

Keeping In Touch



Spring 2008

A Message from CFDR's President

By Mary Sue Waisman, Pdt, MSc



Not a day goes by that you don't see, hear, or read about a "new" nutrition finding. It's at a time like this when the work of CFDR is needed more than ever to contribute to the body of knowledge of evidence-based nutrition research.

Your new Board of Directors, listed at right, was appointed at the

Annual General Meeting on November 29, 2007 and is a very talented team of food and nutrition experts dedicated to achieving the CFDR vision: Enhancing the health of Canadians by contributing new knowledge about food and nutrition.

This issue of "Keeping in Touch" will give you some insight into the Foundation's work and highlight how we are attaining our goals. Be inspired as you read the summary of the presentation made by Ellen Vogel and Milly Ryan-Harshman at the November 29 AGM which highlights the type of leading-edge research that CFDR funds. The researchers have gone on to share their research in nutritional genomics with various other audiences and CFDR was proud to play a part in getting that important research project started. In another unique area of study, Andrea Buchholz conducted research in abdominal obesity in those with spinal cord injuries. This article clearly demonstrates how research funded by CFDR contributes to the existing nutrition

knowledge base, impacts dietetic practice and, indeed, helps to build a healthier Canada.

We couldn't make the difference we do without the support of our contributors: the individual members of Dietitians of Canada who donate to the Foundation and our corporate partners. Read the article on page 3 about two partners who have renewed their pledges to ensure that CFDR has a solid base on which to move forward.

Together, we can achieve so much. I look forward to working with you to advance the mandate of the Canadian Foundation for Dietetic Research over the next couple of years.

New Board of Directors Elected

The following directors were elected to the National Board of CFDR at the Annual General Meeting on November 29, 2007:

Mary Sue Waisman (President)
All About Food Nutrition Consulting

Lisa Beausoleil, Nestlé Nutrition
Helen Anne Dillon, Campbell Company Canada
Doris Foster, ARAMARK at Toronto Rehab
Marsha Sharp, Dietitians of Canada
Michi Furuya Chang, Kraft Canada Inc.
Sharon McDonald, Compass Group Canada
Jeff O'Neill, McCain Foods (Canada)
Caroline Ruzicka, Unilever Canada Inc.
Nathalie Savoie, Dairy Farmers of Canada
Sharon Wong, Ryerson University

Many thanks to out-going Board members who completed their terms at the 2007 AGM:
Barb Anderson, Beth Armour, Kathryn Rowan and John van der Ven.



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Stimulating research results presented at CFDR's Research Breakfast and AGM



Ellen Vogel, PhD, RD, FDC

Members and guests at CFDR's Research Breakfast and AGM enjoyed an informative presentation on a leading-edge topic. **Ellen Vogel**, PhD, RD, FDC and **Milly Ryan-Harshman**, PhD, RD spoke about their research project on nutritional genomics, funded by CFDR with matching funds provided by The Centrum Foundation.

The presentation focused on preliminary research findings regarding the current opportunities, challenges and strategies for moving forward in the emerging science of nutritional genomics (establishing individual dietary recommendations based on nutrient requirements, nutritional status and each person's unique genetic makeup to reduce disease risk.) Ellen and Milly's project involved a national study of dietitians which identified gaps in capacities for dietetic practice, education and research, while increasing awareness and understandings of new roles for registered dietitians in diet-gene interactions.

The future is here now.

The researchers found through their study that people are already attempting to collect and act on genetic information in identifying their nutritional needs and that dietitians could play an important role in helping people to use this information optimally. Overall, dietitians in the focus groups were "cautiously optimistic" about how this emerging science relates to their work. They stressed that more and objective information would help dietitians to define specific types of interventions for clients that would ultimately lead to improvements.

The researchers suggest that in order to move forward with nutritional genomics, an interdisciplinary and cross-sectoral collaboration – with health care providers, physicians, pharmacists and others – is needed.

Knowledge translation

The research team has already made great steps forward in informing others about the preliminary findings of their research project, including assisting graduate students at the University of Toronto with their background document for DC's PEN on nutrigenomics and dietetic practice, submitting an article which will be published in the *Canadian Journal of Dietetic Practice and Research*, and co-authoring a chapter on strategies to address capacity gaps in dietetics professionals for an upcoming book: *Nutrition and Genomics: Issues of Ethics, Law, Regulation and Communications*. The team is also developing an online interactive tool on nutritional genomics and a series of research presentations focused towards youth (through the CIHR-SYNAPSE Youth Mentorship Initiative.)

Says Ellen, "Nutritional genomics is a new and emerging scientific discipline, dedicated to unraveling the mystery of what it means in genetic terms to live well. Industry, the media and consumers all have a stake to play in its continuing development. Our efforts are based on a common desire to translate genetic information into both personal and practical healthcare." She cautions, though, "We know a little, but there's a lot left to learn."

To see a copy of the presentation Power Point slides, please visit CFDR's website at

http://www.dietitians.ca/cfdr/pdf/vogel_ryan-harshman_presentation_CFDR_2007.pdf.

Update on CFDR's Morgan Medal Program:

The Morgan Medal Judging Panel has finished its work and recommended four dietetic students and interns to receive Morgan Medal Awards. The four regional award recipients will be recognized in the awards video at the Dietitians of Canada conference in Winnipeg in June 2008. In addition, the national Morgan Medal Winner will attend the conference to receive her award in person. Look for the names to be announced in June.

CFDR-Funded Research Published

Results of a CFDR-funded research project were published in the March 7, 2008 edition of the *American Journal of Clinical Nutrition*. The research project was a pilot study looking at abdominal obesity in persons with chronic spinal cord injury. Principal Investigator was **Andrea C. Buchholz**, PhD, RD. Also working on the project was **Lesley Edwards**, an MSc student whose thesis was based on the study.

