

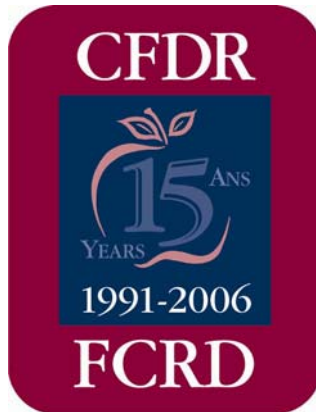
Keeping In Touch



Spring 2006

Celebrating CFDR's 15th Anniversary

We all have much to celebrate as we mark the 15th anniversary of the Canadian Foundation for Dietetic Research. Since its inception in January 1991, CFDR has awarded 67 dietitians from across the country nearly three-quarters of a million dollars to pursue high-quality research projects. These researchers have addressed a range of issues important to the evidence base of the dietetic profession—to the health of all Canadians.



Together, the generous contributions of CFDR's corporate partners, Dietitians of Canada, and individual DC members have been an important force behind CFDR. Your ongoing commitment ensures that dietetic practice continues to be based on a solid foundation of research—whether in the hospital, in the community, in food service or in development of food and nutrition policy. Chances are, the practice of most dietitians in Canada has been affected in a positive way by the work done through CFDR. The Foundation owes all of you a debt of gratitude. Thank you!

In this issue of *Keeping in Touch* we highlight a campaign encouraging dietitians to support CFDR, profile two founding corporate supporters and report on some key research funded by the Foundation.

Dietitians Giving \$15-for-15

This year as dietitians renew their membership in Dietitians of Canada they are being asked to show their commitment with a contribution of \$15 to CFDR—a dollar for each year of CFDR's history. If every DC member participates, the result would be nearly \$80,000 of support for the Foundation.

When this campaign came to the attention of **Dr. Paula Brauer**, Assistant Professor of nutrition at the University of Guelph, she was immediately interested in spreading the message. A recipient of a \$50,000 research grant from CFDR, former editor of DC's journal, and alumna of the DC Board, Dr. Brauer has a keen interest in the Foundation. This respected dietitian-researcher has issued a challenge to all DC members to find \$15 for CFDR this year:

"CFDR has never been more relevant to your daily practice. We demonstrate our commitment to evidence-based practice every time we use practice guidelines or 'best practices' resources.

These guidelines are helping us find the gaps in our knowledge base. CFDR closes this evidence-research loop by providing the researchers among us with key resources to address those gaps."

Dr. Brauer's commitment demonstrates that dietitians are not only benefiting from CFDR funding but also giving back by supporting what we do. Her most recent CFDR-funded research is highlighted on page 3 of this newsletter.

Exceptional Corporate Support

CFDR now benefits from 20 corporate supporters, who see value in this foundation and the profession of dietetics. Along with Dietitians of Canada, two of those organizations—**Dairy Farmers of Canada** and **Novartis Medical Nutrition**—have pledged their support as Founders since the beginning of CFDR. Why did these companies first decide to support CFDR, and why have they remained steadfast in their commitment? Read on to find out.



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Dairy Farmers of Canada

In the early days of CFDR, Dairy Farmers of Canada (DFC) recognized the need for an organization funding smaller practical research projects. “What CFDR does beautifully is to fill the gap in applied dietetics research,” says **Helen Bishop MacDonald**,



Dairy Farmers of Canada
15 year supporter

who was the Director of Nutrition for DFC when they first committed support to CFDR.

“The research is reality-driven and has a hands-on approach.”

Gail Ewan, who’s in charge of Scientific and Regulatory Affairs for DFC, agrees. “CFDR focuses

on the types of research questions that need to be asked to make nutrition practice better, but not seen as a priority by larger funding agencies.”

To Helen, supporting CFDR made perfect sense for DFC. “I believe strongly in the need for industry to support research that makes the dietitian more effective and increases her profile.”

Aside from altruistic motivations, both Helen and Gail believe that industry will ultimately benefit from backing CFDR. “We need consumers to have confidence in the food system and to understand the role of a variety of foods,” explains Helen.

