



CANADIAN FOUNDATION FOR DIETETIC RESEARCH

480 UNIVERSITY AVENUE, SUITE 604, TORONTO, ONTARIO, M5G 1V2 CANADA

T: 416.596.1294

F: 416.596.0603

WWW.CFDR.CA

CHARITABLE REGISTRATION NO. 89270 2150 RR0001

Vitamin and Mineral Use in Canada – Do We Get Enough?

(Toronto, ON, December 2006) — The use of vitamin and mineral supplements has grown across North America in the past two decades. In part this is due to the strong interest among consumers about nutrition, as well as the adoption of a self-care approach to health that includes the use of vitamin/mineral supplements. What we need to know more about is why people take supplements – is it an attempt to prevent disease, or an attempt to cure it? Who actually needs supplements, and what supplements do they need? Do some people take too many supplements, perhaps causing an adverse effect on their health? Are families who live in poverty less likely to get the nutrients they need from their food choices than those with higher incomes?

To answer these questions and to more fully understand the knowledge, attitudes and practices of Canadians towards vitamin and mineral supplementation, the Canadian Foundation for Dietetic Research and Dietitians of Canada have commissioned a research project that will provide a current picture of vitamin and mineral use by Canadians.

The research will be carried out by Dr. Susan Whiting and a team of researchers at the University of Saskatchewan. Dr. Whiting and her team will determine a profile of supplement users in Canada through a systematic review of published literature, consumer reports and other available data. They will also conduct focus groups, made up of representatives of the groups at risk for deficiencies identified from the data analysis. Focus groups will also include health care providers for these “at risk” groups.

The research results will provide for a better understanding of how vitamin and mineral supplements can be used rationally for better health in Canada. It will be an important first step leading to the formulation of appropriate nutrition education regarding supplements for Canadians.

Research results will be released in the spring of 2008.

The Canadian Foundation for Dietetic Research (CFDR) was created by Dietitians of Canada (DC), the professional association for dietitians, and incorporated in 1991 as a charitable foundation. By providing grants to support research by Dietitians in the context of their practice, CFDR is in a unique position to help improve the nutritional health of all Canadians. The evidence resulting from this research allows Dietitians and other health professionals to provide science-based guidance and intervention in the prevention of chronic disease and pursuit of optimal health.

Dietitians of Canada represents over 5500 dietitians across Canada. DC is committed to promoting the health and well-being of consumers through food and nutrition. For further information on nutrition and healthy eating, visit Dietitians of Canada award-winning website at www.dietitians.ca. Register to receive regular healthy eating messages from dietitians – food and nutrition information you can trust at www.dietitians.ca/eatwell.

For further information contact:

Susan J. Whiting, Professor and Head
Division of Nutrition and Dietetics
College of Pharmacy & Nutrition
University of Saskatchewan
Email: Susan.Whiting@usask.ca

Phone: 306-966-5837

Fax: 306-966-6377

Or

Isla Horvath
Executive Director
Canadian Foundation for Dietetic Research
Phone: 519 267 0755
Email: ihorvath_cfdr@dietitians.ca