



Canadian
Foundation
for Dietetic
Research



La fondation
canadienne
de la recherche
en diététique



*Catalyst
for Dietetic
& Nutrition
Research*



Annual
Report
2007



Catalyst for Dietetic & Nutrition Research

President's Report

CFDR President 2006-7: **Barb Anderson**, P.Dt., M.Ad.Ed., FDC

The past year has been one of both strong achievement and thoughtful reflection for the Canadian Foundation for Dietetic Research; we moved ahead and realized remarkable accomplishments, and we took time, too, to reflect on our Foundation and look to the future as we developed our new strategic plan.

First, let me highlight some significant achievements in specific areas of our work:

Research Funding – investing in research projects that will have an impact on the dietetic profession and on the health of Canadians.

- We announced five recipients of research grants through our annual grants competition. You can read about these grants on the overleaf page.
- We officially announced the research team for our new collaborative project at the 2006 CFDR AGM. This research project, run in collaboration with Dietitians of Canada, looks at vitamin and mineral supplementation in Canada. Dr. Susan Whiting and her research team began their work this year.

Knowledge Transfer – sharing information so that others can learn about dietetic and nutrition research projects being carried out in Canada.

- Our CFDR Research Presentations at the Dietitians of Canada conference were very well received. Twenty-four researchers made oral presentations on their research projects and an additional 48 posters were on display.
- Two Research Breakfasts provided an opportunity for us to showcase some CFDR-funded research projects for our members, supporters and others.
- All of our funded researchers enter information about their projects on CINDAR (the Canadian Inventory of Nutrition and Dietetic Associated Research). This web-based data base is a tremendous resource for those pursuing dietetic or nutrition research.

Recognizing new researchers – awarding students and interns for their research work, with the intention that they will continue to build skills and make research a part of their careers.

- In June, we presented the first Morgan Medal awards. This new initiative was established as a tribute to the late Susan Morgan to recognize students and interns for their work in dietetic research. It's an investment in the researchers of the future. Four students received regional awards and one student, Jessica Sweezie, was presented with the first Morgan Medal by Sally Morgan, Susan's mother.

These achievements were made possible thanks to the support of our committed donors: our corporate partners, who demonstrate their belief in the value of funding practice-based research, and the members of Dietitians of Canada, who provided direct donations, and organized and participated in numerous fundraising events to benefit CFDR.

CFDR presented the first Morgan Awards in June 2007. The awards, a memorial tribute to former CFDR manager Susan Morgan, recognize dietetic students for their research work. Sally Morgan, Susan's mother (pictured, right) flew from her home in Wales to Vancouver to present the inaugural awards to regional winners (left to right) Alyssa Rud, Jessica Sweezie (recipient of the national Morgan Medal) and Alison Bunney. Absent from the photo is regional award recipient Jill Anne McDowall.



Reflections to inspire actions:

CFDR also used the last year as a time to reflect on our Foundation and map its future direction. After surveying the external environment, reviewing our own strengths and areas for possible growth, and consulting with hundreds of interested stakeholders, we developed our new strategic plan to guide us through the next three years. Here are some highlights:

- Newly articulated vision and mission statements which clearly express what CFDR is, what we do, and what we aspire to achieve.
- An added (and very important) value which helps to guide us in our work: we will demonstrate relevance to our supporters in all we do.
- 5 key strategies on which we plan to focus over the coming three years:
 - Growing our research program
 - Increasing our efforts in knowledge transfer
 - Developing collaborative relationships to advance our mission
 - Enhancing awareness and value of CFDR
 - Expanding our funding base in order to carry out our mandate



The Board of Directors is very proud of this new plan and we're confident that it will help to advance our mission. As a lean organization with limited staff support, we depend on the strong volunteer efforts of dietitians, corporate partners and others to carry out our work. We will be counting on our existing core of volunteers and looking for new volunteers to work with us on committees to implement our strategic directions.

Mark and Jacquie Sullivan, and Jennifer and Jason Trafford represented Polar Plastic Ltd. in the 6th Annual CFDR Corporate Golf Challenge held in September 2007. The tournament has become a popular event for the corporations which participate each year. Since its inaugural event in 2002 this annual tournament has raised a cumulative total of just over \$350,000.

To all who helped to develop our strategic plan, thank you. To all who served on committees during the past year, making our progress possible, thank you. And perhaps most importantly, to all who contributed funds to enable us to carry out our programs, thank you.

2006-7 was remarkable for CFDR. We look forward to working with you to advance the work of the Foundation in the years to come.

Participants in the 2007 Fun Run/Walk enjoyed a scenic route along the sea wall in Vancouver's Stanley Park. More than 200 dietitians and friends participated in the 3rd Annual Event which raised a net total of \$16,500. In its three year history, the Fun Run has raised more than \$42,000.



Corporate Supporters

CFDR thanks the following corporate partners who have demonstrated their leadership through 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.

Sponsor (\$50,000)

Campbell's Food Service and Campbell
Company of Canada
Coca-Cola Ltd.
Kraft Canada Inc.
McCain Foods (Canada)
McDonald's Restaurants of Canada Limited
Morrison, a member of Compass Group
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Nestlé Nutrition
Unilever Canada Inc.

