

# Keeping In Touch



Summer 2009

## Project Sodium: Dr. Anna Farmer provides preliminary information

**Anna Farmer**, PhD, MPH, RD, University of Alberta, was the keynote presenter at CFDR's annual Research Breakfast held on May 7, 2009. Dr. Farmer spoke about her project on dietary sodium intake, funded by CFDR in collaboration with the British Columbia Ministry of Healthy Living and Sport.

Although it is still early in the research project, Dr. Farmer was able to provide some of the background information that led to the development of her research project. She highlighted some of the known health risks associated with high sodium intake, specifically high blood pressure and its relationship to cardiovascular disease. About a million Canadians have hypertension caused by excess dietary sodium. Reducing sodium intake does matter, as it is estimated that a 50% reduction in salt may reduce hypertension and coronary heart disease and could save 150,000 lives annually.

Dr. Farmer shared some interesting statistics about Canadians' sodium intake, such as:

- which age group of Canadians tends to consume the most sodium (14 – 18 year olds)
- the greatest source of sodium in the North American diet (processed foods)
- which provinces had the highest sodium intake (Quebec, followed by BC) and which had the lowest (Ontario, followed by Newfoundland)

In looking at current education programs (including professional advice, counselling, and nutrition labelling) Dr. Farmer found that current information is not very effective in reducing Canadians' sodium intake. After reviewing the literature available, the researchers determined that more research is needed to elucidate consumer understanding.



Anna Farmer, PhD, MPH, RD

All of this background information led to the development of Dr. Farmer's current research project. The purpose of the research is to provide an understanding of the perceptions and motivations to reduce dietary sodium across different contexts through an ecological lens. The research team believes that there are a variety of influences on individuals and their behaviours:

- Social environment – family, friends and peers
- Physical environment – home, worksites, school, restaurants, etc.



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Charitable Registration No. 89270 2150 RR0001

- Macro-level influence – societal norms and values, the food and beverage industry, food marketing and the media, government policies, and more.
- Individual behaviours – attitudes, knowledge, preference; skills; lifestyle, outcome expectations, and others.

The research project includes a literature review, a quantitative study, and a qualitative study (including key informant interviews and focus groups.) Participants will include consumers, health care practitioners, food producers and researchers, and policy makers.

Dr. Farmer’s project is expected to add to the gaps in knowledge for understanding the relationships among factors that influence perceptions and motivations regarding sodium intake; and to help guide strategies aimed at reducing sodium intakes, dietary guidance messages and product communications.

The project is expected to be completed by June 2010.

To see the slides from Dr. Farmer’s presentation, which include references for the statistics in this article, see <http://www.cfdr.ca/presentations.html#farmer>.

## Students receive Morgan Awards

The third annual Morgan Awards program attracted more applications than ever before. 18 students applied to this program which recognizes dietetic students and interns for their research projects. The award program commemorates the late Susan Morgan, a former CFDR manager and DC member who was passionate about dietetic research and dedicated to encouraging students.

Four regional awards were presented to:

- **Lindsay Zalot**, Ottawa Hospital Dietetic Internship Program. Lindsay worked on a project to develop and test a coding method for assessing messages about calcium, vitamin D, iron and folate in magazines. (Quebec North East and Eastern Ontario Region)
- **Jaimie Hemsworth**, Brescia University College. Jaimie worked on a research team to develop and test a micronutrient supplemented probiotic yogurt for use in HIV clients. (Central and Southern Ontario Region)
- **Colleen Rogers**, Manitoba Partnership Dietetic Education Program. Colleen’s research focused on the relationship between genetics and childhood obesity.

(Saskatchewan, Manitoba and North Western Ontario Region)

- **Roxanne Laughlin**, University of PEI. Roxanne’s research focused on the effect of cranberry consumption on prevention of certain diseases. (Atlantic Region)

Each year, one regional recipient is also awarded the national Morgan Medal. This year’s recipient was Roxanne Laughlin. Roxanne received complimentary registration to attend the DC conference, where she presented a research poster and accepted her award.

Upon learning of her award, Roxanne says, “I cannot begin to tell you how very thrilled I was to learn that you have awarded me such a tremendous honour! As I am in the middle of studying for final exams it has brightened my day - my week! - and really put into perspective all the hard work that goes into this degree and the internship.”

