



Canadian Foundation
for Dietetic Research

ANNUAL REPORT 2022

MEET THE NEW CFDR!

MEET
THE NEW
CFDR!



Canadian Foundation
for Dietetic Research

Funding Research. Advancing Nutrition.

In this past year CFDR has witnessed an incredible amount of growth and renewed spirit to reinvigorate and adapt to the challenges facing the non-profit sector in an environment of inflating costs of nutrition and food insecurity. Despite cuts in sponsorship dollars and individual wallets we are committed to our mission to fund and disseminate practical, science-based dietetic research. More than ever before the dietetic profession must engage with researchers and consumers alike to support overall community well-being and health. Our research priorities have expanded to all diverse communities regardless of regionality, socioeconomic status, gender, race, sexual orientation, or Indigenous nations from coast to coast.

In order to adapt to a more socially distanced yet digitally globalizing world CFDR has rebranded with a strong message of “Funding Research. Advancing Nutrition.” The goal of our digital landscape is to provide relevant and critical research for all segments of our community. Prevention, sustainability, and healthy food choices are entrenched in our day-to-day lives and CFDR is positioned to advance research that supports equitable and sharable knowledge transfer.





REPORT OF THE CHAIR

CAROL CLARKE

As a proud supporter of the Canadian Foundation for Dietetic Research since I joined Dietitians of Canada (DC) 27 years ago, I am thrilled CFDR has now celebrated its 30th anniversary is looking forward to the future.

CFDR has steadfastly funded practice-based dietetic research in Canada. We have a robust granting process in place to support dietitians. This past year, we had over 30 letters of intent for grant funding, and at DC Conference in September we announced three projects funded for a total of about \$60,000.

Over the last year, we had a restructuring process which limited fundraising, and COVID-19 has impacted the entire non-profit sectors' ability to raise funds. In 2021-2022, we worked hard on a new strategic plan and rebranding. Prior to the end of our fiscal year, we were excited to soft launch our new website and a stronger message. Funding Research. Advancing Nutrition.

In our broad strategic plan for 2021-2024, we identified three pillars to meet our mission.

- 1. Rebuild and Strengthen CFDR** – generate revenue, raise funds, focus on stewardship, build more engagement, and focus on organizational efficiencies.
- 2. Promote Increased Research Capacity** – be the authoritative evidence-based research organization for new knowledge in food, nutrition, and dietetics; promote our research community; tell success stories; show donors how their donation makes a difference.
- 3. Forward Thinking, Relevant Research of Priority Issues** – balance investigator-driven research with research of identified priority issues.

To support the first pillar, we established a Brand and Marketing (BAM) Committee to develop a creative brief for a rebrand and digital execution. The BAM Committee distributed a Request For Proposal, and in March the agency was selected for rebranding. This included a brand strategy and design, website design and development, maintenance, and analytics. After considering many options, the Board approved the new branding concepts in July. The new website was beta launched on August 29, 2022.

To support the second pillar, a detailed strategic plan was put forward in September with a projected fundraising target similar to the previous fiscal year identifying 2022 as a rebuilding year and need for new branding before aggressively marketing to potential donors and partners. Although the Board responded requesting a more ambitious goal for fundraising that could be done in parallel with the rebranding process, it became clear this could not happen for numerous reasons. However, we were able to complete in-depth policy review process to provide guidance to our Managing Director on fundraising that will allow us to customize packages and ensure CFDR and DC's values and principles are maintained.

To support the third pillar, we worked on refreshing our priority research directions and made the grant application process more streamlined. We continue to strongly encourage funding applications from First Nations, Métis and Inuit peoples, racialized persons and those who identify as 2SLGBTQ+.

So, looking to the future, we have successfully launched a new logo and stronger message that is modern, relevant, and more ready than ever to promote further engagement with researchers and partners. We hope our existing partners and donors continue to support our efforts while we openly welcome new ones. We are confident our digital introduction will be well received.

As I complete my tenure with the CFDR Board, I am confident the incoming Board has the breadth and depth of skills and expertise to support CFDR's mission. We want CFDR to thrive and keep initiating and supporting the research careers of dietitians, informing evidence-based practice, and ultimately enhancing the health of all Canadians.

