



Canadian Foundation
for Dietetic Research

2024 ANNUAL REPORT

Tribute to Dr. Vivian Bruce



*Dr. Vivian Bruce at the University of Manitoba in 1977
The University of Manitoba Archives & Special Collections, the Winnipeg Tribune Photograph Collection, PC 18*



*Vivian Bruce, 1953
Photo with permission of Patricia Hill*



*Dr. Vivian Bruce with The Honourable Janice Filmon, Lieutenant Governor of Manitoba in 2019
Photo with permission of Patricia Hill*

A Tribute to Dr. Vivian Bruce

Dr. Vivian Bruce, a retired faculty member from the University of Manitoba passed away on October 12, 2023 at the age of 92. Dr. Bruce generously bequeathed \$100,000 to the Canadian Foundation for Dietetic Research (CFDR). CFDR is very grateful to the estate of Dr. Bruce for this donation that will help us ensure our financial viability. This donation could not have come at a better time for CFDR, and will help to ensure the financial viability of this important organization.

Dr. Bruce was born in Regina, Saskatchewan where her father was a grain buyer with the Saskatchewan

Wheat Pool. She was inspired to study nutrition by her aunt who had graduated from the University of Manitoba and who ran the diet kitchen at the Winnipeg General Hospital.

Dr. Bruce attended high school in Regina then studied at the University of Manitoba, graduating with a BSc in home economics. Following an internship at the Vancouver General Hospital in 1954, Dr. Bruce worked as a dietitian at the University Hospital in Saskatoon.

Dr. Bruce returned to the University of Manitoba where she completed her MSc in Nutrition in 1960 and then began her long (33 years) career there. Interludes included completing a PhD at the University of Wisconsin

in 1972 and a year at the University of Pennsylvania in 1981.

Along with her colleague Dr. Bruce McDonald, Dr. Bruce contributed to research on canola oil and its role in decreasing blood cholesterol concentrations. This work, along with work of other University Manitoba researchers on the physicochemical and performance properties of canola oil have made canola oil the third largest edible oil in the world and a top agricultural export for Manitoba.

Dr. Bruce was awarded an Order of Manitoba in 2019 in recognition of her early work on the health benefits of canola oil. Dr. Bruce was truly a remarkable researcher, professor and dietitian.



*Dr. Vivian Bruce at her home in 2019
Photo with permission of GERALYN WICHERS*

With contributions from GERALYN WICHERS (Manitoba Co-Operator), and the Faculty of Agricultural and Food Sciences, (University of Manitoba), and PATRICIA HILL



Marcia Cooper



Tina Stewart

2024 Report of the Interim Co Chairs

This has been another busy year for CFDR. Building on our efforts in 2023 to streamline the financial health of our charitable organization, we have continued to make significant progress.

The Board was thrilled to attend the International Congress of Dietetics in June 2024, where we had the opportunity to engage with many dietitians from across Canada and beyond. It was gratifying to hear that so many people are aware of CFDR and our work in providing research grants to practicing dietitians in Canada.

Earlier this year, we received the wonderful news that Dr. Vivian Bruce left an endowment to CFDR. This generous contribution will place us in a more financially stable position moving forward, and we are deeply grateful for this heartfelt support of dietetic research in Canada. We are always thankful for the donations we receive, and if you are interested in contributing to CFDR, please visit CFDR.ca.

We have also developed a new Memorandum of Understanding between CFDR and DC, which will help us advance our goals in the coming year. We appreciate the Board's commitment and patience throughout the past few challenging years. Special thanks go to Dr. Alison Duncan, who chaired the Scientific

Review Committee, and to the dedicated reviewers on that Committee.

At our Board Meeting in November 2024, we will be bidding farewell to a few of our long-standing Board members who have each served for five years: Dr. Mark Dekker, Dr. Ryna Levy Milne, and Lucia Weiler. We thank them for their dedication, input, and tireless work on CFDR committees. You will be missed. We also extend a special thank you to Dr. Judy Sheeshka, who guided the Board of Directors for several years with her passion, dedication, energy, and time. Another recent change is that Dr. Janis Randall Simpson has rejoined us as the volunteer Executive Director, replacing Ravi Sidhu, who served as Managing Director until the spring of 2024. Welcome back, Janis!

We look forward to working with our new Board of Directors and to a successful 2024-2025.

