

Keeping In Touch



Fall 2008

CFDR's website re-designed – www.cfdr.ca

CFDR launched a new look for its website on November 18. The re-design of the site is one of the projects highlighted in CFDR's strategic plan to enhance our communications program. Constituents indicated that the previous site was not easy to navigate; the new design is intended to address that and other issues.

We invite you to take a look. In the "Research" section, you'll find information on our research programs as well as details about the Morgan Medal.

The "Sharing Knowledge" section highlights the research projects CFDR has funded through the past 16 years, with links to their abstracts on CINDAR (the Canadian Inventory of Nutrition and Dietetic Associated Research). You can view presentations by the keynote speakers at our semi-annual Research Breakfasts on the "Presentations" page. You'll find links to power point presentations on such topics as nutritional genomics and using the glycemic index.

Please check out the "About" section with our Board and Corporate Partner listings. Have a look at these important leaders and corporations dedicated to supporting nutrition research.

We welcome your comments on the new site.

Sharing information with members of Dietitians of Canada

Last year, we launched an awareness and fundraising campaign in which we wrote to dietitians across Canada to provide them with information about CFDR and to ask for their support of our mandate. CFDR is a charitable foundation, dependent on gifts from corporations and individuals to fund our important projects. The response was encouraging, and we continued the program this year. On November 14, we

mailed an information package to the members of Dietitians of Canada. We enclosed our 2008 Annual report which highlights our year's activities. We're proud of our progress over the last year and wanted to share the details with the members of DC.

Last year, CFDR received \$40,000 in donations from DC members and raised an additional \$22,000 through the member-supported Fun Run/Walk.

We're most grateful for this support, which demonstrates dietitians' belief in the importance of nutrition and dietetic research. We realize that there are many causes competing for Canadians' charitable donations dollars and are grateful to the members of DC who make CFDR their charity of choice.

For information on how to make a personal donation to CFDR, please visit the website; all donations are tax deductible – see <http://www.cfdr.ca/support.html>.



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Charitable Registration No. 89270 2150 RR0001

Corporate Community “tees off” for nutrition research

Companies demonstrated their commitment to nutrition research by participating in the 7th Annual Corporate Golf Challenge on September 15, 2008. The event raised a net total of about \$60,000 to support CFDR’s mission of enhancing the health of Canadians through contributing new knowledge about food and nutrition.

Glen Nelson, chair of the 2008 Golf Tournament Committee and Director of Procurement for Compass Group Canada, says, “We’re very grateful to the many companies that supported this year’s event. More than 50 companies lent their support, either through registering a foursome, sponsoring the event, or donating prizes or auction items. It’s impressive to see so many companies demonstrating their commitment to advancing nutrition research in Canada.”



Tournament champions were Richard Height, Marc McGregor, David Pike and Perry Pike representing the team from **McNairn**

Packaging/Cascades Tissue Group, (shown here) with a score of 10 under par.

Mike Hill, Country Business Manager of Nestlé Healthcare Nutrition and Master of Ceremonies for the tournament banquet, reported that to date, the annual golf tournament has raised almost \$425,000 for CFDR. All of this money has helped CFDR to carry out its mission to fund dietetic and nutrition research.

CFDR is grateful to the tournament’s main event sponsor, **Nestlé Healthcare Nutrition**, the dinner sponsor **MarketLink Solutions**, and lunch sponsor **Coca-Cola Bottling**. The Foundation also thanks the competitions sponsors, prize and auction item donors and all participating companies for their support.

The 2008 Corporate Golf Challenge would not have been a success without the hard work and dedication of the planning committee, consisting of Glen Nelson, Maria D’Agostino, Barb Ledermann, Lisa Beausoleil, Martha Blake and Georgette Harris.

Letters of Intent received for diverse research projects

By Sharon Wong, PhD, RD, Chair, CFDR Scientific Review Committee

The Scientific Review Committee (SRC) has received 25 letters of intent (LOI) for this year’s research competition. We are pleased to see that nine of these are for our New Researcher Grant competition, launched this year. This grant funding stream is intended to encourage and nurture those who are just starting their dietetics careers and have not yet led a research project. The program represents CFDR’s commitment to encouraging more dietitians to become involved in research.