“Supporting the work of CFDR is a way to help achieve this. Dietitians take a balanced approach to food and nutrition. The more the dietitian is respected for her expertise, the better chance industry will get a fair shake.”

Gail puts it this way: “We see the value in having a research base to upgrade the profession. Dietitians need to keep on top of research and to conduct applied research so they are capable of facing challenges—acting as the experts and articulating appropriate responses to the issues of the day.”

“CFDR provides good value for the money,” indicates Gail. “For a small (and tax-deductible) part of your overall budget you can make a big difference in how the profession will be able to meet the challenges of the future. You are also helping yourself, by helping to train dietitians to be better researchers, building a pool that you may have the opportunity to draw on when you have research questions that they can help answer.”

Helen considers that in recent years CFDR has been doing a better job of conveying the results of the

research it funds. “I would encourage CFDR supporters to read the information coming from CFDR about the research being conducted and its impact on society at large and supporters in particular,” says Helen. “The more you know about the research, the better use you can make of it.”

Novartis Medical Nutrition

Novartis Medical Nutrition’s General Manager **Michael Hill** believes that “I have gotten a lot more out of CFDR than I ever contributed.” That’s a significant statement

when you consider Novartis’ 15-year support of the Foundation, Mike’s personal



Novartis Medical Nutrition
15 year supporter

involvement on CFDR’s Board for 4 years and his drive to establish the annual Corporate Golf Challenge and grow its success. “I’ve always had a fondness for Dietitians of Canada, and a soft spot for CFDR. Novartis is closely linked to the dietetic profession and this is our way of giving back.”

Beyond his personal commitment, Mike indicates, “Our Executive Committee could see from the start that the mission of CFDR aligns with our own mission to provide health care solutions. We believe that research leads to bigger and better things.”

“I continue to be impressed with the projects funded from year to year.” Mike indicates that even when his company does not benefit directly, the practical research often gives them useful “end-user” information, enabling them to see emerging trends and input into product development decisions.

Mike believes that CFDR has grown tremendously in scope and he has only good things to say about the way the foundation is run. “The individuals I’ve worked with on the Board are incredible. They are high-level performers who have tremendous insight into the areas of expertise they bring to the table.”

What would Mike say to new or potential supporters of CFDR? “For a minimal financial output, you get maximum effort and results that can make a difference in maintaining, improving or even saving lives. Companies like ours rely on our products being understood and endorsed by the profession, and this is a cost-effective way to give back.” He also advises supporters to get involved.

Research Breakfast a Success

The research breakfast, held on December 1, 2005, just before the Annual meeting, was a resounding success. With 30 participants (corporate supporters, CFDR active members and CFDR life members), the event proved to be an excellent opportunity to hear about some exciting research funded by CFDR through your generous support, and to learn how it will be applied to improve both nutrition practice and Canadians' health.

Finding Common Ground: Dietitians' Best Practices for Treating High Blood Cholesterol

Dr. Paula Brauer described her 2-year CFDR-funded study, which has helped to identify how dietitians can best apply their skills and knowledge in the fight against a major risk factor for heart disease. She outlined how her team developed a consensus-based diet care map to define recommended practices for dealing with high blood cholesterol.



Paula Brauer, PhD, RD

Although the overall goals of nutrition management had been well defined, specific diet treatment strategies were needed. The recommendations are based on the judgment of 39 dietitians, physicians and researchers from a range of practice settings across Canada. They participated in a rigorous process to build consensus on appropriate, feasible and relevant dietetic practice in the Canadian health care system, which would be effective for the majority of clients. The care map is intended to be adapted to meet each client's unique needs.

Dr. Brauer's study is extremely relevant to the Foundation, as health system uptake has been identified as a key issue. The results can be used in current practice and in developing studies to measure effectiveness of intervention.

Putting Science into Practice: Dietitians & Nutritional Genomics

Dr. Milly Ryan-Harshman described the impetus behind a cutting-edge research project for which she and lead researcher **Dr. Ellen Vogel** have recently received CFDR funding.