Best regards,

Marcia Cooper PhD RD FDC

Interim Co-chair

Tina Stewart MHS RD

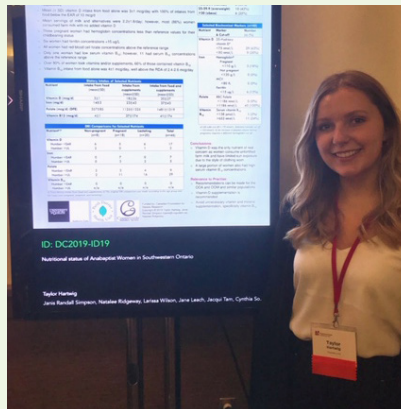
Interim Co-chair

Co-Chairs, Board of Directors

Message from the Executive Director

- From 2017-2021, I served as volunteer, part-time Executive Director of CFDR and am honoured to be back again in this role for a two-year term!
- I am Professor Emerita in Applied Human Nutrition in the Department of Family Relations and Applied Nutrition (FRAN) at the University of Guelph. My research program since retiring in 2014 has continued at a modest pace with ongoing research such as: NutriSTEP® (nutrition risk screening tools for toddlers and preschoolers); Anabaptist communities in Southwestern Ontario; and, the History of Dietetics in Canada (see article in this report).
- I have an extensive history of reviewing grants for agencies such as CFDR, the Canadian Institutes of Health Research, and the Danone Institute of Canada. My administrative experience includes serving as Graduate Coordinator and Acting Chair in FRAN and as Treasurer and Conference Coordinator for both the Canadian Society for Nutritional Sciences and the Canadian Nutrition Society for many years.
- My previous term as Executive Director with CFDR saw changes in several aspects of CFDR. During my previous tenure with CFDR, the research abstracts at the annual Dietitians of Canada (DC) conference underwent a number of changes in submission processes and presentation formats. In 2021,

we experienced the challenges of the first virtual conference due to COVID 19. After coming out of the worst of COVID 19, the CFDR abstracts at the DC conference in 2023 in Montreal were a huge success. Many abstracts from Canadian dietitian researchers were presented at the International Conference of Nutrition and Dietetics in Toronto in 2024. It is not clear what the future will bring vis à vis the participation of CFDR in future DC conferences.



2019 Poster at the DC Conference in Ottawa, Taylor Hartwig

- For many years, CFDR hosted a Fun Run at the annual DC conference; however, COVID 19 marked the end of the Fun Run. From 2007 to 2021, CFDR managed the Morgan Awards, given to students in memory of Susan Morgan, the first Executive Director of CFDR. These awards in memory of Susan Morgan are now managed from McGill University.



2019 Morgan Awards at the DC Conference in Ottawa



2017 Fun Run at the DC Conference in St. John's

- I am looking forward to working closely with the CFDR Board of Directors as we head into the 2024-25 Research Grant competition. Some Secretariat Services for CFDR are provided by DC and I extend special thanks to all staff who are actively involved in supporting the functions of CFDR. CFDR is dependent on volunteers for its review committees and my thanks are extended to all committee members, both past and present.

Janis Randall Simpson

**Janis Randall Simpson
PhD RD FDC FCNS
Executive Director CFDR
Professor Emerita,
University of Guelph**

2024 CFDR Research Awards

Since 1993, CFDR has been funding practice-based research projects in Nutrition and Dietetics to contribute to existing knowledge, to enhance dietetic practice, and ultimately, to build a healthier Canada. Research grants are awarded to dietitians across Canada.

CFDR approved funding of \$58,653 for the following three projects under its 2023-24 Annual Grants Competition.



Maude Perreault PhD RD
Université de Montréal



Colleen O'Connor PhD RD
Western University

Admission criteria and selection processes of Canadian dietetic programs: for a diversified profession

In Canada, the underrepresentation of diverse social identities in the

dietetics profession is a pressing issue. Admission processes are significant gateways into the profession, with program directors and selection committees acting as key decision-makers to determine the criteria for admission. The lack of transparency surrounding admission procedures, raises substantial concerns regarding equity, diversity, and inclusion. The objective of this research is to examine the admission processes in dietetic programs across the country.



Christina Lengyel PhD RD
University of Manitoba

Emergency Food Service Preparedness in Canadian Long Term Care Homes

Emergency food service preparedness and disaster planning are critical for long term care (LTC) homes to ensure, provide and maintain food service delivery and nutrition support to residents and staff during environmental and pandemic emergencies. The purpose of this research is to examine current food service emergency preparedness in LTC homes and develop relevant, evidence-informed consensus recommendations which will comprise a guide for Canadian LTC homes to use in developing their tailored food service

emergency response plan.



