

Keeping In Touch



Spring 2013

SPECIAL EDITION CFDR Awards: Research Grants, Morgan Medal

Spring brings the culmination of two major programs of the Canadian Foundation for Dietetic Research (CFDR): the Annual Grants competition and the Morgan Medal program. Applications to each program have been reviewed, a first round of grants has been approved by CFDR's Board of Directors and awards have been confirmed. Results are announced each year at the Dietitians of Canada conference, this year in June in Victoria, BC.

In this special edition of *Keeping in Touch* we share details of the five approved grants and the three Morgan awards.

Five research grants awarded by CFDR

The Canadian Foundation for Dietetic Research (CFDR) is pleased to announce funding for five grants awarded in the first round of its 2013 annual grants competition.

"These five research projects are aimed at enhancing the health of Canadians through addressing nutrition questions that will enable the practice of dietetics," says **Helen Ann Dillon, MSc, RD**, President of CFDR. "We are proud to fund projects studying meal patterns in long term care, nutrient intake in a very vulnerable population and nutrition aimed at alleviating disease. As well, we are funding a leading edge project, studying nutrition mobile device apps. We look forward to learning the results of these five projects."

Here, the researchers provide details about their projects.

Are we over or underfeeding residents in Long Term Care? Funding amount: \$20,000

Principal Investigator: **Colleen Gobert, PhD, RD**, Brescia University College



The Ministry of Health and Long Term Care (MOHLTC) requires Long Term Care Homes (LTCH) plan menus in accordance with Eating Well with Canada's Food Guide (CFG) while meeting the Dietary Reference Intakes (DRIs). The average age of LTCH residents is 80 years; however, the oldest age groups available for reference are 51+ years in CFG and 70+

years in the DRIs, suggesting these tools may not be ideal for menu planning for the aging population. Since aging residents often consume smaller portion sizes, following CFG can result in overfeeding of energy, food wastage, and under feeding of micronutrients. The objectives of this study are to determine energy requirements needed to maintain body weight in weight-stable residents compared to CFG and DRI recommendations, identify potential nutrients of concern, and identify commonly consumed foods that could enhance nutrient intake. This research will provide a strong foundation for advocacy to revise the current menu planning process in LTCH, and may also lead to CFG revisions to better suit food intake needs of the elderly.



CANADIAN FOUNDATION FOR DIETETIC RESEARCH • 480 University Avenue, Suite 604, Toronto, ON M5G 1V2

Phone: (416) 596-1294 Fax: (416) 596-0603 Email: cfdr@dietitians.ca Web: <http://www.cfdr.ca>

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What are the experiences of people using diet or diet/physical activity mobile device apps for weight management?

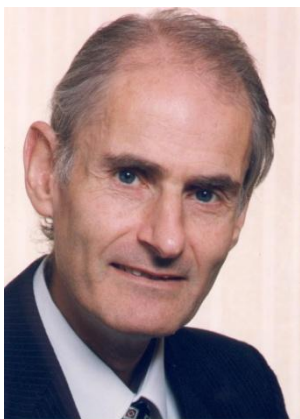
Funding amount: \$12,385

Principal Investigator:
Jessica Lieffers, MSc, RD, School of Public Health and Health Systems, University of Waterloo



Mobile device apps are increasing in capability and popularity and are gaining interest from dietitians, organizations, government, industry, and the general public as a diet and diet/physical activity behavior change tool for weight management. However, little research has been done to understand experiences and perceptions of individuals using apps for weight management. This study will examine user experiences with and perceptions of current commercial mobile device apps to support diet or diet/physical activity behaviour change for weight management. These findings will help guide service delivery for dietitians working with weight management clients and potentially other types of clients interested in apps. Moreover, these findings will also help government, industry, and organizations develop more effective diet and diet/physical activity behavior change apps in general and specifically for weight management.

