



CANADIAN FOUNDATION FOR DIETETIC RESEARCH

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Canadian Foundation for Dietetic Research Announces Funding for Five Research Grants

(Vancouver, June 7, 2007) – How can Canadians get enough omega-3 fatty acids in order to have a healthy diet and fight disease? Can we raise awareness of the value of nutritional therapy in the intensive care unit and ultimately improve quality of care for critically ill patients? These and other questions will be answered through research funded by the Canadian Foundation for Dietetic Research (CFDR).

CFDR announced today that five research teams have been awarded funding for their research projects. Barb Anderson, Pdt, MAdEd, FDC, CFDR President, says, “CFDR is committed to funding practice-based research. These five projects will provide new knowledge to dietitians to help them in their work, and will ultimately have a positive impact on the health of many Canadians.”

How can Canadians get enough omega-3 fatty acids to ensure good nutritional health?

Omega-3 fatty acids, particularly the longer chain eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) usually found in fish can help prevent heart disease. Unfortunately, most Canadians do not eat enough fish. Canadians can increase their intakes of these important fatty acids by taking fish oil capsules or eating new food products such as omega-3 fortified eggs, milk or orange juice. “There is little information comparing people’s preferences for fish, fish oil capsules and foods with omega-3 added,” says **Ken Stark**, PhD., University of Waterloo. It is also important to know if people will consume these products regularly for long periods of time to increase their intake of EPA and DHA. The results of this study will also help dietitians to develop dietary advice that Canadians can use to increase the amount of EPA and DHA they eat. Rhona Hanning, PhD, RD, joins Dr. Stark in this research project.

Can a website meet women’s information needs concerning foods, nutrients and breast cancer risk?

“Women who may be at risk of developing breast cancer often want to know more about foods and nutrients that may be linked to increased breast cancer risk. Our previous survey identified that women want to know more about alcohol, antioxidants, caffeine, dietary fat, fibre, soy and omega 3 fats and they preferred to get this information from a website that they could trust,” says **Judy Paisley**, PhD, RD, Ryerson University School of Nutrition. This project will create online “Nutrition Updates” based on the latest scientific evidence on nutrition and breast cancer risk. Researchers will evaluate whether these updates meet the information needs of women attending breast cancer risk assessment clinics and the resource needs of clinic dietitians. This project will provide important evaluation data to inform the expansion of hospital-based dietetic practice to an online environment. Other members of the research team are Marlene Greenberg MS, RD, (Toronto Sunnybrook Regional Cancer Centre), Sharon Wong, PhD, RD, and Jacqui Gingras, PhD, RD (both from Ryerson University), Pauline Wisdom-Gilliam, RD, (Sunnybrook Health Sciences Centre) and Kinga Balogh BSc, RD, (Women’s College Hospital).

What are Canadian dietitians’ perceptions of their current capacities to build food security?

Food security has been defined as all people, at all times, having physical and economic access to sufficient, safe and nutritious foods to meet their dietary needs and food preferences for an active and healthy life. Since food

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insecurity has an impact on physical and mental health, it is important that nutrition professionals are aware of this problem currently faced by approximately three million Canadians. The main objective of this national, bilingual study is to examine Canadian dietitians' perceptions of their current capacities to build food security. "This research will inform recommendations for building capacity of dietitians to be involved in food security efforts, as well as to inform curriculum for the training and education of future nutrition professionals," says **Christine Johnson** MSc, PDt, from St. Francis Xavier University. Jennifer Maki, MSc, RD (Northwestern Health Unit) is the co-PI on the project, which includes a team of nine dietitians: Bridget King, MSc, RD, (Sudbury & District Health Unit), Judith Lawn, MSc, (Dialogos Educational Consultants Inc.), Elisa Levi, BSc, MPH (Candidate) (Assembly of First Nations), Rita MacAulay, MSc, PDt, (Capital District Health Authority, Halifax), Susan Roberts, BSc, MEd, PDt. (Community Building Resources), Ellen Vogel, PhD, RD, FDC, (University of Ontario Institute of Technology), Laurie Wadsworth, PhD, PDt, (St. Francis Xavier University), Patricia Williams, PhD, PDt, (Mount Saint Vincent University) and Fiona Yeudall, PhD, RD (Ryerson University).

How well does the on-line EATracker tool reflect food group and nutrient intake?

Dietitians of Canada has developed an online tool (EATracker; www.EATracker.ca) for individuals to self-assess their diet and physical activity in relation to Health Canada standards. This project will look at how well EATracker reflects the food group and nutrient intake as compared to other dietary recall techniques. Study participants will complete a 24-hour dietary assessment on EATracker, and then be interviewed by a trained dietitian on a one-on-one basis using a 24-hour recall to compare food group and nutrient intake obtained from EATracker to the same information obtained by the dietitian interview. Principal Investigator **Rhona Hanning**, PhD, RD, University of Waterloo, says, "Feedback from the study will be used to further improve the validity of the dietary information provided to consumers." Other members of the research team are Dawna Royall, MSc, RD, Jessica Wegener, MSc, RD, PhD student and Marsha Sharp, CEO, Dietitians of Canada.

How can we optimize nutrition therapy in the Intensive Care Unit?

The aim of this study is to develop a web-based questionnaire and educational package to address the factors influencing the implementation of Clinical Practice Guidelines (CPGs) in the ICU, specifically the Canadian Nutrition Support Guidelines. By describing barriers and enablers of guideline adherence, the national survey results will inform development of an educational package aimed at improving implementation of the CPG's. The availability of this questionnaire and educational package will help dietitians, critical care practitioners, and researchers to provide education targeted to the specific needs of each ICU. This will help to increase the likelihood of the Canadian Nutrition Support Guidelines being used in practice, leading to improvements in nutrition support practices, better quality of care for patients and an improved chance of surviving critical illness. Principal investigator **Rupinder Dhaliwal**, RD, Kingston General Hospital, is joined by co-investigators Naomi Jones, MSc, RD, and Dr. Daren Heyland.

The Canadian Foundation for Dietetic Research (CFDR) was created in 1991 by Dietitians of Canada to support applied nutrition and dietetic research. Thanks to the generous support of corporate donors and individual members of Dietitians of Canada, CFDR has awarded research grants annually since 1993. To date, CFDR has funded 78 research teams across the country, awarding more than \$910,000 in grants.