

Keeping In Touch



Spring 2007

CFDR's Research Program – Funding Relevant, Quality Projects

A discussion with Dr. Loretta DiFrancesco, Chair, CFDR's Scientific Review Committee



Dr. Loretta DiFrancesco (r) receives a plaque from CFDR President Barb Anderson in recognition of her volunteer commitments on the Board and Scientific Review Committee.

Dr. Loretta DiFrancesco, Principal of her own consulting business *Source! Nutrition™*, is a staunch supporter of CFDR, with a strong belief in the Foundation and its ability to impact dietetic practice across the wide range of job settings dietitians now hold.

"Research funded by CFDR is very relevant to dietetic practice," says Dr. DiFrancesco. "This is our entire *raison d'être* – to support applied nutrition and dietetics research – and one of the key criteria in our reviews of grant applications is the significance of the proposed study to dietetic practice. It's what distinguishes CFDR from larger, basic science and medical research funding agencies – we fund projects that will have a direct application to the profession. And that, ultimately, will have a direct relevance to the health of Canadians."

Having come from a background in the food industry (in nutrition research, product development,

communications and scientific and regulatory affairs before launching her own business) Dr. DiFrancesco has seen first-hand the value of practice based nutrition research to corporations. "Dietitians are the front line workers with consumers. They're the ones who talk to consumers about food and nutrition and can frame relevant research questions to help address consumers' needs and get answers of value to the industry."

"Good nutrition advice based on solid evidence is important to Canadians," says Dr. DiFrancesco. "We're seeing more and more people wanting to manage their health by dietary means. They want to live longer, delay aging and enhance their quality of life, and they're looking to the foods they eat to help them to do this. Research funded by CFDR provides the evidence for dietary interventions to be put into practice to help enhance health and wellness."

Dr. DiFrancesco is impressed with the level of support provided to CFDR by its corporate partners. She says, "These corporations are leaders in our country. By supporting CFDR and the advancement of knowledge in applied nutrition and dietetics, companies demonstrate their commitment to health and wellness."

"CFDR has funded many projects in its first 15 years. The quality of the proposals we're receiving improves every year and we get more proposals than we can fund," says Dr. DiFrancesco. "CFDR needs more money to fund more proposals, in order to have an even greater impact on the dietetic profession and, ultimately, the health of Canadians."

The Foundation is grateful to its many corporate supporters who demonstrate their belief in the value of practice based nutrition research. They make our research program possible.

For information on CFDR's previously funded projects, visit the Foundation's website at http://www.dietitians.ca/news/highlights_CFDR.asp.



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CFDR recognizes three corporate partners

CFDR is fortunate to have the support of 20 corporate partners, each demonstrating their belief in our vision of enhancing the lives of Canadians through practice-based dietetic and nutrition research. Three companies renewed their support this year and received recognition plaques at the annual Research Breakfast on November 30, presented by Kathryn Rowan, CFDR Board member and Chair of the Fundraising Committee.



Novartis Medical Nutrition has been a supporter of CFDR since its first fundraising campaign and recently increased its pledge to the Founder level – CFDR’s top level of partnership. In presenting Business Unit Head Mike Hill with a plaque, Kathryn Rowan spoke about not only Novartis’ long term commitment, but about Mike’s personal commitment, too. Mike has been a strong supporter of the Foundation since its beginnings, serving on the Board of Directors for two terms and chairing the fundraising

committee. He was a leader of the inaugural Corporate Golf tournament and led its planning committee for three years.

Canadian Egg Marketing Agency

first joined CFDR as a Patron sponsor in 2000 and renewed its support this past year. Kim Kessler, CEMA’s Nutrition Officer, accepted the recognition plaque. In addition to providing a partnership donation, CEMA has supported the golf tournament for several years. Last June, the Canadian Egg Marketing Agency further demonstrated its support for CFDR by sponsoring the Fun Run/Walk.

