



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

Five research grants awarded by CFDR

June 2013 - 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.

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

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

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.

Are we over or underfeeding residents in Long Term Care?

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). 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.

Can a food frequency questionnaire measure nutrient intake of Canadian South Asian infants

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. 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.

What is the Effect of Nuts on Cancer and Cardiovascular Disease Risk Factors in Type 2 Diabetes?

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

Diabetes increases the risk of cardiovascular disease (CVD) and the risk of the majority of cancers. 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. 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?

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. 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 results of this study will provide insight into the role of nutrition prehabilitation on the patient-relevant outcome measure of recovery.

The Canadian Foundation for Dietetic Research was created in 1991 by Dietitians of Canada to support applied nutrition and dietetic practice 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 more than 100 research teams across the country, awarding more than \$1,435,000 in grants. The CFDR research program supports the Foundation's mission: *Enhancing the health of Canadians by contributing new knowledge about food and nutrition.*

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For further information, contact:
Isla Horvath
Executive Director
Canadian Foundation for Dietetic Research
Phone: 519 267 0755
Email: isla.horvath@cfdr.ca