



CANADIAN FOUNDATION FOR DIETETIC RESEARCH

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Canadian Foundation for Dietetic Research recognizes three exceptional students

June 2013 - 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>.

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