The Judging Panel, Chaired by **Dr. Catherine Morley**, wrote this about Roxanne’s application: “The judging panel was impressed with how Roxanne conveyed her enthusiasm for research, her appreciation of the importance of fundamental nutrition research to the profession of dietetics, and her commitment to incorporating research into her career. Roxanne’s application letter spoke to the evolution of her views about research from an unknown to a strong interest that she could approach in future with greater confidence.”

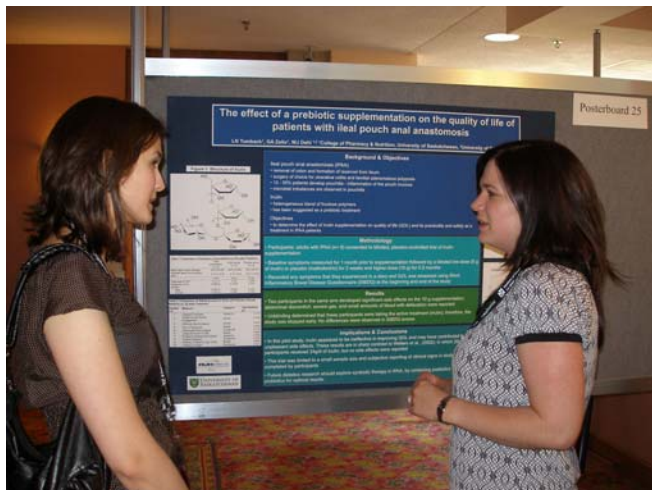
See the full news release at

<http://www.cfdr.ca/newsreleases.html>



Morgan Medal recipients Lindsay Zalot, Roxanne Laughlin and Colleen Rogers. Missing is Jaimie Hemsworth.

## CFDR supports knowledge transfer at DC conference



CFDR's research poster presentation at the DC conference encouraged knowledge sharing.

The 2009 CFDR Research Event at the Dietitians of Canada conference in Charlottetown presented an opportunity for knowledge sharing. Twenty four oral research presentations were given in five separate sessions. For two days, 48 posters were displayed in the main meeting area and researchers were available to talk about their research projects during lunch breaks. In addition, 61 intern abstracts were posted, allowing dietetic interns to profile their research to an audience of hundreds of dietitians from across the country.

**Dr. Jennifer Taylor**, Chair of the Abstract Review Committee, was impressed with the number and variety of abstracts submitted this year. She comments, "It is critical for dietitians to be involved in research since it forms the framework and foundation for dietetics. We need to be the generators of the knowledge base for our profession, whether as a student, intern, collaborator or a principal investigator, and whether that knowledge is generated through measuring the impact of our practice, conducting basic research, or exploring the experiences and attitudes of those in our own profession. One of the most exciting things about research in nutrition and dietetics is the diversity of methods and approaches used. In fact, the abstracts included in the DC Conference 2009 are as diverse as our profession."

To read abstracts of the research presented at the CFDR research event, visit <http://www.cfdr.ca/abstracts.html>. Additionally, all professional abstracts are published in the Fall 2009 on-line version of the *Canadian Journal of Dietetic Practice and Research* at [www.dcjjournal.ca](http://www.dcjjournal.ca).

## Research grants awarded

The recipients of CFDR's annual research grants were announced on June 4, 2009. The funded projects span a variety of practice areas and dietetic and nutrition issues.

Three of the seven grants were awarded through CFDR's New Researcher category launched this year. Novice researchers were encouraged to apply.

"The Scientific Review Committee [SRC] members were impressed with the applications to the new researcher category," says SRC Chair **Sharon Wong**, RD, PhD. "These researchers had taken the comments extended to them by reviewers at the LOI stage of the application process and incorporated them into their final grant applications. We're confident that these projects, and the other four approved grants, will fill gaps in the existing base of nutrition and dietetic knowledge."

