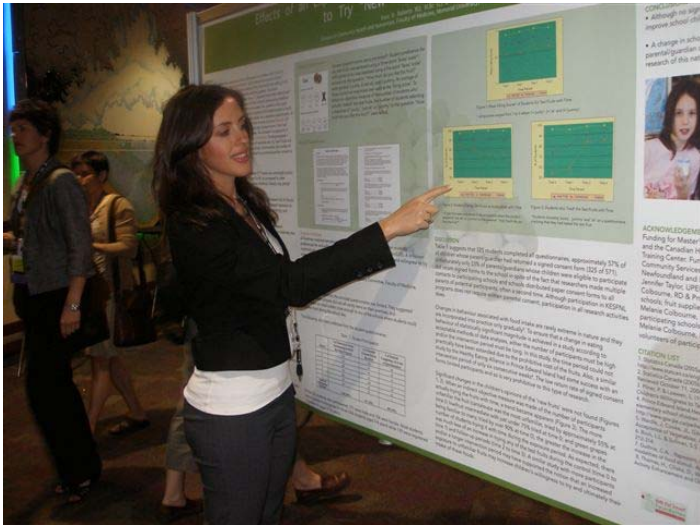


# Keeping In Touch



Summer 2008

## CFDR at DC Annual Conference



Sharing knowledge at CFDR's Poster Presentation, Dietitians of Canada Annual Conference 2008

CFDR was proud to present an excellent research program at the Dietitians of Canada annual conference in Winnipeg in June 2008. Each year, CFDR organizes both poster displays and oral research presentations, highlighting nutrition and dietetic research projects from across the country. The research program at the DC conference demonstrates CFDR's commitment to

one of our five strategic directions: knowledge transfer.

Each year, CFDR sends out a call for abstracts for the conference presentations to all DC members. Research abstracts are reviewed by a special review committee. This year, the committee approved 26 posters and organized seven sets of oral presentations, with three projects presented in each set.

Abstract review committee chair **Kristin Anderson** was impressed with the abstracts that were selected. She says, "The 2008 abstracts reflect the unique body of knowledge of dietitians and their practice in many settings, such as communities, hospitals, schools, grocery stores, health centres and universities. A number of important research questions have been asked that increase our understanding of factors affecting food intake; methods to assess food intake and nutritional status; underlying biochemical mechanisms; and measuring the impact of dietetic practice."

To see the complete abstracts from the CFDR research program at the DC conference, visit our website at [http://www.dietitians.ca/cfdr/presentation\\_archives.asp](http://www.dietitians.ca/cfdr/presentation_archives.asp).

## CFDR awards eight grants

The Board of Directors of CFDR approved funding in June for eight grants through the 2008 grants competition.

"The research projects we're funding this year will build our understanding on how to help people fight disease, manage their weight, and promote health through good nutrition practices," says **Mary Sue Waisman, PDt, MSc**, President of CFDR. "The research topics cover a wide range of issues including infant growth, vitamin D and the elderly, chronic kidney disease and food insecurity among people in remote communities. These research

projects will answer important questions that will contribute to thousands of Canadians living healthier lives."

The grants total over \$97,000 — \$17,000 more than originally budgeted. "Our Scientific Review Committee came to us with a recommendation that these eight grants were all very worthy of funding," says Ms. Waisman. "CFDR is fortunate to be in a financial position this year where we can invest more in research than we had originally planned. The Board was unanimous in its decision to fund all of these projects."

See the box at the bottom of page 2 for a complete list of all eight grants approved for funding.



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Charitable Registration No. 89270 2150 RR0001

## New priority for Consumer Focused Grants Program

At our annual Partners' Breakfast held on May 8, 2008 attendees participated in a brainstorming session to identify the key health and nutrition issues they face in the near future. The purpose of the discussion: to identify the top research priority area for CFDR's consumer focused grants program for 2009.

In addition to consulting our colleagues at the Partners' Breakfast, we contacted all partners who were not able to attend in order to get their feedback, too. The result was a fairly long list of issues which we then grouped together into three main topic areas: childhood obesity (and other youth nutrition issues); Canadians' sources of nutrition information (e.g., doctors, the internet, self-help books); and nutrition and environmental issues. There were also a few miscellaneous topic areas identified.

