

Keeping In Touch



Fall 2011

Canadian Foundation for Dietetic Research: celebrating 20 years



CFDR research projects make an impact
- Rhona Hanning, RD, PhD, FDC

In the Spring 2011 "Keeping in Touch" we kicked off a year of celebrations to mark our 20th Anniversary. Throughout the year, we are focusing on the various areas of the Foundation's work and our achievements over the past two decades. In this issue, we put the spotlight on the research projects funded by CFDR and the impact they have made. Rhona Hanning, RD, PhD, FDC, a member of both the current CFDR Board of Directors and the Scientific Review Committee, looks back at the impact of CFDR research funding. Rhona currently works at the School of Public Health and Health Systems at the University of Waterloo. She is in a unique position to talk about CFDR, having been a member of the founding Board of Directors and as such, involved in establishing the research program. Rhona has also received funding from CFDR for her research projects.

Since 1993, when the first two CFDR grants were awarded, CFDR has funded more than 150 research

projects, with well over a million dollars. Research projects have fallen into four main practice areas: clinical, public health, specific foods and management, and the practice of dietetics.

Clinical populations supported include heart disease, diabetes, obesity, renal, cancer, elder care, preterm infants, and more. Public health practice projects fall into four main project areas: assessment, program/policy evaluation, education/point of purchase and food security.



A look back at the project and program areas, statistics regarding the number of grants and dollars awarded, and more are, indeed, interesting. But in order to truly grasp the impact of CFDR grant funding over the past 20 years, Rhona went right to the source and asked funded researchers themselves to comment on their grants' impact. Responses were astounding:

1. CFDR supports an evidence base for practice: **Eileen Hogan, PhD, RD**, Grant MacEwan University, says "CFDR funding assures that our professional practice is informed by valid and reliable research whose outcomes make a difference in the health and welfare of Canadians."
2. CFDR raises the profile of dietitians: **Francy Pillo - Blocka, RD, FDC** commented on her grant while practicing at Sick Kids Hospital in Toronto: "[My study] not only raised the profile and importance of paying attention to [pediatric cardiology] patient group's feeding regimen at Sick Kids, but at many other paediatric cardiology departments in North America.



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The FTE went from 1.0 to 3.0 I believe. During my time in that department I was granted my own Nutrition Clinic with my own nurse (with clinic space) and the privilege to dictate my notes, like the docs. That grant had a positive ripple effect in many ways and I am blessed by the experience garnered thanks to CFDR.”

3. CFDR funds research not funded by other organizations: **Paula Brauer, PhD, RD**, University of Guelph, says “Thank goodness for CFDR! It was there at critical points to fund the “applied” work others would not!”

4. CFDR answers questions unique to food and human health: **Joann M. McDermid, PhD**, Cornell University, says “I guess that is the unique advantage you get when funding research led by trained dietitians who are aware of the importance of dietary intake in nutritional-related health problems, and the ability and skills to measure this complex component appropriately.”

5. CFDR is a catalyst for a career in dietetic research: **Diana Mager, RD, PhD**, received funding from CFDR as a clinical dietitian and this encouraged her to consider doctoral work; Diana is now a university professor and dietetic researcher. She says, “I am very grateful to the Foundation for providing me with this first avenue of funding as a PI.”

6. CFDR supports research trainees: **Mary Keith PhD, RD**, St. Michael’s Hospital, Toronto, says, “As an academic, this source of funding has also helped me to encourage and support new RDs and nutrition students in the development of skills that will support the vision of evidence based dietetic research. I am truly appreciative of this!”

Rhona concludes that CFDR is a vibrant, valued foundation, with an impressive and diverse portfolio of quality research. CFDR contributes to the high visibility of dietetic research and the Canadian dietetic profession and is helping to build a growing cadre of well trained dietetic researchers. Through the years CFDR has had a positive impact on the front-line practice of dietitians and, ultimately, the health of Canadians.

This article is excerpted from Rhona Hanning’s presentation at the CFDR Research Breakfast and AGM held on November 24, 2011. To see the full presentation, visit <http://www.cfdr.ca/sharing/presentations.aspx>

CCFN donates assets to CFDR

The Canadian Council of Food and Nutrition (CCFN) was a multi-sectoral organization that worked to advance nutritional health and well-being of Canadians. It was decided that it was no longer feasible to continue and to wind down operations as of July 31, 2011. The President and Board of Trustees looked for an organization with synergistic beliefs and programs to receive its assets and chose CFDR as a natural fit.