Milly Ryan-Harshman, PhD, RD

The scientific understanding of "nutritional genomics"—interactions between nutrition and genes—is evolving rapidly; at the same time, surveys forecast that one third of consumers will be collecting and acting on nutritional genomic information by 2010. Dietitians will need to be able to provide nutrition advice that is more and more individualized according to factors such as a person's genetic makeup.

This research will increase awareness and understanding of new roles for registered dietitians related to nutritional genomics. It will identify opportunities and gaps in knowledge, skills and resources – including needed updates to public health policy – to enhance dietetic practice, education and research in this field. The findings will provide insight into ethical and practice-based issues.

The team will conduct interviews with key informants having national and international expertise in nutritional genomics, ethics, public policy, education and professional practice. They will also conduct focus group interviews with dietitians across Canada. The research is ongoing and the final report is eagerly anticipated in the fall of 2007.

CFDR-Funded Research Publicized

The CFDR-funded research of **Mary Keith, Ph.D.**, of St. Michael's Hospital in Toronto, Ontario, and her team, including dietitian **Stacy Hanninen, RD, MSc**, was published in the January 17, 2006, issue of the *Journal of the American College of Cardiology* and received some recent news coverage. It is the largest study of thiamin deficiency among hospitalized patients with congestive heart failure.

As thiamin (vitamin B1) deficiency can present as heart failure symptoms, this group investigated the prevalence of thiamin deficiency in a diverse group of patients admitted to the hospital with congestive heart failure (CHF). In this study, one out of three of these CHF patients was found to have red blood cell levels of thiamin that would suggest deficiency. Dr. Keith and her team also investigated the relationships between the dose and type of diuretic medications used, diet, medical status and demographic factors on the development of thiamin deficiency. The team noted that heart failure may increase the body's need for certain nutrients, so that even individuals with healthful diets may still come up short on thiamin. Their findings raise questions about the need for B vitamin supplementation in this population.

Dr. Keith will present this research at the **Corporate Partner's Event** on May 4. We invite you to come and hear more about this excellent work.

Annual Meeting Outcomes

At the December 1, 2005, annual meeting CFDR members voted in favour of by-law amendments that will allow the Board structure to change to be more

We are pleased to announce:

- **Pepsi QTG** has made a 5-year pledge as a Patron.
- **Nestlé Nutrition** has renewed its pledge at the Sponsor level.
- **Campbell Soup Company Ltd** and the **Canadian Egg Marketing Agency** have renewed their commitment as Patrons.
- **Dietitians of Canada** has recommitted its ongoing support at the end of its pledge period.

supportive of a donor-centered approach. The number of Board members will increase from 9 to 11, and an Executive Director position is being developed. In addition, the Foundation will have more flexibility to appoint Directors based on the need for certain skill sets.

Announcements/Coming Events

May 4 Corporate Partners Event

Building on the success of the Research Breakfast and last year's Corporate Partners Event, CFDR will be hosting its next networking event on May 4. Join us for breakfast at the Toronto Airport Hilton. Invitations were sent by email in the first week of April.

Free DC Conference Registration

CFDR Founders, Benefactors and Sponsors are entitled to a number of complimentary registrations to the annual Dietitians of Canada National Conference. This year the event will be hosted in Halifax from June 7 to 10, 2006. If you're interested in taking advantage of this benefit, contact CFDR.

2nd Annual CFDR Fun Run & Walk

Get ready, get set for the 2nd CFDR Fun Run & Walk, to be held in conjunction with the DC National Conference in Halifax in June 2006! You can sign up for this event using the conference registration form. If you're not attending the conference and want to join in the fun, use the form on the CFDR website.

5th Annual Corporate Golf Challenge

Sign up now for this year's Corporate Golf Tournament, to be held on **Thursday, September 14**, once again at the Royal Ashburn Golf Club. Visit the CFDR website for more details, including information about our **early bird registration prize draw!**

15th Anniversary Advertisement

CFDR's 15th anniversary was highlighted in a two-page advertisement in the Spring 2006 issue of the *Canadian Journal of Dietetic Practice and Research*, distributed to more than 5000 registered dietitians across Canada. The ad thanks everyone involved in the Foundation's success and profiles our corporate supporters.

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.

—Pierrette Buklis, MHS, RD
Interim CFDR Manager