

Keeping In Touch



Summer 2007

Third annual Fun Run/Walk nets \$16,500

The 2007 Fun Run/Walk in support of the Canadian Foundation for Dietetic Research was the biggest and best yet. The event, held in conjunction with the DC conference, drew record crowds and raised record profits – all in support of practice-based research.



First to cross the finish line in the 5km run category in 23 minutes and 49 seconds was Marco DiBuono, Senior Manager, Scientific and Regulatory Affairs, Kellogg Canada Inc, followed closely by Lynn Roblin, Eatwrite Communications (left), then Lauren Bock, Dietitian, 100 Mile House, BC (right).

208 people registered for the event, held in spectacular Stanley Park in Vancouver. Participants had three options for participating: walk the 5 km route, run 5 km, or run 10 km.

Four CFDR corporate partners generously lent their support to sponsor the event: **Nestlé Nutrition** provided a Gold Level sponsorship, and three companies provided Bronze level sponsorships: **Canadian Egg Marketing Agency, Kellogg Canada Inc.**

and **The Centrum Foundation**. These sponsorships contributed greatly to the financial success of the event.

A new fundraising element was added to the event this year: instead of paying a registration fee, participants could collect pledges from friends and colleagues to sponsor them for taking part in the Fun Run/Walk. Thirty-five participants rose to the challenge and collected a combined total of \$6,981. Leading the pack in terms of money raised was **Heather Wile** who collected pledges from her colleagues at Novartis Nutrition. The company then matched what Heather raised, bringing her total to \$3,870.

Novartis is a strong corporate supporter of CFDR, providing annual support to the Foundation at the Founder Level. “We were pleased to be able to take advantage of this new opportunity to support CFDR,” says **Mike Hill**, Business Unit Head, Novartis Medical



Top fundraiser Heather Wile (right) Director of Marketing & Clinical Development, Novartis Nutrition, crosses the finish line with Mike Hill, Business Unit Head, Novartis Medical Nutrition, and Barb Anderson (left), CFDR President.

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Nutrition Canada. "Heather has taken part in the Fun Run since its inception, and we wanted to show our support for her. About 40 of her colleagues sponsored Heather, demonstrating their respect for her personal commitment to CFDR. We challenge other companies to find a champion to take part in next year's Fun Run at the DC conference in Winnipeg, and make this special contribution to CFDR."

"The Fun Run/Walk is a great event for CFDR," says President **Barb Anderson**. "This year, more than ever before, we were impressed by the level of support from individual members of Dietitians of Canada and from our corporate partners. This event just gets better each year, and we're looking forward to the next Fun Run/Walk in Winnipeg in June 2008."

In its three year history, the Fun Run/Walk has raised a cumulative total of more than \$42,000 to support dietetic and applied nutrition research.

CFDR invests in dietetic researchers of the future – First Morgan Awards Presented

Last year, CFDR announced the creation of a new awards program aimed at recognizing dietetic interns and students for their research work. The Morgan Medal program was created in tribute to the late Susan Morgan, a former CFDR Manager who was an ardent supporter of the dietetic profession, of practice-based research and of mentoring new researchers.

This year, four regional awards were presented to the following students:

Allison Bunney, BC Region

Alyssa Rud, Alberta and Territories Region

Jessica Sweezie, Eastern Ontario Region

Jill Anne McDowall, Atlantic Region

From the regional award recipients, one of the winners, Jessica Sweezie, was selected to receive the National Morgan Medal. She received travel, accommodation and registration expenses to attend the Dietitians of Canada conference in Vancouver, BC, in June. Jessica's project focused on conducting a comprehensive literature review on eating disorders among adolescent females

with type 1 diabetes, and including the findings on a PEN pathway, an online resource for

dietitians. Sally Morgan, Susan's

mother, travelled from her home in Wales to present the inaugural Morgan Medal in Vancouver. Several other members of the Morgan family also attended, as did Susan's husband Brian Steele. Upon receiving the award, Jessica said, "Being a dietitian has been a long standing goal; once I was given that opportunity I already felt lucky! Being able to participate in a project that is being used nationwide helping colleagues in everyday practice added such inspiration. And now receiving recognition for this work feels like a lifetime achievement. To have friends and family of Susan see even a glimpse of her passion in me is a great honour, and one that I will work hard to live up to throughout my career."