Pepsi-QTG renewed its support with a Patron level pledge. The company has supported the Foundation for many years. This year, they supported the corporate golf

tournament with the donation of a set of gift baskets for the prize table. Lori Kelly, one of Pepsi-QTG’s key Marketing Managers, was on hand at the Research Breakfast to accept the plaque.

Kathryn Rowan summed up the presentations in this way: “Our corporate partners are crucial to the Foundation’s success,” she says. “We’re very grateful for the support we receive from all of our partners – not only in terms of financial contributions, but with human resources support on our Board and working committees, too. We couldn’t do it without you!”

Creating the future – CFDR’s strategic plan development

- Barb Anderson, President, CFDR

“The best way to predict the future is to create it.”
- Peter F. Drucker

The Board of CFDR is working on developing a new strategic plan to guide us through the next three years – and we’re looking at every aspect of the Foundation.

We’re reflecting on the mission and vision of the organization to see if they adequately portray what we do and how we envision making an impact with CFDR’s mandate of funding dietetic and nutrition research.

After discussion with some key constituents, we developed a list of five key strategic areas on which to focus. We’re also looking at targets: what do we want to achieve in each of our key strategic areas by the time our plan is completed?

During the past couple of months, we have conducted extensive consultation with members of Dietitians of Canada, individuals who donate to CFDR, researchers, several of our corporate partners and external informants. To all who have helped in this consultation process, thank you – your input will help the Board to develop a strategic plan that addresses the needs of all of our very important stakeholders.

We’re working hard to create a future in which CFDR is a vibrant, relevant organization, making a difference in nutrition and dietetic research in this country. We have a strong foundation on which to build – 15 solid years of tremendous accomplishments. We’re excited about the future that we’re creating now, and look forward to sharing more details on our strategic plan with you in the coming months.

Researcher shares information on two projects at annual research breakfast

Pauline Darling, MSc, PhD, RD, from St. Michael's Hospital, made a well-received presentation on two CFDR-funded research projects at the annual Research Breakfast held just before the AGM on November 30. Dr. Darling's two projects demonstrate the diversity of projects in nutrition that CFDR funds and underscores the breadth of the Foundation's research program.

In 2002, Dr. Darling and her research team (**Rosine Bishara RD MSc, Susan Merko RD and Michael Dunn MD**) received CFDR funding for a project looking at the nutrient composition of hindmilk produced by mothers of very low birthweight infants. Typically, these infants fed fortified human milk exhibit growth failure. One approach to enhancing the nutritional intake is to introduce hindmilk – milk produced after the first three minutes of milk flow. Hindmilk has a higher fat and energy concentration than foremilk, but there is not enough known about the vitamin content of hindmilk produced by mothers who have given birth to low birthweight infants. Researchers found that compared to foremilk, hindmilk had significantly higher concentrations of retinol, tocopherol, fat and energy; and that the composition of normalized fatty acids was slightly and significantly altered in hindmilk vs. foremilk. These



findings have implications in assessing the fat-soluble vitamin content of human milk fortifiers for feeding very low birthweight infants.

Dr. Darling is now working on a project looking at whether people with pre-dialysis kidney disease would benefit from additional folic acid and other B-vitamins.

Her team consists of **Jane Paterson RD, MSc candidate, Deborah O'Conner PhD RD, Carol Huang RD, and Vanita Jassal MD**. An estimated 1.5 million Canadians have pre-dialysis kidney disease, and this number is expected to rise as a result of the global pandemic of type 2 diabetes. Low blood levels of folic acid and related B-vitamins have been linked to a high blood level of homocysteine, a risk factor for heart

disease. Since the recent change in Canada's food fortification regulations to require the mandatory addition of folic acid to flours and most cereal grain products, blood homocysteine levels have decreased in the general population. What is unknown is whether the fortification regulation has led to a reduction in plasma homocysteine concentration in people with predialysis kidney disease. This will be the first study to describe the prevalence of high blood homocysteine levels and the adequacy of dietary folic acid intakes in the pre-dialysis kidney disease population in the era of Folic Acid Fortification. This information may provide evidence to guide dietetic practice regarding whether or not dietitians should be prescribing vitamin supplements to people with pre-dialysis kidney disease.