Our Scientific Review Committee reviewed the topics presented and decided on "**Nutrition and the Environment**" as the main priority area for this research grant program. The SRC's thoughts were that there is limited information available on this topic compared to others identified, and with so much effort globally to protect the environment this is an ideal topic area.

"We were very pleased to get so much information from our corporate partners in setting the research direction for the consumer focused grant program," says **Sharon Wong, PhD, RD**, Chair of the SRC. "It's important that CFDR is addressing issues that are topical for our corporate partners, as well as being of tremendous interest to the field of dietetics as a whole. I'm confident that we will receive some interesting grant proposals in this very important area and look forward to seeing the research project that comes out of it."

A Call for Proposals will be sent later this summer and information about all of our grants, along with details for the new research priority in the consumer focused program, will be posted to our website by August 1. Letters of Intent will be due in mid-September.

## Childhood obesity: What's being done?

One of the main areas of interest identified during our consultation with partners and members at our Research Breakfast was childhood obesity. As noted in the preceding article (New Research Priority for Consumer Focused Grants Program) our Scientific Review Committee opted to focus on "Nutrition and the Environment" for the consumer focused grant competition. However, childhood obesity is certainly on the minds of our partners and stakeholders. Since there is already substantial work being carried out in this area we thought it would be helpful for CFDR to collect some of the key pieces of work to share with our partners.

For those interested in reading some up-to-date information on this topic, you might refer to:

- Consensus conference/statement on the impact of food advertising on childhood obesity –Chronic Disease Prevention Alliance: [www.cdpc.ca](http://www.cdpc.ca)
- The Federal Government's Standing Committee on Health – Childhood Obesity recommendations: <http://cmte.parl.gc.ca/cmte/CommitteePublication.aspx?SourceId=199309>
- the report of the Chief Public health officer, David-Butler Jones: <http://www.phac-aspc.gc.ca/publicat/2008/cpho-aspc/pdf/report-eng.pdf>
- Report by the Advisor on Healthy Children & Youth: <http://www.hc-sc.gc.ca/hl-vs/pubs/child-enfant/advisor-conseillere/index-eng.php>
- Food insecurity and its impact on obesity – see DC's position papers in Community Food Security and Individual and Household Food Security: [http://www.dietitians.ca/news/highlights\\_positions.asp](http://www.dietitians.ca/news/highlights_positions.asp)
- Good Food Box, BC: promotes increased consumption of fruits and vegetables among children, associated with promotion of healthy weights; visit the website at [http://www.familyresource.bc.ca/good\\_food\\_box.htm](http://www.familyresource.bc.ca/good_food_box.htm).

Thanks to **Lynda Corby, MSc, MEd, RD, FDC**, Director Public Affairs, Dietitians of Canada, for her help in collating this information.

### 2008 CFDR Research Grants

- Validation of a Preterm Growth Chart for the Neonatal Intensive Care Unit
- Sleeping habits of people involved in a weight loss program: prevalence and association with weight loss success
- A retrospective review of feeding practices in the ICU after open abdominal aortic aneurysm repair
- Vitamin D intake, status and their link to health in veterans living in long-term care facilities
- Intensive patient education using the Phosphorus Point System<sup>®</sup> tool to improve serum phosphorus levels in patients with chronic kidney disease
- Development of a Food Frequency Questionnaire for Toddlers in Low German Speaking Mennonite from Mexico Communities in Southern Ontario
- Perceptions of Food Insecurity and Coping Strategies of First Nation People Living in an On-Reserve Remote Community in the Mushkegowuk Territory
- The Impact of High Milk Product Intake during Weight Loss on Markers of Insulin Resistance

Information on these grants can be found in the news release at [http://www.dietitians.ca/cfdr/news\\_releases.asp](http://www.dietitians.ca/cfdr/news_releases.asp)

## CFDR's Research Program at a Glance

The cycle of our annual grants program begins in the summer as we post our guidelines to <http://www.dietitians.ca/cfdr/grants.asp> and send out Calls for Proposal to all members of Dietitians of Canada. Grants will be awarded in June 2009. The following grants are offered:

### Regular grants competition:

Grants are available in two budgetary amounts — up to \$5,000; and up to \$15,000. Grants are awarded in four topic areas:

- Outcomes of intervention
- Determinants of food choice
- New roles for dietitians in meeting the health needs of Canadians
- Vulnerable groups and their nutritional needs

### Consumer-focused grant program:

Grants of up to \$20,000 are available. Grants must focus on consumer research. The new priority of this program for the 2009 competition is "Nutrition and the Environment."