Brian Lo PhD MPH
University of Guelph



Geoff Ball PhD RD
University of Alberta

What About Fathers? Exploring Registered Dietitians' Experiences Engaging Fathers

Fathers play a crucial role in determining child and family health but are underrepresented in pediatric interventions and services, including those related to nutrition. Prior father-provider research and father-engagement training programs have overlooked dietitians, although dietitians are positioned to improve children's diets. The proposed study will be the first to examine how and how often Canadian registered dietitians interact with fathers in pediatric nutrition care.

2024 CFDR Research Results

CFDR congratulates investigators for completion of several projects in the 2023-24 fiscal year.



Ahmed El-Sohehy PhD
University of Toronto

Matineh Rastegar Panah PhD
University of Toronto

Association Between Nutrition, Biomarkers and Genetics on Male Infertility

Background: Approximately 16% of couples in North America experience infertility, with male factor infertility implicated in roughly 30% of these cases. The aim of this research was to determine the association between biomarkers of micronutrients and reproductive hormones.

Methods: Men experience infertility were recruited from Mount Sinai Hospital, Toronto. Using a cross-sectional design, serum was analyzed for ascorbic acid, vitamin B12, iron, ferritin, follicular stimulating hormone (FSH), luteinizing hormone (LH), total testosterone (TT), prolactin and estradiol. Statistical analyses included Spearman's rank correlations, linear regressions, linear regressions and logistic regressions.

Results: Serum ascorbic acid was inversely associated with LH concentrations ($P = 0.01$). Serum vitamin B12 was associated with TT

concentrations ($P = 0.03$). Those in the third mid-tertile ($P = 0.03$) and highest tertile ($P = 0.02$) of serum vitamin B12 had lower odds of TT deficiency compared to those in the lowest tertile. Serum iron was inversely associated with LH ($P = 0.03$) and prolactin ($P = 0.003$), while serum ferritin was inversely associated with both gonadotropins, FSH ($P = 0.03$) and LH ($P = 0.02$).

Conclusions: Serum micronutrient concentrations were associated with serum reproductive hormone concentrations and improved hormonal profiles, and some of the effects appear to be age dependent. These findings suggest that optimization of nutritional status may offer promising avenues for improving reproductive hormone profiles in men with infertility.



Melissa Fernandez PhD RD
University of Ottawa



Kim Raine PhD RD
University of Alberta

Online food shopping, diet quality, and meal selection attributes among Canadian adults: A cross-sectional study

Background: In an age where e-commerce is rapidly transforming consumer habits, this study delves into how online food purchasing impacts diet quality and food literacy among Canadian adults. As digital food retail, encompassing online grocery shopping, meal delivery services, and meal kits, gains popularity, its effects on nutritional health become a pivotal area of exploration. The primary objective of the study was to uncover the relationship between online food purchasing and diet quality. Additionally, it seeks to understand how this form of purchasing influences food literacy among consumers. A key aspect investigated is consumer preferences in meal selection, particularly focusing on how these preferences are shaped in the context of online food environments.

Methods: The research methodology encompasses a cross-sectional web-based survey targeting a diverse group of Canadian adults. The survey design integrates a non-probability sampling technique, focusing on gathering data on participant demographics, eating habits, and food frequency. The Healthy Eating Index is employed to evaluate diet quality, while food literacy is assessed across eight distinct domains.

Results: Results from the study that frequent online purchasing is associated with lower diet quality and food literacy scores. The study also reveals that when selecting meals, consumers heavily prioritize taste and health considerations. These results highlight the potential nutritional risks associated with the growing trend of digital food retail. Meals that were perceived as tasting excellent or good were more likely to be chosen, underscoring the significance of sensory appeal. Increased healthy food access afforded by digital food retail services is not likely to increase consumption of those foods.

2024 CFDR Research Results



Claudia Lemay RD
Burlington, ON

Constipation and Malnutrition in the Elderly Living in Long-Term Care Facilities

Purpose: To determine whether constipation in residents in long-term care (LTC) facilities leads to weight loss and subsequently malnutrition, poor quality of life, and mortality, to guide best practices for bowel protocols.