"The Morgan Awards Program is an important one for CFDR and for the dietetic profession," says **Doris Foster**, Director of Nutrition Services, ARAMARK Canada Ltd. at Toronto Rehab, and a member of CFDR's Board of Directors. "Encouraging and recognizing young dietetic students and interns with respect to applied research highlights the importance of practice-based research as they embark on their career. For the dietetic profession, and for corporations looking to employ the dietitians with applied research skills, this investment in the researchers of the future is crucial."

The Morgan Awards Program is an annual program of the Canadian Foundation for Dietetic Research.

For more information, see the complete June 8th news release "Canadian Foundation for Dietetic Research Awards Researchers of the Future", at http://www.dietitians.ca/cfdr/news_releases.asp.



(l – r) Alyssa Rud, Jessica Sweezie, and Allison Bunney received their Morgan Awards from Sally Morgan. Absent from the photo is Jill Anne McDowall.

2007 Research Grants Awarded

Five research projects totaling \$80,000 were approved for funding by the Board of Directors of CFDR in June. The five projects are those ranked most highly by the Scientific Review Committee in the annual grants competition.

“Our Scientific Review Committee members applied their usual rigour to the review of all grant applications received and the Board is confident that these five projects are very worthy of funding,” says CFDR President **Barb Anderson**. “We are grateful to the Review Committee, under the excellent leadership of **Dr. Loretta DiFrancesco**, for their work this year.” The committee consisted of:

- Loretta DiFrancesco PhD, RD, MBA, *Source! Nutrition*TM
- Michi Furuya-Chang MHS, RD, Kraft Canada Inc.
- Pearl Ho-Tai PhD, RD, University of Guelph
- Deborah O’Connor PhD, RD, University of Toronto and the Hospital for Sick Children
- Helen Toews MSc, RD, Hamilton General Hospital
- Helen Van deMark RD, CNSD, St. Joseph’s Healthcare
- Sharon Wong PhD, RD, Ryerson University

The 2007 grants cover a vast range of topics in applied nutrition and dietetic research, addressing the following questions:

- How can Canadians get enough omega-3 fatty acids to ensure good nutritional health?
- Can a website meet women’s information needs concerning foods, nutrients and breast cancer risk?
- What are Canadian dietitians’ perceptions of their current capacities to build food security?
- How well does the on-line EATracker tool reflect food group and nutrient intake?
- How can we optimize nutrition therapy in the Intensive Care Unit?

“These topics are all very timely and have a wide-spread appeal,” says Ms. Anderson. “The results of these projects will contribute to the body of knowledge in nutrition and dietetics and will have an impact on the nutritional health of Canadians.”

For more information about the 2007 grants, please see the full news release on the CFDR website at

http://www.dietitians.ca/cfdr/news_releases.asp.

Glycemic Index – from Research to Practice: A presentation by Maria Kalergis, PhD, RD, CDE



Maria Kalergis was the featured speaker at CFDR’s annual Partners’ Breakfast held on May 3 in Toronto. Dr. Kalergis, from the McGill Nutrition and Food Science Centre in Montreal, QC, received a grant from CFDR in 2002 for her research on

Canadian dietitians’ use and perceptions of glycemic index in diabetes management.

“The glycemic index is a scale that ranks carbohydrate-containing foods by how much they raise blood glucose levels compared to a standard food (glucose or white bread)” explained Dr. Kalergis. “There is a growing evidence base that GI can be used in the prevention and management of diabetes, obesity, cardiovascular disease and other conditions.”