CAROL CLARKE
CFDR BOARD CHAIR



REPORT OF THE CFDR MANAGING DIRECTOR

RAVI SIDHU

CFDR has successfully experienced a rebirth in brand and spirit. With a new logo and a more user-friendly digital presence we have accomplished our goal to allow both researchers and donors to support our mission. In my tenure with CFDR from early 2021 I have witnessed a change in how we communicate with various demographics and communities to understand what research is required that uniquely affects day-to-day lives and overall health. Our research priorities have evolved to include diversity, mental health, clinical and academic support to further enhance our understanding of nutritional choices.

My primary role in development is to ensure that CFDR not only survives but thrives. CFDR's strategic development plan has modernized our brand and value proposition, and improved our channels of communication through digital and social media platforms. We are very grateful for our long-standing allies while at the same time identifying and cultivating new relationships with a stronger benefit asset inventory to sponsors and improved recognition of individuals who are passionate about our work.

After thirty years of continuing our mandate, we need more philanthropic funds to be more relevant and sustain our important work for years to come. With my strong commitment I believe in our rebrand and relaunched focus and ability to share our work. I look forward to maintaining our relationships, building new ones, and forging ahead with a new revitalization and focus on our long-standing mission towards the dietetic profession.

I encourage everyone to join us in our efforts to improve the overall health of all Canadians through science-based and practically sound research in our dietetic decisions. Thank you to our long-standing community and I look forward to introducing CFDR to a new and larger audience in the coming year!

A handwritten signature in black ink, appearing to read 'R. Sidhu'.

RAVI SIDHU
MANAGING DIRECTOR, DEVELOPMENT
& OPERATIONS



CFDR 2022 RESEARCH AWARDS

CFDR funds research projects in Nutrition and Dietetics to contribute to the existing knowledge base in these areas; to enhance dietetic practice, and ultimately, to build a healthier Canada. Research grants are awarded to dietitians across Canada.

In addition to an annual grants competition, CFDR carries out special research project competitions from time to time. CFDR has been awarding grants to support practice-based research since 1993. To date, we have awarded nearly \$3 million in grants to 160 research teams.

For 2022, we had 33 letters of intent for grant funding, 9 of which proceeded to full proposals, and in June we announced 3 projects funded for a total of about \$60,000. Priority research directions for the 2022 CFDR grants were identified and are outlined in the five category descriptions below.

1. **Critically (Re) Thinking Dietetic Practice**
2. **Identify Determinants of Food Choice**
3. **Accelerate Cultural Safety, Diversity and Healthy Equity in Practice**
4. **Transform Food Environments**
5. **Evaluate Effectiveness of Clinical Interventions**

CFDR was looking for a diversity of skills, knowledge, background, and viewpoints and strongly encouraged applications from First Nations, Métis and Inuit peoples, racialized persons and those who identify as 2SLGBTQ+. Preferences were given to project submissions that reflect a collaborative approach to research.

The following three projects were approved for funding:

CFDR 2022 RESEARCH AWARDS



Better Lunch Boxes: Testing the feasibility, acceptability, and preliminary impact of a family-based intervention to support nutritious home-packed lunches

Claire Tugault-Lafleur, Jess Haines, PhD, RD
University of Guelph

Research has shown that school-aged children's lunches are of poor nutritional quality in Canada. Lunches contain low amounts of vegetables and fruit and high amounts of minimally nutritious foods such as sugar-sweetened beverages and packaged salty snacks. Effective interventions that support families in providing children with nutritious home-packed lunches are warranted. To address this need, our team will develop and test the feasibility, acceptability and preliminary impact of a family-based intervention designed to improve the nutritional quality of foods packed in children's lunch boxes.

The intervention will include: 1) a Healthy Lunch Box Toolkit that provides parents with tips for preparing healthy lunches and 15 easy-to-prepare lunch recipes; 2) an online family education and cooking session; 3) behavioural supports (e.g., a lunch box); and 4) text messages to reinforce healthy lunch packing behaviours. We will pilot test the intervention using a pre/post design among a socioeconomically diverse sample of 20 families with children in Junior Kindergarten to Grade 3. Feasibility and acceptability of the intervention (our primary objective) will be evaluated using process measures such as reach, dose and fidelity/adherence to the intervention supplemented with semi-structured interviews in a sub-sample of families. Our secondary objective is to evaluate the impact of the intervention on parents' attitudes and beliefs, intentions, and self-efficacy related to preparing a healthy lunch.

