



## CANADIAN FOUNDATION FOR DIETETIC RESEARCH

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### **The Canadian Foundation for Dietetic Research announces four Morgan Award recipients**

Ottawa June 14, 2014 - The Canadian Foundation for Dietetic Research (CFDR) awarded four Morgan Awards to dietetic students.

The Morgan Awards were created in honour and 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. The program recognizes a passion for research and dedication to the profession.

Regional awards are available in each of the regions of Dietitians of Canada. From among the regional award recipients one is selected to receive the National Morgan Medal. In addition to a commemorative item, the Morgan Medal recipient receives registration and all travel expenses to attend the national Dietitians of Canada conference. In 2014 the conference was held in Ottawa, ON.

The four 2014 Morgan Medal award recipients are:

#### **Alberta and the Territories Region:**

Xiaoming Jia, University of Alberta.

Xiaoming's research project was entitled "Supplementation is needed to Ensure Women Meet the Recommendations for Omega-3 Long Chain Fatty Acids during Pregnancy and Lactation."

Says Xiaoming: "My passion and love for nutrition research could track back to when I entered the M.Sc. program in Nutritional biochemistry at McGill University. [There] my research experience helped me develop skills of problem solving, working efficiently within a team, and the ability to manage multitasks. During my training, I developed a passion to use my knowledge to educate people on how to use diet to prevent and manage disease. I believe my enthusiasm and positive experience with dietetic research and basic research has prepared me to pursue my goal in future career to include practice-based research into my job.

#### **Central and Southern Ontario Region:**

Tiffany Watson, University of Western Ontario

The objective of Tiffany's study was to examine the relationship between PPI use and B<sub>12</sub> deficiency in adults in a high-risk inpatient setting.

Says Tiffany: "I knew this research project would be a collaborative experience from the beginning. I would be working with my research supervisor, another professor, two other Master's students, a statistician and a clinical dietitian. What I was not expecting was just how valuable and

inspiring these people would become to me. ... I believe that research is integral to the growth and credibility of the dietetic profession and this entire research experience has made me more confident in my research skills and empowered me to take on some of the practical research questions I will inevitably encounter as a future RD.”

### **British Columbia Region:**

Gia Jie Zheng, University of British Columbia

Gia’s research project was entitled “Analysis of the Providence Health Care clinical nutrition website usage and evaluation of the website as a nutrition education resource.”

Says Gia, “The course of this research project had challenged me, made me work for my results and opened my eyes to how dietetics can be vast and viewed in different ways – whether it is clinical, community, educational or in our case evaluating. It had also opened my eyes to research, to understanding that we will never have all the answers and in the process of looking for answers we will only encounter more questions. I hope to be part of future research teams and to continue the excellent work of the many dietitians before me.”

### **Atlantic region:**

Brandon Gheller is currently enrolled in the MSc in Applied Human Nutrition with integrated dietetic internship program at Mount Saint Vincent University where he also completed his BSc in Applied Human Nutrition.

The objective of Brandon’s research project was to determine the effect of dairy and non-dairy snacks on glycaemia in overweight/obese boys. Says Brandon: “My involvement in research allowed for me to [present my findings at several meetings.] Having the opportunity to meet other students and researchers, discuss current research and take the findings back to immediately use during my internship resonated with me. I cannot think of a better way to spend a career than engaged with other health professionals and researchers discussing solutions to new problems or novel approaches to old problems all in the effort of improving human health through one of the few things all people share: food.”

### **National Morgan Medal Recipient:**

Of the regional award recipients Brandon Gheller was selected to receive the National Morgan Medal. He attended the Dietitians of Canada conference in Ottawa, where he presented his research on June 13. Read Brandon’s abstract on the CFDR website at: <http://www.cfdr.ca/sharing/abstracts.aspx>

The Canadian Foundation for Dietetic Research is committed to recognizing and encouraging dietitians in their research efforts and congratulates the recipients of the 2014 Morgan Awards. For information on the 2015 program, visit [www.cfdr.ca](http://www.cfdr.ca) after July 15, 2014.

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