Many health organizations around the world, including the World Health Organization and the Canadian Diabetes Association, advocate the use of the glycemic index in clinical practice. However, the clinical use and applications of the GI remain controversial. Dr. Kalergis’ project looked at whether dietitians were using the GI and, if not, what were the barriers to its use. Through a postal survey of more than 1,000 dietitians who counseled clients with diabetes, the researchers learned that 61% of those who responded did not use the GI, citing lack of teaching tools and lack of knowledge on how to teach the concept as major barriers.

The research team concluded that further education of dietitians on the use of GI in their practice is needed, and that educational tools need to be developed. Since completing the research project, Dr. Kalergis has done much to move the research into practice, including preparing a Current Issues backgrounder on GI for Dietitians of Canada (targeting dietitians), and writing an article for Canadian Diabetes (targeting physicians). Dr. Kalergis is now developing content for PEN (Practice-Based Evidence in Nutrition), Dietitians of Canada’s on-line resource for practitioners.

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“GI can be easily applied into practice and may be effective in the management and prevention of diabetes, cardiovascular disease and obesity,” says Dr. Kalergis. “Tools like the PEN pathway will help to provide practitioners with the information they need to use GI in their practice.”

For more information, please see Dr. Kalergis’ complete slide presentation posted to the CFDR website at http://www.dietitians.ca/cfdr/maria_kalergis_presentati.on.asp

Two Local Golf Tournaments Support CFDR

Members of Dietitians of Canada and corporate partners supported CFDR early in June in two golf tournaments:

Winnipeg, MB:

36 golfers took part in this local golf tournament organized by a volunteer committee made up of Dietitians of Canada members, raising approximately \$1200. The event was supported by 38 corporate contributors – both local companies and local offices of CFDR partner corporations – who donated funds, prizes and silent auction items.

CFDR congratulates **Sandra Follett-Bick**, chair of the Calgary Golf Tournament, and the Winnipeg volunteer committee members, led by **Shirley Layne**, on receiving Dietitians of Canada volunteer awards at the 2007 DC conference for their work on annual CFDR golf tournaments for the past few years.

Calgary, AB:

The volunteer committee for this event reports that 40 people took to the links in support of

CFDR, raising a record \$4,733. Twenty-three corporate supporters contributed hole sponsorships, prizes, auction items and financial donations to ensure the success of the event. A researcher formerly funded by CFDR, Shannon MacKenzie, spoke briefly about how the outcomes of her research were implemented and are still being used in patient nutritional care today – underscoring the relevance of CFDR-funded research.

John van der Ven, Director, Medical Sales for Wyeth Consumer Health Care Inc., who serves on the national Board of CFDR and chairs the CFDR Corporate Golf

Challenge committee, is impressed with the level of local support for both events. “It is very positive to see so many dietitians and companies lending their support to CFDR in this way. Planning a golf tournament is no small task, and the Board of CFDR is very grateful to the volunteer organizers of these events for working so hard to raise funds for the Foundation.”

Coming up ...

September 17, 2007

Make time to tee off at CFDR’s 6th annual Corporate Golf Challenge. Based on a survey of recent tournament participants, we’ve moved the venue for the event: the Royal Ontario Golf Course in Milton, ON (Trafalgar Road, just south of highway 401). At press time, we’ve got 34 confirmed foursomes. Only two spots remain, so if you’re interested in registering a team please contact Isla Horvath, 519 267 0755 (ihorvath_cfdr@dietitians.ca) as soon as possible. Thanks to our event sponsors:

- McCain Foods Canada
- Nestlé Healthcare Nutrition
- AC Nielson Canada
- MarketLink Solutions.



November 29, 2007

CFDR’s Annual General Meeting and Research Breakfast will be held in the morning at a location in Mississauga. Keep the date open so that you can hear the latest news about CFDR and enjoy a presentation by a CFDR-funded researcher. Details will be sent via Email directly.

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_cfdr@dietitians.ca.