This fall, in addition to funds, CCFN donated intellectual assets to CFDR. The CCFN library, consisting of reports, watching briefs and consumer fact sheets, appears at <http://www.cfdr.ca/sharing/CCFNLibrary.aspx>. As well, CFDR received CCFN’s cornerstone research program, called Tracking Nutrition Trends (TNT). With an impressive 20 year history TNT is the only Canadian consumer research of its kind. Its purpose is to provide policy makers, health professionals, academics and the food industry with insight into Canadians’ perspectives on the importance of nutrition and their self-reported knowledge and behaviours. CFDR will carry out the next iteration of TNT in 2013. For more information about TNT see the presentation slides from the November 24th Research Breakfast on the CFDR website at <http://www.cfdr.ca/sharing/presentations.aspx>.

CFDR is grateful to CCFN for this donation and looks forward to carrying on the Council’s legacy.



A moment in history: the signing of the Memorandum of Understanding between CFDR and CCFN – Cathy Paroschy Harris (President, CFDR), Francy Pillo-Blocka (President and CEO, CCFN), Michi Furuya Chang (Trustee, CCFN Board), Isla Horvath (Executive Director, CFDR)

Nutrition Research in Focus 2012 topic selected

The Canadian Foundation for Dietetic Research introduced a new research program last year: *Nutrition Research in Focus* (NRF) features one large-scale \$50,000 research project on a topic determined by our constituents. CFDR corporate partners and DC members responded to surveys in August and September and the topic of nutritional labelling was selected for the 2012 program.

An Experts Advisory Committee will meet in December to refine the research question and to determine any research criteria. The Request for Proposals will be posted to the CFDR website in January, with applications due by April 30th. The successful applicant will be announced in June 2012.

Check the CFDR website <http://www.cfdrr.ca/index.aspx> after January 15, 2012 for guidelines on this grant; or email isla.horvath@cfdrr.ca.

Researchers designing toolkit on functional foods

Alison Duncan, PhD, RD, an Associate Professor in the Department of Human Health and Nutritional Sciences, University of Guelph was a keynote speaker at CFDR's AGM and Research Breakfast on November 24, 2011. Alison's research on functional foods is being funded through CFDR's *Nutrition Research in Focus* program. At the meeting, she presented an update on her research project and spoke about a toolkit the researchers are developing as a knowledge translation strategy.

Functional foods, which Alison described as foods that may provide health benefits beyond basic nutrition, have attracted much attention lately from industry, government, health professionals and consumers. Older adults have emerged as a highly relevant beneficiary of functional foods, and the researchers focused their project on understanding functional foods in health and disease among older adults.

At this point, the research team of Alison and co-investigator **Judy Sheeshka, PhD, RD** (Associate Professor, Department of Family Relations and Applied Nutrition, University of Guelph) has completed much of

the data collection and the researchers are looking forward to the next steps: data and statistical analysis, results interpretation, manuscript preparation and, finally, knowledge translation. For the latter, the researchers have been working on creating a toolkit that is designed to provide guidance and materials to assist Registered Dietitians in communicating with older adults about functional foods for healthy aging.

The toolkit will consist of four sections:

- Understanding Functional Foods
- Relevance of Functional Foods for Healthy Aging
- Research Summary and Results
- Appendices: Resource and Educational Materials



Now, the research team is seeking input into the development of the toolkit from key stakeholders; Alison invited CFDR's partners and constituents to contact her if they would like to review the toolkit and provide comments.

The research project is due to be completed by August 31, 2012. The toolkit will then be finalized and prepared for widespread dissemination.

To see the complete slides from the presentation on November 24 visit <http://www.cfdrr.ca/sharing/presentations.aspx>.

Upcoming research deadlines

Master's awards – Deadline: February 1, 2012

In partnership with the Canadian Institutes of Health Research (CIHR) CFDR invites applications for one Master's award. This is a one-year award of up to \$17,500. Applications must be submitted to CIHR. For details and application procedures visit the "News" section of CFDR's website at www.cfdrr.ca.

Oral and poster presentations, DC conference – Call for professional abstracts deadline: February 15, 2012

For the first time ever, CFDR's poster presentations will be "green" (no physical paper posters): electronic posters will be broadcast on large LCD screens in the poster exchange session. In addition, poster presentations will be ANIMATED: each presenter will share highlights of their poster and answer questions. Abstracts will be peer reviewed; for details see <http://www.cfdrr.ca/sharing/conference.aspx>.