CFDR announces its new collaborative research project

At its November 30th Annual General Meeting, CFDR announced a new addition to its research program this year, with the launch of a collaborative research project. CFDR is proud to collaborate with Dietitians of Canada on a research project to provide a current picture of vitamin and mineral use by Canadians.

The research will be carried out by Dr. Susan Whiting and a team of researchers at the University of Saskatchewan. 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. Research results will be released in the spring of 2008.

Dr. Loretta DiFrancesco, Chair of CFDR's Scientific Review Committee, says, "This is an important project for the Foundation. We need information on vitamin and mineral supplementation in conjunction with what we know about food sources of vitamins and minerals in order to get an overall picture of intake. This project will give us an understanding of Canadians' knowledge, attitudes and practices towards supplementation, which is important as dietitians provide advice to patients and clients. As well, this project provides CFDR with an opportunity to work with a partner and to develop a protocol for research collaboration. We're pleased to be partnering with Dietitians of Canada on this project."

COMING UP ...

May 3, 2007 Partners' Breakfast

Join us at the Hilton Airport Hotel for the annual CFDR Partners' Breakfast. Featured presenter will be **Maria Kalergis, PhD, RD, CDE**, from the McGill Nutrition and Food Science Centre, speaking on **"Glycemic Index: from Research to Practice."** Come and learn more, and meet with CFDR's Board of Directors.

June 6 – 9, 2007 DC Conference

A benefit of partnership offered to CFDR corporate supporters at the Founder, Benefactor and Sponsor Levels is complimentary registration at the DC conference – this year, taking place in Vancouver, BC. To take advantage of this registration option, please contact CFDR.

June 8, 2007 Annual Fun Run/Walk

Get active with a 5 km run or walk, or a 10 km run, through Vancouver's Stanley Park. The Third Annual Fun Run/Walk will be held during the DC conference and provides a great way to get moving and to raise funds for dietetic and nutrition research. Corporate sponsorship opportunities are available.



September 17, 2007 Corporate Golf Challenge

You won't want to miss this 6th annual golf tournament. This year, we've changed the venue, in response to our survey following last year's event. Join us at the Royal Ontario Golf Course in Milton – a top tier course in a beautiful location – for a fabulous day of golf and networking, and a fantastic evening banquet. Thanks to event sponsors **McCain Foods Canada, AC Nielsen Canada and MarketLink Solutions**. Additional sponsorship opportunities are available.

For information on any of the above upcoming events, please contact Isla Horvath at ihorvath_cfd@dietitians.ca, or phone 519 267 0755.

New CFDR Board Elected at AGM

CFDR members elected a new Board at its Annual General Meeting held on November 30, 2006. Welcome to the 2006-7 Board of Directors:

Barb Anderson, President
Public Health Services, Bridgewater, NS

Mary Sue Waisman, President Elect
Chair, Dietitians of Canada

Beth Armour
Consultant, Montreal, QC

Helen Anne Dillon
Campbell Company of Canada

Doris Foster
ARAMARK at Toronto Rehab

Jeff O'Neill
McCain Foods (Canada)

Kathryn Rowan
Nestlé Canada Inc.

Marsha Sharp
Chief Executive Officer, Dietitians of Canada

Johanne Trudeau
Kellogg Canada

John van der Ven
Wyeth Consumer Health Care Inc.

Sharon Wong
School of Nutrition, Ryerson University

Recognition plaques and lifetime memberships were presented to outgoing Board members **Loretta DiFrancesco** and **Helen Bishop MacDonald**, with thanks for their many contributions. The President's Report and Financial Statements, presented at the AGM, are included in the Annual report. For a copy, see http://www.dietitians.ca/cfd@pdf/CFDR_Annual_Report_2006.pdf

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_cfd@dietitians.ca.