

Keeping In Touch



Summer 2006

CFDR Appoints its First Executive Director

CFDR is pleased to announce the appointment of **Isla Horvath** to the position of Executive Director. Isla has more than 20 years of experience in the charitable non-profit sector. Most recently, she was Executive Director and CEO of the Huntington Society of Canada, a national health charity dedicated to leading the fight against Huntington disease.



Isla Horvath, B.A., M.A.

Isla has extensive experience in communications, fundraising, volunteer development, strategic planning, and financial management. She also has managed a national and international scientific research program. In addition, Isla has served on several boards and worked with many committees and teams within the sector.

Appointing a full-time Executive Director is a crucial investment for CFDR at this time, being an organization poised for growth with an aggressive strategic plan.

Over the summer, Isla is taking the opportunity of getting to know CFDR and its supporters. In her words:

"I am very excited to be part of this vibrant organization, and am particularly impressed by the generosity of CFDR's supporters; I look forward to connecting with them in the weeks to come. The staff in the office and the members of the Board have provided a lot of information about CFDR and Dietitians of Canada. I'm especially thankful to **Pierrette Buklis**, CFDR's Interim Manager over the past 18 months, who has given me a solid introduction to CFDR and the ongoing and upcoming projects. She has eased my transition into CFDR tremendously."

Isla can be reached at ihorvath_cfdr@dietitians.ca.

CFDR Creates Morgan Medal

The Morgan Medal, launched this spring, celebrates the life of **Susan Morgan**, an ardent supporter of both CFDR and Dietitians of Canada who passed away last August. By recognizing dietetic intern/dietetic student research projects, it carries on Susan's strong belief in the value of fostering and mentoring young researchers. One award will be presented for each DC region, and from among these, a national winner will be selected to receive the Morgan Medal. A process for contributing toward this award is available now on the CFDR website. Details on the process for nominating a dietetic intern/student for the regional competition and the process for choosing the national medal winner will be available soon.

2nd Annual CFDR Fun Run & Walk

The 2nd annual CFDR Fun Run & Walk was a success, bringing **more than \$12,000** to support the Foundation's work. Held on June 7 during the Dietitians of Canada national conference in Halifax, 162 people signed up for the event, almost matching last year despite a smaller pool of conference registrants. And despite the threatening weather, an impressive 120 dedicated and hardy souls came out for the 5 km course in Point Pleasant Park and were rewarded by the only day without rain that week and a lovely offshore 'maritime mist'.



A few of the 120 Fun Run/Walk participants enjoy a water break

A very special thank you goes to our Silver Sponsors: Dairy Farmers of Canada; McDonald's Restaurants of Canada Ltd; General Mills Canada; and Unilever Canada, and to our Bronze Sponsors: Canadian Egg Marketing Agency; Ryerson University, School of Nutrition; and The Centrum Foundation.



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Charitable Registration No. 89270 2150 RR0001

CFDR Supports Dietitians' Research in Their Practice

Six dietitians and their investigative teams have been awarded research grants totaling \$90,000 from the Foundation. The recipients were announced on June 8 at the DC conference. This year, more than 30 project ideas were presented to CFDR, and at the Foundation's invitation, 15 dietitians and their research teams submitted full proposals. These six projects of the highest quality emerged as a natural fit with CFDR's goal to support excellence in practical nutrition and dietetic research.

The six projects funded for 2006 will have a broad impact on the nutritional health of Canadians:

- Determining whether people with predialysis kidney disease, who are more likely than the general population to have high blood levels of homocysteine (a risk factor for heart disease), would benefit from supplements of folic acid and other B-vitamins to reduce homocysteine levels
- Investigating whether benefits seen in patients with coronary artery disease when they increase their intake of omega 3 fatty acids—such as improved heart physiology and overall better chance of survival—would also be experienced by patients who have progressed to heart failure
- Establishing whether vegetables would be better tolerated as the first solid food (rather than the standard infant cereal) in infants who have an intestinal allergy to cow's milk protein, and would lead to fewer food sensitivities in their first year of life
- Exploring ways to support the effectiveness of those who train Canada's future dietitians in internship programs, by determining the knowledge, attitudes, skills and training required for the role, and any barriers faced
- Investigating educators' experiences related to the high rate of eating disorders among student dietitians around the world as a means to raise awareness of this issue, ultimately ensuring that services and support for nutrition students with eating disorders are provided
- Determining the best ways to build capacity to address food security issues through influencing changes in policy—helping to ensure access at all times to nutritious, safe, and sufficient foods for good health—through a medium-term evaluation of a national program funded through the Public Health Agency of Canada

Since 1993, CFDR has awarded 73 dietitians and their teams more than \$830,000 in research grants. For more information on these and past CFDR awards, visit CINDAR, the Canadian Inventory of Nutrition and Dietetic Associated Research, under the Research section of the CFDR website. For information on applying for a grant, visit the Grants section of the website.

Research Presented at Partners Breakfast

Building on the success of the Research Breakfast and last year's Partners Event, CFDR hosted another networking event on May 4. The 35 participants



Mary Keith, PhD

(corporate supporters, CFDR active members and CFDR life members) heard about some exciting research funded by CFDR through your generous support.

Dr. Mary Keith described her team's research on the **prevalence of thiamin deficiency in hospitalized patients with congestive heart failure**, and how it will

improve both nutrition practice and Canadians' health. A summary and the presentation slides are available on the CFDR website under Events.

A summary and slides from the Research Breakfast presentations of **Paula Brauer** and **Milly Ryan-Harshman** are also on the website, Events section.

COMING EVENTS

Sign Up Today for the 5th Annual Corporate Golf Challenge

Foursomes remain for the 2006 Corporate Golf Challenge, being held **Thursday, September 14** at the Royal Ashburn Golf Club—along with sponsorship opportunities that offer great visibility to your organization. Visit the CFDR website for more details.

Annual meeting — November 30

Mark your calendar for the next annual meeting, being held November 30 in Toronto. Invitations will be sent this fall.

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.

Isla Horvath, CFDR's Executive Director, can be reached at ihorvath_cfd@dietitians.ca.