### New this year – New researcher grant:

For the first time, we will offer a New Researcher grant. Those who are just beginning their careers in dietetics and who have not led a funded research project to date are eligible. This new program demonstrates CFDR's commitment to encouraging new dietitians to include research in their work.

### One time grant offered in 2008 – Collaborative project on dietary sodium:

CFDR offers a one time grant this year. This \$50,000 research grant is a collaborative project between CFDR and the BC Ministry of Healthy Living and Sport. The grant focuses on dietary sodium. A special RFP was sent in mid-July to all DC members and through other networks, and the successful grant applicant will be announced at CFDR's AGM on November 27.

For more information on CFDR's grants program, please see the CFDR Website at <http://www.dietitians.ca/cfdr/research.asp>

## Vitamins and Minerals research: preliminary results shared

Some much-anticipated preliminary research results were presented on Thursday, May 8 at the Canadian Foundation for Dietetic Research's annual Partners' Breakfast. **Dr. Susan Whiting, PhD**, University of Saskatchewan, spoke about her project on vitamin and mineral supplementation in Canada. The research project is a collaborative project between CFDR and Dietitians of Canada. At the time of the presentation, Dr. Whiting's research was nearing completion and some data were still being collected. She was, however, able to share some preliminary information.

Responding to recent news stories about supplementation being "hazardous," Dr. Whiting explained that there are accepted recommendations for supplementation in some instances: "In Canada's Food Guide there are specific recommendations for supplement use. The Food Guide says 'a health care professional can help you find the multivitamin that's right for you.' I think that what you'll find from my research is that we really need to act on this sentence."

Recent stories in the media point out the hazards of too much of any one nutrient – taking too much of one type of supplement could lead to cardiovascular disease, cancer or others. Dr. Whiting's response is that those risks appear in extremely high supplement use.

Dr. Whiting gave an overview of the vitamins of most concern. Data from the 2004 Canadian Community Health Survey show that the main nutrient concerns for

Canadians – where 10% or more Canadians have an inadequate intake – are calcium and vitamin D. Others are vitamin C and vitamin A (suggesting diets low in vegetables and fruits); B6, folate, B12, iron and zinc (possibly reflective of low intakes of protein foods); and magnesium (reflecting an overall poor diet.)

The research team conducted focus groups with lower income individuals to determine why they might not use supplements. Five themes regarding barriers to supplement use emerged:

- Preferences
- Knowledge
- Income
- Accessibility
- Health

So what does make people decide to take a supplement? Dr. Whiting says, "The bottom line is that people have to know why the supplement is needed, and they have to know that it will work. So, there has to be a relationship built with a client, there must be education, and there must be some kind of personal contact."

At the end of her presentation, Dr. Whiting expressed the need for a reference book on vitamins and minerals that offers simple answers to the questions that Canadian consumers and health care providers have about vitamin and mineral supplementation. Hopefully, the work of Dr. Whiting and her research team will begin to answer some of those questions.

To view the slides from Dr. Whiting's presentation see: [http://www.dietitians.ca/cfdr/susan\\_whiting\\_presentation.asp](http://www.dietitians.ca/cfdr/susan_whiting_presentation.asp)



## CFDR Fun Run/Walk raises \$22,000 for dietetic research

At 5:00 pm on Friday, June 13, weather reports in Winnipeg were grim: funnel clouds had been sighted and a tornado warning was in effect. At that moment, more than a dozen volunteers were setting up for the fourth annual CFDR Fun Run/Walk in Winnipeg's Assiniboine Park. Their primary focus was to identify ditches or culverts where walkers and runners could cower in the event of an actual tornado.

At 5:50 pm buses started to arrive at the park with close to 200 dietitians and friends eager to walk or run in the annual fundraising event for CFDR. Magically, the clouds cleared and the sun shone. It was an excellent evening for some exercise in the park.

The event consisted of a 5 km route for runners and walkers as well as a 10 km route for the more energetic runners. Volunteers and route marshals were on hand to cheer on the participants throughout their routes. At the end of the event, prizes – all of which had been donated by generous supporters – were awarded in several categories. Top winners were:

**Heather Wile:** Top Fundraiser. Heather raised a total of \$350 in pledges.

**Maureen Elhatton:** Top Pledge Collector. Eighteen people signed Maureen's pledge sheet and sponsored her in the event.

