to Susan's commitment—appropriate to her memory and to the vision of the Foundation.

CANADIAN FOUNDATION FOR DIETETIC RESEARCH FONDATION CANADIENNE DE LA RECHERCHE EN DIÉTÉTIQUE

480 University Avenue, suite 604, Toronto, Ontario M5G 1V2

Telephone: 416-596-1294

Fax: 416-596-0603

E-mail: cfd@dietitians.ca

www.cfd.ca

Charitable Registration No. 89270 2150 RR001