Two of the letters of intent are for the Consumer Focused Program, which has a new research priority this year: *Nutrition and the Environment*. The research priority for this program was identified following consultation with CFDR’s corporate partners. The program demonstrates CFDR’s commitment to ensuring that research funded by the Foundation is topical for our key constituent groups as well being important for the dietetic community.

The SRC is busy reviewing the LOIs now and will meet at the end of November to decide which researchers will be invited to submit full proposals for the next stage of the research competition. Announcements of the final research projects approved for funding will be made in June 2009.

Scientific Review Committee 2008-9

Donna Barnes, RD, School of Nutrition, Ryerson University

Michi Furuya Chang, MHS, RD, Kraft Canada Inc.

Kerry Grady-Vincent MHS, RD, Dairy Farmers of Canada

Penni Kean, MSc, RD, General Surgery, ENT, Orthopedics, and Urology Programs, The Hospital for Sick Children

Christiana Liu, MSc, RD, CHES, Division of Neurology, The Hospital for Sick Children

Michele McCall, MSc RD, Specialized Complex Care Program, St. Michael’s Hospital

Helen Toews MSc RD, Hamilton Health Sciences

Julia MW Wong, RD, PhD(c), Department of Nutritional Sciences, University of Toronto

Sharon Wong, PhD, RD, School of Nutrition, Ryerson University

Campbell Company of Canada: proud supporter of CFDR

Campbell Company of Canada is proud of the role it plays in supporting dietetic and nutrition research. As a Corporate Partner of CFDR at the Sponsor level, Campbell has been a long-time financial supporter of the Foundation. Now, the company is proudly sharing that information with a wide audience.

New advertisements created by Campbell Food Service include the following line: "Proud Corporate Sponsor of the Canadian Foundation for Dietetic Research." The ads will appear in the DC Journal, and in other healthcare marketplace publications.

Helen Anne Dillon, Business Director – Foundation Brands for Campbell Food Service Canada, says, "Our company believes very strongly in supporting nutrition research, and we're proud to contribute to CFDR's important mandate. Putting this special recognition on our new ads demonstrates to those reading these publications that we believe in the value of nutrition research, and of CFDR."

As a benefit of donating to CFDR, corporate partners are entitled to promote their partnership status in corporate communications and other publications. Partners can include the CFDR logo, too, after receiving written approval from CFDR. For more information, contact Isla Horvath at ihorvath_cfd@dietitians.ca.

CFDR's Morgan Awards Program makes an impact

The Morgan Awards Program recognizes dietetic students for their passion for research and represents CFDR's commitment to encouraging the researchers of the future. What impact has the program had?

We caught up with **Jessica Sweezie**, recipient of the first national Morgan Medal in June 2007. More than a year after receiving her award, Jessica is a dietitian working at The Children's Hospital of Eastern Ontario in adolescent eating disorders and is as passionate as ever about the value of research and her work as a dietitian.

Jessica says, "I am fortunate to be part of a team that has committed a primary goal to continued research and evaluation in our patient care. I believe that as any healthcare practitioner you would be negligent to not practice with the continual contribution of research. Research is a key component of best possible practice."

What advice would Jessica give to dietetic students who might be thinking about submitting an application to the Morgan Awards program today? She says, "DO IT! Don't stop for even a moment to second guess yourself; just do it! One thing that I have learned in all my experiences of becoming a dietitian is that if you are determined, passionate, hard-working and true to yourself you will be a qualified successful practitioner."

Applications for the Third Annual Morgan Awards Program are due on January 15, 2009. Visit the CFDR website at <http://www.cfd.ca/morganresearch.html>.

Another success for Morgan Award recipient

In June 2008 CFDR awarded four regional Morgan Awards, in addition to the national Morgan Medal. The recipient of the Regional Award for Central and Southern Ontario was **Laura Burr**. Recently, she received another award.