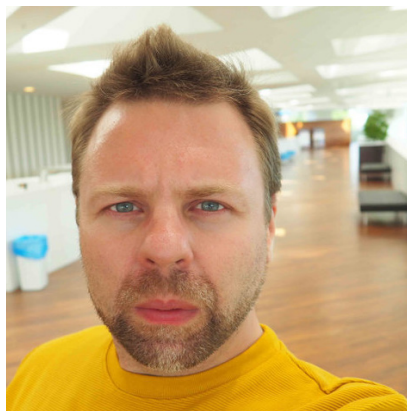
Methods: 474 eligible participants living in 15 LTC facilities were recruited. Over three months, residents were observed and categorized by the number of bowel interventions (laxatives and suppositories) received as a proxy for constipation. Bodyweight (BW) and calf circumference (CC) were measured at baseline and the end of each month and compared to determine if constipation was associated with an increased rate of weight loss and CC loss.

Results: Residents in the moderate-to-severe constipation group had 1.315 (CI 95%; 0.618, 2.797) times higher or 31.5% increased odds of having weight loss $\geq 7.5\%$ over three months than residents in the no-to-mild constipation group. The observed effect for BW was not statistically significant.

Conclusions: Our study provides support that constipation can lead to weight loss, highlights the need for appropriate bowel protocols in LTC facilities and relates to the importance of having Registered Dietitians on staff in LTC facilities to advocate for residents with constipation.



Shannan Grant PhD RD
Mount Saint Vincent University



Phillip Joy PhD RD
Mount Saint Vincent University

Exploring Canadian Dietitians' Perceptions, Experiences, and Knowledge of Weight-Related Evidence Through Application of Survey Methodology

Background: Registered Dietitians (RDs) engage in evidence-based practice. Their scope of practice is broad, and they practice in various settings. The degree to which RDs engage with weight-related evidence (WRE) in practice can vary, due to several reasons, including perspectives,

experiences, and knowledge.

Objective(s): To identify, map, and describe Canadian RDs' experiences, perceptions, and knowledge of WRE in practice, using a scoping review (Phase 1) and a questionnaire (Phase 2).

Methods: Phase 1: A scoping review, in compliance with JBI guidelines, was completed (October 2021 – August 2023). Peer-reviewed literature was searched using the following databases: 1) CINAHL (EBSCO); 2) Medline (Ovid); 3) Embase (Elsevier); and 4) Scopus (Elsevier). Google and Bing were searched for gray literature. Literature was included if it described Canadian RDs perception of, experience with, and/or knowledge of WRE in the Nutrition Care Process. Community consultation was conducted, using Delphi Method. Phase 2: A face-content validated 93-item mixed-form questionnaire was administered July – October 2023 (LimeSurvey). Close-end responses (e.g., Likert scaling) underwent descriptive analysis, while open-ended responses underwent thematic analysis.

Results: Phase 1: Of 2217 sources of literature, 67 were included (29 peer-reviewed; 38 gray). Results included a combined sample of 1351 RDs. The peer-reviewed results included 25 different first authors of which 14 were RDs. The gray literature results included 18 different authors, all RDs. Sixty-seven incidents of perception were identified, 54 incidents of experience sharing, and 51 included knowledge sharing. All sources included discussion of weight and nutrition ($n = 67$), while some discussed a combination of nutrition diagnoses, interventions, monitoring, and evaluation ($n = 62$). Literature was conducted across Canada, however, mainly Ontario (10 peer-reviewed; 6 gray), Alberta (3 peer-reviewed; 7 gray), and British Columbia (3 peer-reviewed; 1 gray). Phase 2: Fifty-three RDs completed the questionnaire ($n = 45$, full; $n = 8$, partial). Most respondents

identified as female (n=48, sex; n=43, gender), White (n=37), were aged 26 to 81 years (average=42 years), graduate-level educated (n=27), and primarily practice in clinical roles (n=27). Respondents identified with several practice paradigms, the most common being health/complication centric (n=24) and critical/non-weight centric (n=30), where some identified with multiple approaches (n=10). Most respondents have received comments on their body weight from clients (n=40). Emerging themes (open-ended responses) included resistance to the term (weight-related evidence), understanding weight in nutrition practice, “battle of evidence,” and professional and personal experiences with weight.

Conclusions: Findings confirm diverse interpretations and applications of WRE among RDs, with overlap in knowledge and experiences. This work can be used to facilitate effective communication and learning within the profession and identified that our profession’s divergence on WRE may not be as dissimilar as we perceive.