What is the effect of nuts on cancer and cardiovascular disease risk factors in Type 2 Diabetes? Funding amount: \$11,000



Investigators: **Dr. David Jenkins, MD, PhD, DSc, Stephanie Nishi, HBSc, RD**, University of Toronto

Diabetes increases the risk of cardiovascular disease (CVD) by 2-4 fold, and the risk of the majority of cancers by 1.2-2-fold, where CVD and cancer are two of the leading causes of morbidity and mortality worldwide. Dietary factors

have long been implicated in both cancer and CVD. Nuts are one dietary factor that have been associated with reduced CVD and cancer risk in epidemiological studies. The objective is to determine the effect of nut consumption on cancer cell proliferation and oxidative stress. The incidence of type 2 diabetes is expected to double in the next 20 years, and with it comes its related complications, cardiovascular disease and cancer. Thus, use of specific, simple dietary recommendations, such as nut consumption, can have a significant local and global impact on the prevention of these diseases. We believe results from this study will provide dietitians and other health professionals with evidence to inform the advice given to individuals with type 2 diabetes with regards to nut intake to help reduce their cancer and cardiovascular disease risk.

What is the impact of preoperative whey protein supplementation on perioperative functional capacity in patients undergoing colorectal resection for cancer?

Funding amount: \$14,751

Principal Investigator:
Chelsia Gillis, Pdt MSc, Montreal General Hospital



The prehabilitation program at Montreal General Hospital, initiated four weeks before colorectal surgery, provides a nutritional, exercise, and psychological intervention. This program improved functional exercise capacity before surgery and accelerated functional recovery after surgery. The specific role of improving preoperative nutritional status through whey protein supplementation on functional exercise capacity before surgery is unclear. We hypothesize that patients receiving both preoperative nutritional counselling and whey protein supplementation will exhibit an improvement in functional exercise capacity before surgery and eight weeks after surgery. The rationale for preoperative nutrition support is unclear, unless malnutrition is present. The results of this study will provide insight into the role of nutrition prehabilitation on the patient-relevant outcome measure of recovery.

Can a food frequency questionnaire measure nutrient intake of Canadian South Asian infants? Funding amount: \$18,188

Principal Investigator: **Russell de Souza, ScD, RD,**
Chanchlani Research Center, Hamilton, ON

The aim of this project is to evaluate the reproducibility and validity of a semi-quantitative food frequency questionnaire (FFQ) designed to evaluate the nutrient intake of South Asian infants, at 12 months of age. We hypothesize that the FFQ will provide valid and reproducible estimates of nutrient intake as compared with multiple 24-hour recalls provided by the primary caregiver. This study will provide immediate value to dietetic researchers who study this ethnic population by delivering a valid and reliable FFQ to measure dietary intake of an infant population to be used in population studies, and in the future, may form the basis of a screening tool to identify high-risk infants in clinical practice.

For more information on CFDR's awards program visit our website at <http://www.cfdr.ca/research.aspx>.

CFDR recognizes three exceptional students through the Morgan Awards Program

Three students received awards through The Canadian Foundation for Dietetic Research (CFDR) 2013 Morgan Awards program. The program represents the Foundation's investment in recognizing and encouraging the dietetic researchers of the future.

The Morgan Medal was created in memory of Susan Morgan, a former CFDR manager and dietitian who was an ardent supporter of the dietetic profession, of practice-based research and of mentoring novice researchers. Susan was well known for some remarkable qualities:

- Her enthusiasm for and commitment to the dietetic profession
- a positive outlook and determination
- the ability to rise to the challenge

Students from three of Dietitians of Canada's regions were recognized and the national Morgan Medal was awarded.

Central and Southern Ontario Region Award Recipient: Anna Shier, MSc in Foods and Nutrition - Internship Stream at Brescia University College



In her research project, supported with funding from the Lawson Foundation, Anna focused on the cooking workshop experiences of adults participating in the PREPARE (Prediabetes Research and Education Promoting Activity & Responsible Eating)

prediabetes lifestyle intervention program. The purpose of her study was to evaluate the acceptability of the PREPARE optional cooking workshops and their impact on participant fruit and vegetable consumption. Anna says, "This project has made me realize our research had practical implications and could be used to help people with prediabetes make positive lifestyle changes in the prevention of Type 2 diabetes. Research is more than just test tubes and beakers; it provides us with tested theories and programs that have the potential to affect people's health and well being across the lifecycle. I now see research as a vehicle to create change and drive evidence-based advancement in our profession."

