

Keeping In Touch

Summer 2005



CANADIAN
FOUNDATION
FOR DIETETIC
RESEARCH

FONDATION
CANADIENNE DE
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The review of the strategic plan completed last year crystallized the core role of CFDR as a funder of applied nutrition and dietetic research. It also affirmed that to be effective in this role requires strong financial support. We know we can do better as funders by becoming more donor-centred—establishing stronger relationships with those who support the work of CFDR.

In this issue of *Keeping in Touch* we are excited to report progress on what we have pledged to do. We announce the results of the 2005 grant competition and report on our experience of connecting with our supporters to understand how we can best work together.

CFDR Supports Dietitians' Research in Their Practice

Five dietitians and their investigative teams have been awarded research grants totaling nearly \$80,000 from CFDR in this year's grant competition. The recipients were announced on May 26 at the Dietitians of Canada conference in Toronto, Ontario.

"CFDR funding allows dietitians to research the answers to questions that arise in their practice," says Foundation President Barb Anderson, PDt, MAEd, FDC. "Through their scientific research dietitians are able to develop better practices as well as to communicate reliable information that Canadians trust."

CFDR extends congratulations to everyone involved in the record 18 research projects for which full proposals were submitted this year.

The successful projects were selected based on the quality of the proposals submitted as well as their potential to contribute to the body of knowledge that guides the professional practice of dietitians.

Since 1993, CFDR has awarded 67 dietitians and their teams more than \$740,000 in research grants. For more information on the grants process and the research funded by CFDR, visit the Canadian Inventory of Nutrition and Dietetic Associated Research (CINDAR) at www.dietitians.ca/cfdrresearch/index.html.

The five projects funded for 2005 will have a broad impact on the health of Canadians:

- Establishing innovative ways to ensure dietitians are on the cutting edge of the emerging area of "nutritional genomics"—the interaction between nutrition and genes—allowing them to better individualize their nutrition advice
- Determining whether a simple laboratory test based on the "acid load" in the urine can predict those at risk of osteoporosis, enabling dietitians to target interventions to prevent this debilitating disease
- Confirming whether waist circumference (the size of the abdomen) is a valid and reliable tool for predicting risk factors for diabetes and heart disease in the population with spinal cord injuries, as it is in the general population
- Developing guidelines to enable dietitians to use a systematic approach to support Canadians with nutrition information and resources tailored to meet the differing needs and preferences of people according to their differing health status
- Identifying how to predict and prevent wounds among the growing number of people receiving hemodialysis treatment, leading to improved quality of life, reduced risk of amputation and death, and reduced health care costs

CFDR Connects with Supporters at the DC Conference

The 2005 Dietitians of Canada (DC) conference provided tremendous opportunities to connect with CFDR supporters—showcasing CFDR and its work and determining how we can best support each other.

Building a Stronger, More Relevant CFDR

During the Partners Breakfast on Thursday, May 26, we shared insights about our ongoing activities and announced our 2005 research grant recipients, while creating a venue for networking among CFDR's corporate supporters, Board members, committee volunteers and grant recipients.

- CFDR President **Barb Anderson** reviewed the new directions flowing from CFDR's renewed strategic plan. She encouraged those in attendance to participate in a dialogue with CFDR to ensure that our ongoing evolution makes the foundation stronger and more relevant to our multiple stakeholders.
- Before announcing this year's successful grant recipients, the outgoing Chair of the Scientific Review Committee, **Dr. Judy Sheeshka**, highlighted the meticulous process used to review and rank the many funding proposals that are received each year.

The positive feedback received from the nearly 50 attendees confirmed the benefit of connecting more regularly in this way with CFDR supporters.

Former CFDR Board Member Honoured

At the DC Awards Ceremony held on that same day, **Mr. Michael Hill**, former CFDR Board member and the “driving force” behind the establishment of the CFDR Corporate Golf Challenge, was presented with an honorary membership into Dietitians of Canada.



Honorary DC Member Mike Hill, with award presenter, CFDR Manager Susan Morgan

This award was given in recognition of Mike's commitment to the dietetic profession through, among other examples, his leadership in the corporate community in fostering practice-based nutrition research. His family and the whole audience greeted his new honour with a standing ovation. Congratulations Mike!

Inaugural CFDR Fun Run/Walk a Success!

On May 28, a beautiful Saturday morning, we were thrilled to have 170 people show their support for CFDR by participating in the inaugural CFDR Fun Run & Walk,

raising **nearly \$13,000** to support practice-based research.



As another major Foundation

And they're off! The first CFDR Fun Run/Walk attracts 170 participants

initiative held at the DC conference, this fundraising event promoted CFDR to delegates while supporting participants' efforts to combine healthy eating with regular physical activity.

We would like to thank all of the participants and sponsors, in particular the Gold sponsor: Ryerson University, G. Raymond Chang School of Continuing Education & School of Nutrition.

Forging Stronger Links with DC members

A new CFDR committee also swung into action at the DC conference. Its aim is to enhance the relationship between CFDR and individual members of Dietitians of Canada. Conference delegates had the opportunity to visit a booth in the conference exhibit hall to learn about the Foundation and complete a survey to help guide our outreach plans.

Sign Up Today for the 4th Annual Corporate Golf Challenge

Foursomes remain for the 2005 Corporate Golf Challenge, being held **Thursday, September 15** at the Royal Ashburn Golf Club—along with sponsorship opportunities that offer great visibility to your organization. Contact CFDR to sign up today!



As a new feature this year, golf-specific tips and exercises from a certified Chiropractor are sure to get you ready for the game, improving your performance and preventing injuries.

Comments?

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.