Sophie Desroches PhD RD
Université Laval

Informing evidence-based practice in nutritional genomics: An educational needs assessment of nutrition providers in Canada

Purpose: To investigate reasons why Canadian nutrition providers choose, or

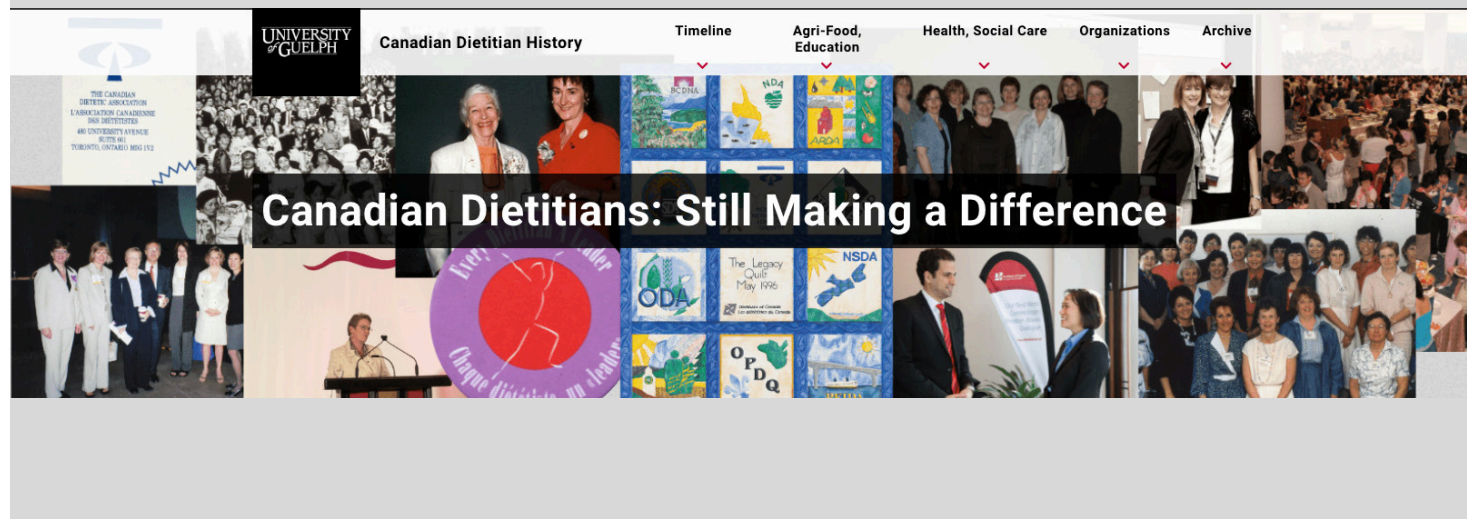
not, to integrate nutritional genomics into practice, and to evaluate the nutritional genomics training/education experiences and needs of nutrition providers in Canada, while comparing those of dietitians to non-dietitians.

Methods: A cross-sectional online survey (French and English) was distributed across Canada.

Results: 457 healthcare providers (HCPs) met the inclusion criteria [n=81 with experience offering nutritional genomics to clients and n=372 without (n=4 did not respond)]. The most common reason for choosing to incorporate nutrigenetic tests into practice was the perception that clients would be more motivated to change their nutritional habits (70.4%), while the most common reason for not incorporating these tests was the perception that the nutrigenetic testing process is too complicated (84.1%). Dietitians were more likely than non-dietitians to perceive scientific validity as an important educational topic (p=0.002), and to perceive clinical practice guidelines (CPGs), accredited online courses and position statements to be helpful resources (p<0.05). The most selected helpful/needed resource among all HCPs was CPGs (85.4%)

Conclusions: Both dietitians and non-dietitians express a desire for greater nutritional genomics training/education; specific training/education needs differ by type of nutrition provider.

Contributions of the Canadian Foundation for Dietetic Research (CFDR) 1991–2024



A team of retired dietitians (Paula Brauer, Linda Dietrich, Janis Randall Simpson, Marlene Wyatt) have been working on a History of Dietetics in Canada (<https://dietitianhistory.uoguelph.ca/>), housed in the Department of Family Relations at the University of Guelph. Over a dozen fourth year thesis students have been involved. As part of this research, one of our students, Elyssa Murray (BAsc) looked into the history of the Canadian Foundation for Dietetic Research.