“Together Advancing Nutrition” tells the CFDR story

A new video brings CFDR to life, highlighting the Foundation’s programs and achievements. The short 5-minute video is posted to the main page on CFDR’s website (<http://www.cfdrr.ca/index.aspx>). We encourage you to take a look!



Lining up the perfect shot: the making of CFDR’s video

Each of CFDR’s 20 corporate partners will receive a DVD copy, which we hope will be shared with members of the nutrition and marketing departments, and others within the companies. It’s a useful communications tool for CFDR contacts within our partner companies to demonstrate to their colleagues the type of work their donation dollars support.

We are indebted to the four people who tell their parts of the CFDR story in the video:

- **Rhona Hanning, PhD, RD, FDC**, Associate Professor, School of Public Health and Health Systems, University of Waterloo
- **Jessica Wegener, PhD, RD**, CFDR New Researcher grant recipient
- **Jack MacDonald**, Chairman, Compass Group Canada, and chair of CFDR’s Founding Board
- **Paul Bruhn**, Vice President, Nestlé Health Science

Dietitians who donate to CFDR, researchers who have received funding, and anyone who shares our belief in the value of advancing nutrition knowledge through research will enjoy the video. Spend a few minutes and watch the CFDR story at www.cfdrr.ca.

Morgan Medal Applications Invited

Do you know a dietetic student or intern who demonstrates a passion for research? Encourage them to apply to CFDR’s Morgan Awards Program.

CFDR created the Morgan awards in memory of Susan Morgan, CFDR’s manager from 1999 to 2005. Susan was an ardent supporter of the dietetic profession and of practice-based research. The annual award is presented to an outstanding dietetic intern or student to foster and mentor these young researchers, a value in which Susan believed strongly. One award is available through this recognition program in each of Dietitians of Canada’s regions and one national Morgan Medal will be awarded. The national Morgan Medal recipient will receive all expenses to attend DC’s national conference in Toronto in June 2012 and will have an opportunity to present a poster.

Last year’s national Morgan Medal recipient, **Jennifer Frohlich**, is now working in Calgary in population and public health. She works half time with a team of nurses with the Antenatal Community Care Program. The program is designed as an alternative to hospital, and Jennifer visits clients in their homes to do nutrition counselling and education. The other half of Jennifer’s job is working with other population and public health dietitians to design a provincial approach to community kitchens in Alberta. A key objective of the project is to create a tool which assists community based groups and organizations to organize and run cooking circles, community or collective kitchens.

Jennifer was thrilled to receive the Morgan Medal, and says, “I want to say a big thank you to everyone involved with the Morgan Medal. I had an excellent time at the DC conference in Edmonton. The opportunity to network, listen to great speakers and connect with dietitians across the country was wonderful! I also enjoyed meeting some of the members of the selection committee — it’s nice to know who contributed to me being there! [In my new workplace I] have found a home for the Morgan Medal pen holder I received. It’s a nice touch to my desk!”

Applications are due on January 16, 2012. Details are available at <http://www.cfdrr.ca/morganresearch.aspx>.

CFDR introduces a new (and tasty!) fundraising event

Go local.
Go elegant.
Go with friends.
Go for a good cause.
Go wild.
Go all out.
Go enjoy yourself.

GO GOURMET.



A CULINARY CELEBRATION
FOR DIETETIC RESEARCH

CFDR introduces a new fundraising event and you're invited! Go Gourmet takes place on June 15, 2012 – coinciding with the DC conference in Toronto – at Steam Whistle Brewery. The event features some of Canada's top chefs providing recipes for appetizers, three tasting plates with wine pairings and a dessert reception, highlighting magnificent creations by chef Anna Olson. The chefs will share some insights into the ingredients in their delicious dishes and some tips for "at-home" chefs wanting to try their hand at "Going Gourmet."

Sponsorship opportunities are available; contact isla.horvath@cfdr.ca. Tickets go on sale in January and are limited to 200. To reserve yours now, email isla.horvath@cfdr.ca.

Visit <http://www.cfdr.ca/index.aspx> in mid-December for more details, and watch for more news coming soon.

10th Annual CFDR Corporate Golf Challenge raises \$35,000

For the 10th year in a row companies supported the CFDR Corporate Golf Challenge. Held on Monday, September 12, 2011 at Piper's Heath Golf Club the event attracted 18 foursomes.