**Kim Young:** 10 km run winner.

**Susan Boegman:** 5 km run winner.

Of course, the big winner in the event is the Canadian Foundation for Dietetic Research. Net revenue from the event totaled just over \$21,000, all of which will support the Foundation's vision of enhancing the health of Canadians by contributing new knowledge about food and nutrition.

Corporate sponsors of the Fun Run covered all of the costs associated with the event and provided all of the give-away items and snacks. Thanks to our sponsors:

### Gold Level sponsors:



Dairy Farmers of Canada      Nestlé Healthcare Nutrition

### Silver Level sponsor

Canadian Egg Marketing Agency

### Bronze Level sponsors

The Centrum Foundation

Coca-Cola Ltd.

Kellogg Canada Inc.

PepsiCo Health and Wellness

Unilever Canada

### Local Sponsor

Manitoba Blue Cross

The event was possible thanks to the hard work and organization skills of the volunteer planning committee who worked for nearly a year to ensure a top-notch event:

**Miyoung Suh (Chair), Amy Dick, Jennifer Protujer, Krystal Merrells, Shannon Carpentier and Bill Diehl-Jones.**

Since its inception in 2005, the annual Fun Run/Walk held at the DC conference has raised a total of more than \$64,000. CFDR staff are already looking forward to the 5<sup>th</sup> annual Fun Run/Walk to be held at the Dietitians of Canada Annual Conference in Charlottetown, Prince Edward Island next June.

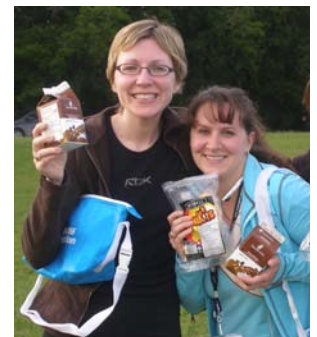
## Memories of Fun Run/Walk 2008 – Assiniboine Park, Winnipeg, MB



Warming up before the main event ...



...Go!



Snacks afterwards.

## An investment in the future: Special donation towards enhancing research efforts

**Alison Bogan** has been a regular donor to the Canadian Foundation for Dietetic Research for many years. Like all donations from DC Members, Alison's donations support the CFDR mandate of funding research to make an impact on dietetic practice. This year, however, Alison found a way to make an even bigger impact with a donation of mutual fund units.

In order to encourage more Canadians to donate to charity, the federal government exempts donations of publicly listed securities to charity from capital gains tax. Donating stocks, then, has double the tax benefit: the donor receives a tax credit for the donation approximately equal to the highest marginal tax rate, and the donor doesn't pay capital gains made on the stock.

"These were stocks that I had had for a number of years, so they had appreciated quite a bit," says Alison. When she donated the stocks to CFDR, she received a tax receipt for the full value of the units and didn't pay any capital gains tax, as she personally didn't sell the stocks. "It's very attractive from a practical tax perspective, and allows you to give to something you believe in."

Alison believes in supporting the dietetic profession and nutrition research. "I always maintained my membership in Dietitians of Canada throughout my career," says Alison, a retired dietetic educator from Nova Scotia. "I believe it's important to belong to the association that supports the profession. And I believe strongly in supporting research. As dietitians, we struggle with credibility and need to invest in the science to back up the nutrition advice we give to Canadians."

Alison began her career with a home economics degree with a dietetics option from Macdonald College of McGill University in Montreal. After completing her internship, she went on to complete a masters' degree in 1967. Although many of her classmates went on to practice dietetics in hospitals, Alison chose a different route and taught at Acadia University for 26 years.



"Being at an academic institution, I've always believed in promoting a sound scientific basis

to practice," says Alison. Donating to CFDR helps to build that scientific basis most efficiently.

"With projects funded by CFDR, we get a lot of 'bang for the buck.'"

Dietitians are experts at making every dollar count, so a small investment of seed money in a dietitian's research project can produce good, solid results."

*"I believe strongly in supporting research. As dietitians, we struggle with credibility and need to invest in the science to back up the nutrition advice we give to Canadians"*

*- Alison Bogan*

Alison was particularly pleased to see the launch of the Morgan Medal program last year. She believes that it is important to be supportive of the younger dietitians just entering the profession, and is very positive about inspiring a spirit of inquiry and encouraging new dietitians to make research part of their practice.

