

# Keeping In Touch



Fall 2009

## New Chair leads CFDR's Scientific Review Committee



We are pleased to announce that **Debbie MacLellan, PhD, RD** has accepted the role of Chair of CFDR's Scientific Review Committee (SRC). Debbie is a professor at the University of PEI in the Department of Family and Nutritional Sciences. She currently serves on the Board of Directors of

Dietitians of Canada as Past Chair.

An avid supporter of dietetic research, Debbie has been a member of some research teams that have been funded by CFDR in the past. She is very familiar with the guidelines of the Foundation's research program.

"Solid, scientific, evidence-based research is the backbone of dietetic practice," says Debbie. "Research is important to our profession and to improving the health of Canadians. CFDR has an important role to play in advancing dietetic research, and I'm pleased to be part of this dynamic research program."

Right now, the SRC is reviewing the letters of intent (LOIs) that were received for the 2010 Annual Grants program. SRC members will meet this month to discuss the reviews and recommend which researchers will be invited to submit full applications for the March 1 deadline. Debbie says, "The 20 LOI's that we received

represent diverse areas of nutrition and dietetic practice. Our SRC is made up of members who come from several different backgrounds and practice areas, too, and I know our discussions of the reviews will be thoughtful and comprehensive."

Applicants will be advised of the results of the LOI reviews in early December. Full applications are due on March 1; grants will be announced in May 2010.

CFDR is grateful to outgoing SRC Chair **Sharon Wong, PhD, RD**, Assistant Professor, Ryerson University, for her leadership of CFDR's research program. Sharon chaired the SRC for two years, overseeing the annual grants programs in 2008 and 2009. She currently serves on CFDR's Board of Directors and will continue to provide input into CFDR's research programs.

### 2009-10 CFDR Scientific Review Committee

Debbie MacLellan, PhD, RD  
Professor, University of PEI

Michele McCall, MSc, RD  
Critical Care Dietitian, St. Michael's Hospital

Donna Barnes, RD  
School of Nutrition, Ryerson University

Michi Furuya Chang, MHS, RD  
Director, Scientific & Regulatory Affairs, Kraft Canada Inc.

Linda Gillis, MSc, PhD (Cand), RD  
Registered Dietitian, Hamilton Health Sciences

Andrea D'Ambrosio, M.A.N., RD  
Registered Dietitian, Recent Graduate, University of Guelph



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## New resources support dietetic researchers

Two new resources for dietitians looking for support in doing research are just a click away. Posted to CFDR's [website](http://www.cfd.ca), two databases will help dietitians to hone their research skills and identify research funding bodies.

Dietitians looking to develop their skills as researchers will find a wealth of information in the "Researcher Training Resources" database. In these pages, researchers will find links to existing on-line courses, booklets, articles, training modules and more. Information is available in three main areas: resources for writing research proposals, links to websites dedicated to research methodologies and research design and online statistical resources.



CFDR's website provides a wealth of information for dietetic researchers; see <http://www.cfd.ca/resources.html>.

Sometimes, researchers' projects fall outside of the scope of CFDR's research funding program, but may fit within the guidelines set by other funders. Dietetic researchers will find links to funding organizations across the country in "Researcher Funding Resources." This database provides information on federal and provincial government funding programs, as well as non-governmental funding agencies and websites that provide compiled lists.

These two new resources demonstrate CFDR's commitment to supporting and encouraging dietetic researchers. The Foundation is grateful to University of Guelph graduate student **Mary Anne Dick** for researching and compiling the databases.

## CFDR connects dietetic researchers

Following a meeting of CFDR's Scientific Review Committee to discuss grant applications and make recommendations for funding, some committee members lingered, talking about dietetic research in Canada. **Lesia Kicak, MSc, RD**, Chief of Dietetics – Hamilton Health Sciences lamented the fact that new research questions arise constantly with the many clients and patients that clinical dietitians see, but that many don't have the needed resources or specific expertise to write proposals and conduct research projects. **Sharon Wong, PhD, RD**, Assistant Professor – Ryerson University, responded that while academic dietitians have the research skills and increased accessibility to resources, access to potential study participants is a common barrier to research. The two wondered if there might be some possibilities for collaboration, and if CFDR might be able to help. Out of this casual discussion the "Connecting Dietetic Researchers" Think Tank was born.

In May 2009 CFDR brought together 12 dietitians from various practice areas: private practice, public health, industry, academia and healthcare. The group met for a half day session to look at the barriers dietitians face in doing research and what role CFDR might play specifically in removing some of those barriers and making it easier for dietitians to do research. The session involved a lively discussion of the key issues facing dietetic researchers today and the result was a set of recommendations for ideas that CFDR might tackle to advance dietetic research.

The top recommendation for CFDR was:

- *Provide website links to organizations that fund research, including universities with dietetic and nutrition and related research programs*

As you'll see from the article "New Resources" at left, CFDR has acted quickly on this recommendation with the creation of two new on-line resources for dietetic researchers.

CFDR is grateful to the dietitians who contributed to this significant Think Tank, and is looking at ways to implement other recommendations. We are committed to encouraging dietitians to make research part of their practice.

## Generous legacy supports dietetic and nutrition research



Photo Courtesy McGill University

Mary Catherine Freeman, known to everyone as Kitty, was proud of her profession as a dietitian. Kitty passed away at the age of 88 on March 13, 2009 and chose to commemorate her profession through a bequest to the Canadian Foundation for Dietetic Research. She leaves a legacy of \$25,000 to advance the Foundation's mandate.