The grants will answer the following research questions:

*How can all Canadian infants get the Vitamin D needed for optimal health?* Sina Gallo, Pdt, RD, MSc, McGill University

*What are beginning dietitians' experiences in the first years of practice?* Jacqui Gingras, PhD, RD, Ryerson University and co-PI's Debbie MacLellan, PhD, RD, UPEI, and Daphne Lordly, RD, Mt. St. Vincent's

*Can thiamin supplementation help patients with heart failure?* Mary Keith, PhD, RD, St. Michael's Hospital

*What is the history of dietetics education in British Columbia?* Catherine Morley, PhD, RD, FDC and Laura Cullen, RD, MBA

### New Researcher Grants:

*Do a mother's metabolic abnormalities in pregnancy affect breast milk and subsequent infant metabolic development?* Sylvia Ley, RD, MSc, PhD (Cand), University of Toronto

*Can diet result in weight loss and impact infertility in obese women with polycystic ovary syndrome?* Megan MacInnis, RD, Royal Alexandra Hospital

*Do cultural beliefs and attitudes towards foods have an impact on acceptance of dietary recommendations for the management of Type 2 Diabetes?* Zsolt Toth, RD, Noojmowin Teg Aboriginal Health Centre

For more details, see the complete news release at <http://www.cfdr.ca/newsreleases.html>.



## Two corporate partners recognized for supporting CFDR

Two CFDR corporate partners were recognized during the annual CFDR Research Breakfast on May 7, 2009 in Toronto.

### New CFDR Corporate Partner:

**The Canola Council of Canada** joined as a partner at the Patron level in January. The Canola Council of Canada is a national, nonprofit association funded by stakeholders in the canola industry. Their mission is to enhance the industry's ability to profitably produce and supply seed, oil and meal products that offer superior value to customers throughout the world. CFDR is delighted to welcome the Canola Council of Canada as a CFDR partner.



Robert Hunter, Vice President of Communications, Canola Council of Canada, accepts a recognition plaque from Lisa Beausoleil (left) and Helen Ann Dillon, CFDR Fundraising Committee Co-Chairs.

### Renewing CFDR Corporate Partner:

**McDonald's Restaurants of Canada Limited** renewed its five year pledge to CFDR at the Sponsor Level. McDonald's joined CFDR in 2001 and, in the past five years, has contributed to the success of CFDR in a number of ways:

- through donating prizes for our Corporate Golf Challenge
- in 2005, McDonald's was a Silver Level sponsor of our Fun Run, held at the DC conference
- for two years, a staff member from McDonald's served on our Finance and Audit Committee,

providing much needed and much appreciated human resources support

McDonald's Restaurants of Canada proudly recognized their contribution to CFDR in their Corporate Social Responsibility Report last year, highlighting their commitment to nutrition research in Canada.



Rob Freeman, Senior Manager, Quality Systems, (second from left) and Richard Ellis, Senior Vice President of Communications and Public Affairs, McDonald's Restaurants of Canada Limited receive a recognition plaque from CFDR Fundraising co-chairs Helen Ann Dillon (left) and Lisa Beausoleil.

Says **Lisa Beausoleil**, Co-chair of CFDR's Fundraising Committee, "Our corporate partners make our progress possible. Partners' donations and ongoing commitment form the foundation on which we have built CFDR – thank you to all of our CFDR corporate partners."

To see a list of the 20 corporate partners dedicated to advancing nutrition and dietetic research in Canada, please visit <http://www.cfdrr.ca/partners.html>.

## Communications Plan Project

*Thanks ...* to all corporate partners and DC members who participated in our recent communications surveys. The CFDR Board of Directors is reviewing the final report and recommendations. Our new communications plan will be implemented in the fall, and information gathered through the surveys will inform CFDR's communications strategies.

## CFDR's 5<sup>th</sup> Anniversary Fun Run sets new records



98% of participants who responded to a survey about the 2009 event said they would definitely participate in another CFDR Fun Run, underscoring the satisfaction with this event. What was it that made this year's Fun Run so enjoyable? Our participants answered that question on their survey responses:

Perhaps it was the wonderful location – *"The route was great; loved smelling the salty Atlantic and looking out over the water."*

They signed up in record numbers, raising record revenues and enjoying record PEI weather – all in the name of nutrition research.

250 dietitians and friends registered for the June 5<sup>th</sup> Fun Run/Walk held during the DC annual conference in Charlottetown, PEI – more registrants than ever before at this popular annual event. The increased participation was mirrored by the increased funds raised: a net total of more than \$25,000!

### **Congratulations to prize recipients of the 2009 CFDR Fun Run/Walk:**

Top Fundraiser – Maureen Elhatton: \$600

Most pledges – Tracey Busch and Aida Hyshka: 18 pledges each.