Abdominal obesity is associated with an increased risk of coronary heart disease. However, despite an elevated risk of coronary heart disease deaths in people with spinal cord injury, neither abdominal obesity nor the validity of waist circumference had been determined in this population.

The conclusions from the two-year study indicate that measuring waist circumference—the size of the abdomen—is an effective measurement of abdominal obesity in people with spinal cord injuries. This new information can help dietitians to be able to identify clients at risk for diabetes or heart disease, and provide early nutritional intervention.

CFDR is proud to have funded this research project, which achieved several important outcomes: the results contribute new information to practice-based knowledge; the published manuscript ensures that this knowledge is disseminated and can be incorporated into dietetic practice; the study enabled an MSc student to be trained through all stages of the research process; and best of all, the findings of this study can be used to enhance the health of people living with chronic spinal cord injuries.

Two partners renew their support

During our Annual General Meeting on November 29, 2007 CFDR recognized two corporate partners for renewing their pledges to the Foundation.

ARAMARK Canada Limited joined CFDR in the Foundation's very early days, supporting our first fundraising campaign in 1993. Through the years ARAMARK has sponsored skills competitions or entered foursome teams in our Corporate Golf Challenge, contributing to the success of our signature corporate fundraising event. Currently, a representative of ARAMARK, **Doris Foster**, serves on CFDR's Board of Directors, contributing to the leadership and governance of the Foundation.

Compass Group Canada has been a supporter of CFDR throughout our 16 year history. In terms of human resources support Compass has been a strong partner: **Jack MacDonald**, Compass' Chief Executive Officer, was a member of CFDR's founding Board in 1991, and Chair of the inaugural fund-raising committee. Currently **Sharon McDonald**, President of Morrison Healthcare Food Services, a division of Compass Group,

serves on CFDR's Finance and Audit Committee and the Board of Directors. As well, **Glen Nelson**, Compass' Director of Procurement, chairs our 2008 Corporate Golf Challenge planning committee.

In presenting the awards on behalf of CFDR's Fundraising Committee, **Jeff O'Neill**, Director of Marketing for McCain Foods, stressed the importance of CFDR's corporate partners: "Nearly half of our annual revenue comes from our corporate partners – companies which believe in the importance of funding evidence based research in nutrition and dietetics. Equally important, our corporate partners provide us with human resources – people to serve on our volunteer committees and our Board of Directors. We thank all of our corporate partners for their continuing support."



Jeff O'Neill presents recognition plaques to (left) Monique Pigeon, Foodservice Program Leader and Internship Coordinator, Ontario/Atlantic Canada, ARAMARK Healthcare; and (right) Carol Hotchkiss, Regional Vice President, Morrison Healthcare Food Services, Ontario

Coming up ...

Partners' Breakfast – May 8



The Keynote speaker at our annual Partners' Breakfast being held in Toronto on May 8 will be **Dr. Susan Whiting**, speaking about her project on vitamin and mineral supplementation. Use of vitamin and mineral supplements has grown in the past two decades as consumers have adopted a self-help attitude to health care. Indeed, Canada's Food Guide recommends supplementation for key target groups. Through analysis of the 2004 Canadian Community Health (Nutrition) Survey, there is now the opportunity to examine supplementation practices of Canadians. Are there vulnerable groups that would benefit from supplements yet do not currently use them? What health benefits are known, and what are the risks of excess use? These and other questions are the focus of Dr. Whiting's research project. This collaborative research project between CFDR and Dietitians of Canada has just been completed and this will be the first public presentation about it. Don't miss it!

CFDR Presents Research at the DC Conference – June 12 - 14

If you're going to the Dietitians of Canada Conference in Winnipeg in June, check out the research poster displays on Thursday, June 12 and Friday, June 13, presented by CFDR. As well, take in an oral research presentation on Saturday, June 14. In total, there will be 24 research presentations – a wide enough variety so that there's something of interest to everyone! Thanks to our volunteer Abstract Review Committee, chaired by **Kristin Anderson**, for their work in coordinating a great program of research for the conference.

4th Annual Fun Run/Walk – June 13

Get ready for some physical activity at the DC Conference on Friday, June 13. We offer some fun prizes in a variety of categories. Last year's top fundraiser, **Heather Wile**, did a fantastic job of collecting pledges in advance of the Fun Run/Walk. Heather's employer, Novartis Medical Nutrition (now Nestlé Healthcare Nutrition), chose Heather as their champion. Colleagues from all parts of the company demonstrated their

support of nutrition research – and of Heather's personal commitment! – by sponsoring her in the Fun Run/Walk. In the 2007 event, Heather personally raised more than \$3,500. She challenges other companies to "Choose a Champion" and beat her record!

Thanks to our event sponsors:

Gold: Dairy Farmers of Canada and Nestlé Nutrition.



Silver: Canadian Egg Marketing Agency

Bronze:

The Centrum Foundation

Coca-Cola Ltd.

Kellogg Canada

PepsiCo Health and Wellness

Unilever Canada

7th Annual Corporate Golf Challenge September 15

Mark your calendar for September 15, 2008 and plan to tee off at the Royal Ontario Golf Club. This popular



event was sold out last year, and foursome registrations are coming in quickly for the 2008 event. Thanks to our Main Event Sponsor **Nestlé Healthcare Nutrition** and our dinner

sponsor **MarketLink Solutions**. Other sponsorship opportunities are still available.

For information on any of the above events, please contact CFDR's Executive Director Isla Horvath at ihorvath_cfd@dietitians.ca, or by phone at 519 267 0755.

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.