Pauline Darling (L) and Isla Horvath, CFDR's Executive Director (R) present Laura Burr with the first place award for her oral research presentation.

Laura presented her research project on September 18 at the 14th Annual Research Day for Dietetic Interns, hosted by the Dietetic Educators Leadership Forum of Ontario in collaboration with St. Michael's Hospital and Ryerson University. The intent of the Research Day is to provide a forum for dietetic interns from across Ontario to present their research projects and to share their research with other interns and dietitians. This event was attended by 110 interns, dietetic educators, clinicians, University Faculty and industry representatives. There were 11 oral presentations and 13 posters representing the work of 38 dietetic interns from 10 internship programs from across Ontario. Thanks to the

event sponsors, prizes were awarded to the top 3 oral and poster presenters and travel awards were offered to 11 interns who travelled from outside of the GTA to attend Research Day to present their research.

Pauline Darling, MSc, PhD, RD, Assistant Professor, Department of Nutritional Sciences, University of Toronto, and Coordinator of Nutrition and Dietetic Research, St Michael's Hospital, says, "The annual research day for Dietetic Interns is a celebration of the efforts of dietetic interns in the completion of their research project. The judges for Research Day, who were dietitians with PhD or Masters level training in research themselves, were impressed with the students' presentations and found it difficult to decide on the winners. We're pleased that CFDR recognizes and encourages young dietitians who are our researchers of the future through the Morgan Awards program."

Laura Burr received the 1st place award for her oral presentation at the Research Day for Dietetic Interns. During her oral presentation, Laura demonstrated the enthusiasm and professionalism which had been recognized earlier by the Morgan Medal Judging Panel.

CFDR congratulates Laura on this second honour and encourages her to continue to make research part of her work as a dietitian.

Atlantic DC Members Raise Funds to Support CFDR

By Judy Jenkins, Regional Executive Director, Atlantic, Dietitians of Canada

Dietitians of Canada members in Atlantic Region know and appreciate the importance of dietetic research to the growth and sustenance of the profession. It is no surprise that when an opportunity is offered to contribute to the growth in capacity for dietetic research



Getting ready for the Atlantic Fun Run/Walk

– through additional contributions to CFDR – members are willing to help and have fun in the process. Dreaming up interesting ways to draw

support for CFDR is not unique to Atlantic members. Over the past decade several adventures like golf games and silent auctions have been held. Most recently we discovered that a selection of approaches worked really nicely, too. At the Fall 2008 Conference in New Brunswick we featured 'casual day', a Fun Run/Walk, and a fun 'Bucket Brigade' – an idea borrowed from our colleagues in Newfoundland and Labrador. These activities enabled Atlantic members to contribute more than \$500 to CFDR.

The Fun Run is a very early morning 5km walk/run by the golf course across the street from the conference. The 'keeners' were there in their sports attire – some even choosing to sport their 'pink pearls'. Registration costs for the Fun Run go directly to CFDR.

The Bucket Brigade goes on throughout the two days of conference – tickets sell for \$2.00 and 'lucky' draws are held throughout the conference for lovely gifts donated by our loyal sponsors and friends of CFDR.

Atlantic members hope that taking care of the pennies (or the loonies and toonies, these days) helps CFDR to take care of the wonders in dietetic research.

Coming up:

AGM and Research Breakfast – November 27, 2008

Dr. Catherine Morley will present information on her research project, "Developing Evidence-based Practice Points for Nutrition Education Practice Based on Consumers' Needs and Preferences" at the AGM and Research Breakfast. RSVP today.

Fun Run/Walk – June 2009

Initial plans are underway for the 5th Annual CFDR Fun Run/Walk at the DC conference in Charlottetown, PEI. More information on sponsorship opportunities and registration will be sent shortly.

Comments? Questions?

We're committed to establishing stronger relationships with those who support the Foundation's work. If you have any comments or questions about material in this newsletter, or about CFDR, we want to hear from you. See page 1 for our contact information or send an Email to Isla Horvath, CFDR's Executive Director, at ihorvath_cfdr@dietitians.ca.