Kitty was born in Prescott, Ontario in 1921. She graduated in 1941 with a Bachelor of Household Science from Macdonald College, McGill University

in Montreal and attended Royal Victoria Hospital for dietitian training. As a young dietitian, she broke new ground when she joined the Canadian Army's Medical Corp. Traveling from Halifax on an army hospital ship Kitty was the only dietitian on board. She served as a lieutenant in England and Belgium, and ran the military hospital's food service in Liverpool. In that role, she assessed the dietary needs of sick and wounded soldiers.

Upon her return to Canada in 1946, Kitty joined the staff at Ste-Anne-de-Bellevue Hospital as a dietitian and subsequently moved to Queen Mary Veterans' Hospital until her retirement in 1978.

Kitty was extraordinarily charitable. Ed McParlan, Executor of the will and Kitty's relative says that although she was pleased to be able to contribute to causes she cared about Kitty "really preferred to keep a low profile about her philanthropy ... in addition to establishing an Endowment for Nutrition and Healthy Aging at McGill University, she also set up a Fellowship in Human Nutrition to annually support an outstanding graduate in the School of Dietetic and Human Nutrition. She was very proud of her profession as Dietitian and ... allotted a substantial donation to the Canadian Foundation for Dietetic Research. She was very generous to some 50 charitable organizations each year."

Mr. McParlan asserts that Kitty would be very pleased to know that her donation to CFDR will make a tremendous difference in our efforts to fund dietetic and nutrition research. What a wonderful way to leave a legacy in support of the profession of which Kitty Freeman was so very proud.

## CFDR Research Report: new study finds that EATracker is a credible nutrition monitoring tool

Researchers at the University of Waterloo have just completed a CFDR-funded research project aimed at validating Dietitians of Canada's EATracker tool for assessing nutrient intake for Canadian women. The EATracker tool [www.eatracker.ca](http://www.eatracker.ca) is a web-based dietary self-evaluation based on Health Canada's BMI, diet and physical activity guidelines.

**Rhona Hanning PhD, RD, FDC, Dawna Royall MSc, RD, Jessica Wegener MSc, RD** and their research team compared food and nutrient intakes from a 24 hour recall using EATracker verses one-on-one diet recall interviews by trained dietitians. In this study, women tracked their food intakes using EATracker and then were interviewed by dietitians who analysed their nutrient intake using Canadian Nutrient File data.

The researchers found that there was significant agreement between dietitians' and EATracker's assessment of most nutrient intakes. Feedback from participants was positive: users felt the daily assessment increased their awareness of their food intake; liked comparing their intake to recommendations; felt EATracker is a credible source of nutrition information; and liked having access to a free tool that is readily available. Study participants also indicated some areas in which EATracker might be improved for better usability, such as expanding the food database and improving the search function.

Dr. Hanning says, "It's important for dietitians to know that the tools they offer to consumers are valid and useable. Dietitians of Canada's own food tracking and assessment tool must be both. This research showed that overall, dietitians can feel confident in recommending EATracker to their clients. By implementing a few recommendations for improvement, DC's EATracker will be an even more valid and usable tool."

## Golfers Tee off in support of dietetic and nutrition research

The corporate community demonstrated its support of dietetic and nutrition research at the 8<sup>th</sup> Annual CFDR Corporate Golf Challenge held on September 14, 2009 at Piper's Heath Golf Club raising nearly \$50,000.

Thirty-eight corporations and organizations supported the event through entering foursomes, donating prizes and silent auction items or providing sponsorships.

The winning team was presented with CFDR's Corporate Golf Challenge Cup and some nice prize packages. Team players were **David Pike** and **Perry Pike** from **Cascades Tissue Group**, and **Peter Aung Thin** and **Rick Wassell** representing Saputo Foods Ltd.

The success of the event is due in large part to the volunteer planning committee, chaired by **Erin Hallinan** and **Lisa Salonen-MacKay** from Compass Group Canada. Committee members were:

- Lisa Beausoleil
- Maria D'Agostino
- Georgette Harris
- Jonathan Hughes
- Barb Ledermann
- Glen Nelson

Thanks to **Nestlé Healthcare Nutrition** (Main Event Sponsor), **MarketLink Solutions** (Dinner Sponsor) and all those who contributed to the success of the Corporate



Mitchell Sinclair (Nestlé Healthcare Nutrition) was the lucky winner of the raffle at the CFDR Corporate Golf Challenge. Mitchell received his prize from Golf Tournament co-chairs Lisa Salonen MacKay (l) and Erin Hallinan (r).

Golf Challenge. All of the funds raised will be used to advance CFDR's mission to advance dietetic and applied nutrition research by funding research and disseminating new knowledge in support of evidence-based decisions.

To date, the Corporate Golf Challenge has raised more than \$470,000 since its inception 8 years ago. Plans are underway to top the half million dollar mark next year.

### CFDR makes giving easy

In response to feedback from members of Dietitians of Canada, CFDR now makes it possible for people to make donations in support of nutrition research on line. Through [CanadaHelps.org](http://CanadaHelps.org), a national giving portal, donors can make a donation to CFDR using their credit cards right at their computers. Tax receipts are emailed immediately. It's a fast and easy way to support the work of the Foundation. Visit <http://www.cfdr.ca> and click on the "Donate Now" button.



### Coming Up ...

#### 19<sup>th</sup> Annual General Meeting and Research Breakfast

November 26, 2009; Delta Airport West Hotel. Guest speaker: Dr. Anna Farmer, with some early results of her dietary sodium intake research project.

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](mailto:ihorvath_cfdr@dietitians.ca).