Patron (\$25,000)

Abbott Laboratories Limited, Ross Products
Division
ARAMARK Canada Ltd.
Canadian Egg Marketing Agency
General Mills Canada Corporation
Kellogg Canada Inc.
Mead Johnson Nutritionals
Pepsi-QTG
Weston Bakeries Ltd/Neilson Dairy

* donations pledged over multi-years

Canadian Foundation For Dietetic Research

Summarized Balance Sheet

As at August 31, 2007

		2007	2006
Assets	Cash and investments	\$ 2,193,776	\$ 2,063,560
	Accrued interest and other receivables	<u>64,746</u>	<u>61,322</u>
		2,258,522	2,124,882
Liabilities	Accounts payable and accrued liabilities	36,316	30,079
	Deferred revenue	86,600	43,455
	Due to Dietitians of Canada	<u>2,936</u>	<u>2,531</u>
		<u>125,852</u>	<u>76,065</u>
Balance of funds		<u>2,132,670</u>	<u>2,048,817</u>

Summarized Statement of Revenues, Expenses and Fund Balances Year Ended August 31, 2007

Revenues	Donations – corporate	197,000	232,500
	Donations – members of Dietitians of Canada	41,014	29,090
	Investment income	83,202	69,299
	Net proceeds – fundraising activities	65,574	77,818
	Vitamin and mineral project grant	61,555	8,445
	Other income	-	83
		<u>448,345</u>	<u>417,235</u>
Expenses	Research awards	119,805	112,411
	Research communications	35,484	43,737
	Fundraising	49,478	48,228
	Governance	56,030	52,975
	Administration	52,978	52,588
	Vitamin and mineral project	<u>50,717</u>	<u>8,445</u>
		<u>364,492</u>	<u>318,384</u>
Excess of revenues over expenses for the year		83,853	98,851
Balance of funds - at beginning of year		<u>2,048,817</u>	<u>1,949,966</u>
Balance of funds - at end of year		\$ <u>2,132,670</u>	\$ <u>2,048,817</u>

Note: The above information has been summarized from the 2007 audited financial statements. The complete set of financial statements, audited by Clarke Henning, LLP, including the auditors' report and the notes to the financial statements are available upon request.

Vision: Enhancing the health of Canadians by contributing new knowledge about food and nutrition.

Mission: The Canadian Foundation for Dietetic Research is the catalyst for dietetic and applied nutrition research by funding research and disseminating new knowledge in support of evidence-based decisions.

Values: The Canadian Foundation for Dietetic Research demonstrates the following values:

- Innovation:** fosters 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, corporate partners and individual donors to achieve results
- Accountability:** manages resources responsibly by operating with the highest level of ethical conduct in decision making and supporting desired outcomes
- Excellence:** promotes high standards in research
- Relevance:** demonstrates value to Foundation supporters in its applicability and significance to dietetic practice and corporate priorities in relation to the nutritional health of Canadians.

2007 CFDR Research Grants

CFDR awarded \$80,000 to five dietitians and their investigative teams in the 2007 annual grants program. In addition, work began on a special \$50,000 research project on which we are collaborating with Dietitians of Canada. Each of these projects asks an important question relative to dietetic practice and, ultimately, to the health of Canadians.

How can Canadians get enough omega-3 fatty acids to ensure good nutritional health?

Omega-3 fatty acids usually found in fish can help prevent heart disease, but most Canadians do not eat enough fish. This project compares people's preferences for fish, fish oil capsules and new foods with omega-3 added. It will help dietitians to develop dietary advice that Canadians can use to increase the amount of omega-3 they consume.

Principal Investigator: **Ken Stark**, PhD, University of Waterloo

Can a website meet women's information needs concerning foods, nutrients and breast cancer risk?

This project will create online Nutrition Updates based on the latest scientific evidence on nutrition and breast cancer risk. Researchers will evaluate whether these updates meet the information needs of women attending breast cancer risk assessment clinics and the resource needs of clinic dietitians.

Principal Investigator: **Judy Paisley**, PhD, RD, Ryerson University School of Nutrition

What are Canadian dietitians' perceptions of their current capacities to build food security?

The main objective of this study is to examine Canadian dietitians' perceptions of their current capacities to build food security. The research will inform recommendations for building dietitians' capacity to be involved in food security efforts, as well as informing curriculum for the training of future nutrition professionals.

Principal Investigators: **Christine Johnson**, MSc, PDt, St. Francis Xavier University, and **Jennifer Maki**, MSc, RD, Northwestern Health Unit

How well does the on-line EATracker tool reflect food group and nutrient intake?

EATracker is Dietitians of Canada's online tool for individuals to assess their diet and physical activities in relation to Health Canada standards. This project will look at how well EATracker reflects food group and nutrient intake as compared to other dietary recall techniques.

Principal Investigator: **Rhona Hanning**, PhD, RD, University of Waterloo

How can we optimize nutrition therapy in the Intensive Care Unit?

This study will look at factors influencing the implementation of Canadian Nutrition Support Guidelines in the ICU. This will help to increase the likelihood of these Guidelines being used in practice, leading to improvements in nutrition support practices, better quality of care and an improved chance of surviving critical illness.

Principal Investigator: **Rupinder Dhaliwal**, RD, Kingston General Hospital

Special Research Project:

A collaborative project between CFDR and Dietitians of Canada

The focus of this project is to develop a current picture of vitamin and mineral use by Canadians. The research results will provide a better understanding of how vitamin and mineral supplements can be used rationally for better health in Canada. It will be an important first step leading to the formulation of appropriate nutrition education regarding supplements for Canadians.

Principal Investigator: **Susan Whiting**, PhD, University of Saskatchewan.



2006-2007 Board of Directors

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

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Public Health Services
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Assistant Professor
School of Nutrition
Ryerson University
Toronto, ON

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Volunteer Committees

Volunteers are a vital force of CFDR, supporting and sustaining the activities of the Foundation. Thanks to our 2006-7 volunteers

Corporate Fundraising Committee

Chair: Kathryn Rowan (Until June 30, 2007)

Members: Brenda Brown, Helen Anne Dillon, Jeff O'Neill, John van der Ven

Corporate Golf Committee

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The Canadian Foundation for Dietetic Research subscribes to Imagine Canada's Ethical Fundraising and Financial Accountability Code.