This was a special anniversary of the event and a couple of surprises made the day extra special: the registration gift was a bottle of ice wine and two crystal glasses (what better way to celebrate an anniversary than by raising a glass?) and a demonstration by two special guests showed golfers how to make some incredible shots. Trick golfer Todd Keirstead merged advanced golf skills with humour in his trick shot demonstration; and Lisa "Longball" Vlooswyk, Canada's national long drive champion for six years in a row, showed how she manages to drive the ball more than 350 yards.

Thanks to main event sponsor **Nestlé Canada**; dinner sponsor **Dairy Farmers of Canada**; lunch Sponsor **Campbell Company of Canada**; and all other sponsors, participating companies and auction item donors.

Corporate Golf Challenge 2011 Champions, representing Fogler, Rubinoff LLP: Scott Venton, Mike Venton, Chris Stadelmann. Absent from the photo: Matt Jamieson



Canadian donations are on the rise

Canadian tax filers reported making charitable donations of just under \$8.3 billion in 2010, representing a 6.5 % increase over 2009. Statistics Canada reports the number of donors also increased — 2.2 % to just over 5.7 million. (Data based on income-tax returns filed for 2010.)

Good news indeed for charitable organizations, like the Canadian Foundation for Dietetic Research. As a charity, CFDR depends on the generous support of corporations, dietitians and others who share our commitment to funding nutrition and dietetic practice research. Our programs would not be possible without you. Thanks!

To join the 5.7 million Canadians who donate to charities that matter to them, and to qualify for a 2011 charitable tax receipt for your CFDR donation click on "Donate Now" at <http://www.cfdr.ca/index.aspx> before the end of the year.

Members elect 2011-12 CFDR Board of Directors

Eleven people were elected to the CFDR Board at the Annual General Meeting on November 24, 2011. Board members for 2011-12 are:

- Cathy Paroschy Harris (President), Director, Nutrition & Food Services, Thunder Bay Regional Health Science Centre
- Helen Ann Dillon (Vice President), Owner, The Good Food Mavens
- Esther Archibald, Director of Food and Nutrition Services, Zone 3, Horizon Health Network, New Brunswick
- Joanne Bridle, Vice President, Morrison, Compass Group Canada
- Anne Dumas, Senior Manager, Health Communications, Abbott Nutrition Canada
- Andrea Dunn, Nutrition Strategy Manager, Campbell Company of Canada
- Joanne Gallagher, Assistant Director, Nutrition, Provincial Programs – Ontario, Dairy Farmers of Canada
- Rhona Hanning, Associate Professor, School of Public Health and Health Systems, University of Waterloo
- Jeff O'Neill, President of Retail Sales, High Liner Foods Incorporated
- Marsha Sharp, CEO, Dietitians of Canada
- Bryan Stewart, Director, Business Development, ARAMARK Healthcare

See photos and read bios of the directors at <http://www.cfdr.ca/board.aspx>.



Cathy Paroschy Harris (Left) presented lifetime membership plaques to four directors who completed their terms on the CFDR Board on November 24, 2011: Michi Furuya Chang, Lisa Beausoleil, Nathalie Savoie and Sharon McDonald (absent from the photo)

Annual Report highlights 20 years of achievements

The 2011 CFDR Annual Report is available now. In this special 20th anniversary issue we include a timeline of achievements over the past 20 years. Did you know:



- CFDR funded groundbreaking research on obesity in a multi-site project?

- we reached out to 60,000 grocers with a special magazine insert?

- dietitians have been fundraising for CFDR since 1994?

Read about these and other milestone achievements; the Annual Report is included with the Winter issue of the *Canadian Journal of Dietetic Practice and Research*, distributed at CFDR's AGM, and posted to the website at <http://www.cfdr.ca/annualreports.aspx>.

Coming up:

May 3, 2012: CFDR Research Breakfast

Hear about important CFDR Research.



June 15, 2012: Go Gourmet

First ever CFDR Celebrity Chef event.

June 16, 2012: Fun Run/Walk

New time for this annual favourite event, held during the DC conference: Saturday morning, 6:30 am.

For information on any of the above items please contact isla.horvath@cfdr.ca; call 519 267 0755.

Comments? Questions?

We're committed to establishing strong relationships with those who support the Foundation's work. If you have comments or questions about material in this newsletter, or about CFDR, we want to hear from you. Send an email to Isla Horvath, CFDR's Executive Director, at isla.horvath@cfdr.ca, or call 519 267 0755.