1<sup>st</sup> 10 km runner across the finish line – Amber Moase: 42 minutes

1<sup>st</sup> 5km runner across the finish line – Lindsey Coade: 25 minutes

1<sup>st</sup> 5 km walker across the finish line – Jess McCormick: 41 minutes

... or the

exceptionally clear, warm PEI weather: *"You managed to arrange great weather"*

... or the special 5<sup>th</sup> anniversary moisture wick t-shirts: *"the shirts provided are fabulous - I will get a lot of wear out of it this summer!"*

.. or the sponsor-donated lunch and participant bags and give-aways: *"The lunch bag and refreshments were very nice"; "... the kit bag was an unexpected, but much appreciated bonus."*

Whichever of the important elements of the Fun Run pushed this event over the top, the organizers are thrilled with the results. Thanks to the many DC member participants, to our volunteer group, led by **Nancy Fong**, and to our generous corporate sponsors:

**Platinum:** Nestlé Healthcare Nutrition

**Gold:** Dairy Farmers of Canada

**Silver:** Egg Farmers of Canada and PepsiCo Canada

**Bronze:** The Centrum Foundation and Unilever Canada

**Local Sponsor:** The Spa Total Fitness Centre



## CFDR helps build capacity in dietetic research

CFDR contributed to the development of one new training resource on quantitative research methods for dietitians who are relatively new to research and has just committed to a second one on qualitative research methods. The training resources are produced in partnership with the PEN (Practice-Based Evidence in Nutrition) service available from Dietitians of Canada.

PEN is a dynamic service designed as a series of knowledge pathways, each focusing on a topic from the diverse practice of dietetics. Each pathway is developed from key practice questions and graded and has a background, evidence and practice guidance summary on each topic and links to tools and resources that are consistent with the evidence.

CFDR contributed financial and human resources to develop the PEN pathway on quantitative research methods. This knowledge pathway describes methods for planning and conducting research, and interpreting, discussing and disseminating the results. Also included are topics on designing an effective questionnaire and preparing a great resume, ethical issues in research, and an overview of some funding agencies that may support research in nutrition and dietetics.

Authors of this PEN Knowledge Pathway are **Alicia C. Garcia**, PhD, RD, CFE and **Len Piché**, PhD, RD, University of Western Ontario, Brescia University College.

Reviewers were **Tanis Fenton**, MHSc, RD, PhD, Alberta Children's Hospital and **Sharon Wong**, PhD, RD, Ryerson University and Chair of CFDR's Scientific Review Committee.

The pathway will be available in the summer 2009 on the PEN site at <http://www.dieteticsatwork.com/pen/>.

Coming up: CFDR has committed to a second knowledge pathway on research. This one will focus on qualitative research methods. This pathway will be developed in the coming months.

Contributing to these pathways demonstrates CFDR's commitment to training dietitians and dietetic students to pertinent research methods that can be used in their daily activities. This enhances the Foundation's goal of encouraging dietitians to make research part of their practice.

## New ads to raise awareness of CFDR

Two new advertising initiatives, aimed at increasing awareness of CFDR and recognizing the support of donors and partners, will be launched this fall:

- See the Fall issue of *The Canadian Journal of Dietetic Practice and Research* for a full page ad about the Foundation and the impact its research program makes to dietetic practice.
- Visit DC's "Members' Only" Jobs Database web page for a set of CFDR banner ads. Three different banners each lead to a different CFDR web page, providing information on CFDR-funded research projects, corporate partners and donation opportunities.

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### Coming Up ...

#### 8<sup>th</sup> Annual Corporate Golf Challenge September 14, 2009

A new venue has been booked for this 8<sup>th</sup> annual event: Piper's Heath Golf Club just a few kilometres south of Highway 401 on Trafalgar Road near Toronto.

The course has a reputation as a top-notch course. As well, Ontario Golf magazine awarded Piper's Heath the Best Food award for 2008. For more information on the course, visit the website at <http://www.pipersheath.com>.



Thanks to our main event sponsor **Nestlé Healthcare Nutrition** and dinner sponsor **Marketlink Solutions**.

#### AGM and Research Breakfast, November 26, 2009

If you're in the Toronto area, keep November 26th open for the 2009 CFDR AGM and Research Breakfast. Watch for more information in the Fall.

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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\\_cfd@dietitians.ca](mailto:ihorvath_cfd@dietitians.ca).