Now that she's retired, Alison has time to devote to other interests and hobbies. She likes to travel and heads south in the winter. As a nature lover, she enjoys walking, bird watching and gardening, and spends time on her other major concern: conservation issues. Alison belongs to a naturalist club and has taken part in several field trips with the club.

When asked what Alison would like to see in the dietetic profession in the future, her response comes quickly: "I'd like to see more practicing dietitians in the field partnering with academics on research projects. I think these two different backgrounds represent a good combination and will result in valuable research for the profession."

CFDR is grateful to Alison for her donation, and for supporting dietetic and nutrition research.

*Donating stocks or other securities to CFDR is simple; we can send you a form which you complete and take to your investment manager in order to have the securities transferred to CFDR. Talk to your investment manager about tax incentives. For more information or for a copy of the stock donation form and instructions, contact Isla Horvath at [ihorvath\\_cfd@dietitians.ca](mailto:ihorvath_cfd@dietitians.ca).*

# Students Recognized in Second Annual Morgan Awards Program

CFDR presented four regional awards as well as a national medal in the second annual Morgan Awards Program. This program was established in 2006 as a memorial tribute to Susan Morgan, former CFDR



Mary Sue Waisman, President of CFDR, congratulates Brendine Partyka (left) and Laura Burr (right), on receiving Morgan Awards at the DC conference.

manager, and to recognize dietetic students and interns for their research work.

The Morgan awards are presented to dietetic interns or students who demonstrate excellence in their practice-based research projects as well as some of

the attributes that were important to Susan: supporting peers; leadership; enthusiasm for, and

commitment to, dietetics and nutrition; positive outlook; determination; and an ability to rise to challenges.

Regional awards were presented to:

- Elaine van Oosten, British Columbia Region
- Brendine Partyka, Saskatchewan, Manitoba and North-Western Ontario Region
- Laura Burr, Central and Southern Ontario Region
- Jennifer MacPherson, Atlantic Region

The national Morgan Medal was presented to **Brendine Partyka**, who received registration, travel and accommodation to attend the DC annual conference in Winnipeg in June 2008, where she presented her research poster.

The Morgan Medal Judging Panel, Chaired by **Catherine Morley PhD, RD, FDC, BC**, writes:

“Brendine Partyka’s abstract was about her exploration of infant nutrition and food security in Saskatoon ... From Brendine’s application it was clear that she had not only learned about the research process and how research and practice can inform one another, but that she had grown in self-awareness about the values she

brings to research, and about the importance of listening, learning and sharing. Panel members, all of whom were colleagues of Susan Morgan, recognized Susan’s spirit and love of inquiry in Brendine’s description of her experiences entering into practice-based dietetic research.”

To see the abstract of Brendine’s research, visit the conference abstracts report, page 27, at [http://www.dietitians.ca/cfdr/pdf/researchday\\_2008.pdf](http://www.dietitians.ca/cfdr/pdf/researchday_2008.pdf). To view the news release announcing the Morgan Medal award recipients, see [http://www.dietitians.ca/cfdr/news\\_releases.asp](http://www.dietitians.ca/cfdr/news_releases.asp).

The Morgan Awards program continues to be an important program for CFDR, demonstrating the Foundation’s commitment to investing in the dietetic researchers of the future.

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## Coming up ...

### September 15, 2008 – Corporate Golf Challenge

This perennial favourite will be at the Royal Ontario Golf Course in Milton, ON. This was a SELL OUT event last year; you’re interested in registering a team please contact Isla Horvath at 519 267 0755 (email: [ihorvath\\_cfdr@dietitians.ca](mailto:ihorvath_cfdr@dietitians.ca)) as soon as possible. Thanks to event sponsors **Nestlé Healthcare Nutrition, Marketlink Solutions and Coca-Cola Ltd.**

### November 27, 2008 – AGM and Research Breakfast

Keep the date open for this event in Toronto so that you can hear the latest news about CFDR and enjoy a presentation by **Catherine Morley PhD, RD, FDC**, a CFDR-funded researcher. Dr. Morley will share results on her project that set out to develop evidence-based practice guidelines for nutrition education. This project was funded through the consumer focused grant competition. Details will be sent via Email directly.

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## 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](mailto:ihorvath_cfdr@dietitians.ca)