Purpose: Established in 1991, the Canadian Foundation for Dietetic Research (CFDR) has provided financial support to dietitians undertaking research projects. A mixed methods study was undertaken with grant recipients, to describe their perceptions of CFDR processes, its contribution to career development, advancement of the evidence base for dietetics and to advise on future development.

Methods: An online survey (Qualtrics) was developed and sent to all grant recipients since 1991 for whom contact information could be found. A subset who expressed interest in an interview completed online qualitative interviews to add additional insights to the survey results. Interviews were inductively content analysed for themes.

Results: Of the 168 grant recipients with contact information, 43.2% responded. Among survey completers (n=62), 88.7% were registered dietitians with 72.6% currently involved in dietetic-based research. Interviews with 15 key informants identified five major themes: i) role in support for professional development; ii) elevation of the status of the profession; iii) benefit of CFDR to Canadians; iv) unique focus of CFDR; and v) future challenges & opportunities.

Conclusions: Participants confirmed the importance of CFDR funding in supporting their career aspirations, raising the profile of the profession and increasing the evidence base for practice.

Summarized Balance Sheet

As of Aug 31, 2024

ASSETS	2024	2023
Cash	98,393	70,802
Accounts receivable	27,500	25,506
Prepaid expenses	-	3,426
Investments	1,663,995	1,538,005
	1,789,888	1,637,739
LIABILITIES & NET ASSETS		
Current liabilities	33,397	50,606
NET ASSETS		
Restricted	1,451,025	1,356,822
Unrestricted	305,466	230,311
	1,756,491	1,587,133
	1,789,888	1,637,739

Summarized Statement of Revenues, Expenses and Fund Balances

Year Ended Aug 31, 2024

REVENUES	2024	2023
Donations - Corporate	10,000	30,002
Donations - Individuals	104,025	1,424
Investment Income	88,818	80,887
Unrealized gain on investments	159,771	-
	362,614	112,313
EXPENSES		
Research Program		
Open Grant Competition	58,653	48,445
Expenses	13,081	18,659
Administration	56,871	48,830
Governance	16,069	25,691
Research Communications	23,986	35,223
Fundraising	3,175	39,052
Marketing and communications	21,421	22,156
Unrealized losses on investments	-	109,405
Revenue over Expenses	169,358	(235,148)
Net Assets - Beginning of Year	1,587,133	1,822,281
Net Assets - End of Year	1,756,491	1,587,133

CFDR Donors 2023-24

CFDR is grateful to our corporate partners who believe in the value of dietetic and nutrition research in building a healthy Canada. Our partners contribute funds and human resources to support the work of the Foundation.

CFDR is proud to have worked with the Canadian Sugar Institute with its financial support of \$10,000.

Note: a complete set of audited financial statements is available from CFDR on request.



2023–2024 Board of Directors

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Research Scientist, Health Canada
Ottawa, ON

Tina Stewart MHS RD

Manager
Nursing and Allied Health Clinical Education
Trillium Health Partners
Mississauga, ON

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Retired
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Ontario Cabinet Office
Toronto, ON

John-Paul Cody-Cox (November 2023 – June 2024)

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Sr Principal Scientist, Nutrition Science
PepsiCo Canada
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Lucia Weiler BSc PHEc RD

President, Weiler Nutrition Communications Inc
Toronto, ON

Emily Zamora MScA RD CDE

Clinical Dietitian
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Executive Director (October 2024 -)

Ravi Sidhu

Managing Director (November 2023 - April 2024)

Volunteer Committees

CFDR relies on the dedicated volunteers who help ensure the success of our programs. Thanks to all of those who donated their time and expertise this year.

2024 CFDR Scientific Review Committee

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Professor, Human Health and Nutritional Sciences, University of Guelph

Committee Members

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Research Scientist, Bureau of Nutritional Sciences, Health Canada

Russell de Souza ScD RD

Assistant Professor, Department of Health Research Methods, McMaster University

Chris Marinangeli PhD RD

Director, Centre for Regulatory Research and Innovation
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Flora Wang PhD

Manager, Nutrition & Scientific Affairs
Canadian Sugar Institute



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Your donation to Canadian Foundation for Dietetic Research will help to fund practice-based dietetic research so that dietitians can ask the important nutrition-related questions and seek answers, ultimately leading to improved patient care, and the health of Canadians.