Atlantic Region: Haley Fiander, Acadia University Integrated Dietetic Internship program

Haley's research project is entitled, "Clinical dietetics professionals' perceptions of the *Clients' Perceptions About Nutrition Counseling (CPNC) Instrument*". The CPNC instrument was developed to



evaluate nutrition counselling in clinical settings in the early 1990s. The purpose of this project was to gather the perceptions of clinical dietetic professionals about the CPNC instrument to determine if it remains a valuable instrument with which to assess nutrition counselling

practice. Haley says, “When I reflect that a year and a half ago I was afraid to undertake a research project, and I am now keen to contribute to dietetic research into the future is a surprising and rewarding outcome of this research experience. I now have a better understanding of the importance of research and I hope to continue to engage myself in research so I can work collaboratively with others, continue learning and contribute to the information available to dietetic practice. In order for results to be obtained I have realized the right questions must be asked and that the number of questions will only increase over time.”

Saskatchewan, Manitoba and Northwestern Ontario Region: Sara Raposo, Manitoba Dietetic Education Partnership Program.



In her research project, Sara explored the relationship between moderate pyridoxine (vitamin B6) deficiency, its effects on glucose

metabolism and its association with hepatic steatosis. Her project was comprised of a literature review and animal study. In her application letter Sara wrote, “Since taking my first nutrition course at the University of Manitoba, I have developed a love and appreciation for how food and nutrition impacts our health. This love has led me into a dietetic internship, which I am currently completing in Manitoba. My interest in research began a few summers ago. I was interested in research that influenced policies and health practices, such as micronutrient and macronutrient recommendations. My professor, who was working on folate and vitamin B6 research at the time, allowed me to work in his laboratory. I attained experience and understood the work involved in research, and it sparked my interest in vitamin B6.”

National Morgan Medal Recipient

The national Morgan Medal is presented to one of the Regional Award recipients, who receives registration

and all expenses to attend the Dietitians of Canada national conference to present their research during CFDR’s Research Showcase. The 2013 national Morgan Medal Recipient is **Sara Raposo**.

Sara’s research supervisor Dr. James House says in his reference letter for Sara: “Ms. Raposo approached me to serve as her Senior Thesis Advisor. Following our initial discussions, I was happy to assume this role given Sara’s mature and pragmatic approach to her studies, and in her genuine interest in nutrition research as it relates to the advancement of human health.”

The Foundation is pleased to recognize these exceptional students through the Morgan Awards program. **Helen Ann Dillon, MSc, RD**, President of CFDR, says, “It is exciting to see the passion for research that these three students exhibit in their applications to the Morgan Awards Program. With such enthusiastic new dietitians determined to include research in their practice, the future of the profession is in good hands.”

For more information about the Morgan Medal program visit <http://www.cfdrr.ca/Research/MorganResearch.aspx>.

Thanks to the following two volunteer committees that reviewed applications in CFDR’s awards programs:

Scientific Review Committee:

- Anna Farmer, PhD, MPH, RD, University of Alberta (Chair)
- Janet Madill, PhD, RD, Western University
- Michi Furuya Chang, MHSc, RD, Kraft Canada Inc.
- Andrea D’Ambrosio, MAN, RD, Columbia Forest Long Term Care
- Linda Gillis, PhD, Hamilton Health Sciences
- Rhona Hanning, PhD, RD, FDC, University of Waterloo
- Maria Kalergis, PhD, RD, Dairy Farmers of Canada
- Janis Randall-Simpson, PhD, RD, University of Guelph

Morgan Medal Judging Panel:

- Patti Simpson, M.Ad.Ed. P.Dt.. Southwest Health (Chair)
- Debra Reid, PhD, RD, CF Health Services HQ
- Noella Leydon, RD, CHE, Saskatoon Health Region
- Kerry Grady-Vincent, MHSc, RD, Osteoporosis Canada
- Carlota Basualdo, RD, MSc, MPH, Alberta Health Services