Lunch food records supplemented with digital photography will be used to assess the overall healthiness of the foods provided pre- and post-intervention. These results will be used to inform a subsequent CIHR submission for a full-scale randomized controlled trial of the Better Lunch Box intervention. Ultimately, these findings will help dietitians, health professionals and policy makers in supporting Canadian families provide nutritious lunches.

CFDR 2022 RESEARCH AWARDS



DETERMINANTS OF DIETARY CHOICES IN INDIVIDUALS WITH CANCER

Carla M Prado, PhD, RD, Katherine L Ford, MSc, RD
University of Alberta

Individuals with cancer are motivated to make lifestyle changes and inform dietary choices yet receive conflicting and erroneous nutritional information, particularly from mass media. Changes to dietary choices that stem from a diagnosis of cancer are not fully understood, particularly in the North American population.

Our research seeks to answer whether people change their dietary choices in response to a diagnosis of cancer and what influences this decision-making process. More specifically, we will characterize any changes to dietary decisions made in response to a cancer diagnosis and evaluate associations between patient characteristics and diet quality. Findings will guide the development of a patient-oriented toolbox of nutrition resources for people with cancer to help them make informed dietary choices.

People (n=400) who have been diagnosed with lung, breast, colorectal, or prostate cancer in the past 12 months will complete a novel online survey (the Nutrition Practices in Cancer [NPC] survey) to characterize determinants of dietary choice and assess associations between sources of nutrition knowledge and dietary decisions following a diagnosis. The survey will be conducted in two Canadian provinces. Utilizing patient engagement strategies, dietitians and people with lived experience (cancer survivors) will collaborate to create a nutrition toolbox. The toolbox will be publicly available and include evidence-based patient-oriented nutrition resources tailored to those undergoing treatment, those in remission, as well as their families. Survey findings will indicate gaps in knowledge and information seeking behaviours of patients, ultimately informing toolbox resources.

Characterizing dietary choices, nutrition knowledge, and information-seeking behaviours will further the development of patient-oriented evidence-based nutrition resources for dietitians to use as patient education material. Our goal is to support the translation of future oncology nutrition guidelines; eventually improving public access to evidence-based information for people affected by cancer.

CFDR 2022 RESEARCH AWARDS



Sustainability in Dietetics Education, Training and Practice in Canada

Jessica Wegener, PhD, RD Ryerson University
Liesel Carlsson, PDt, PhD Acadia University
Tracy Everitt, PDt, PhD St Francis Xavier University

The nutritional health of populations is increasingly recognized as inseparable from social and environmental sustainability. Dietitians have influence in many areas of food systems and are well-positioned to promote healthy, sustainable diets and food environments. Healthy, sustainable dietary patterns promote all dimensions of health, have low environmental impact, are safe, affordable, accessible, and equitable, and are important to human and planetary health. Yet, while recognized as important and within the scope of dietetics, dietitians do not feel adequately prepared to teach and train students in sustainable food systems (SFS). This research aims to support dietitians by exploring the gap between our professional commitments in promoting healthy, sustainable diets and food environments, and the preparedness of our current and future workforce in this novel service delivery area.

The purpose of the research is to explore how SFS are taught in Canadian dietetic education and training programs, identify competency gaps and resource needs, and foster dietitians' practice leadership potential in this area. The research will expand our initial baseline data collection from 2021; a compiled database of all English courses containing SFS-related content taught in accredited undergraduate dietetics programs in Canada. A web-based survey of instructors and program directors will be used to collect more detailed course syllabi, explore learning outcomes, models/frameworks, and identify perceived gaps. Data will be analyzed using qualitative, open coding, and emergent theming, and inform a second phase of data collection. Key informant interviews with a purposive sample of survey participants will gather more robust data on terminology, concepts, frameworks and models used, and the needs of educators.

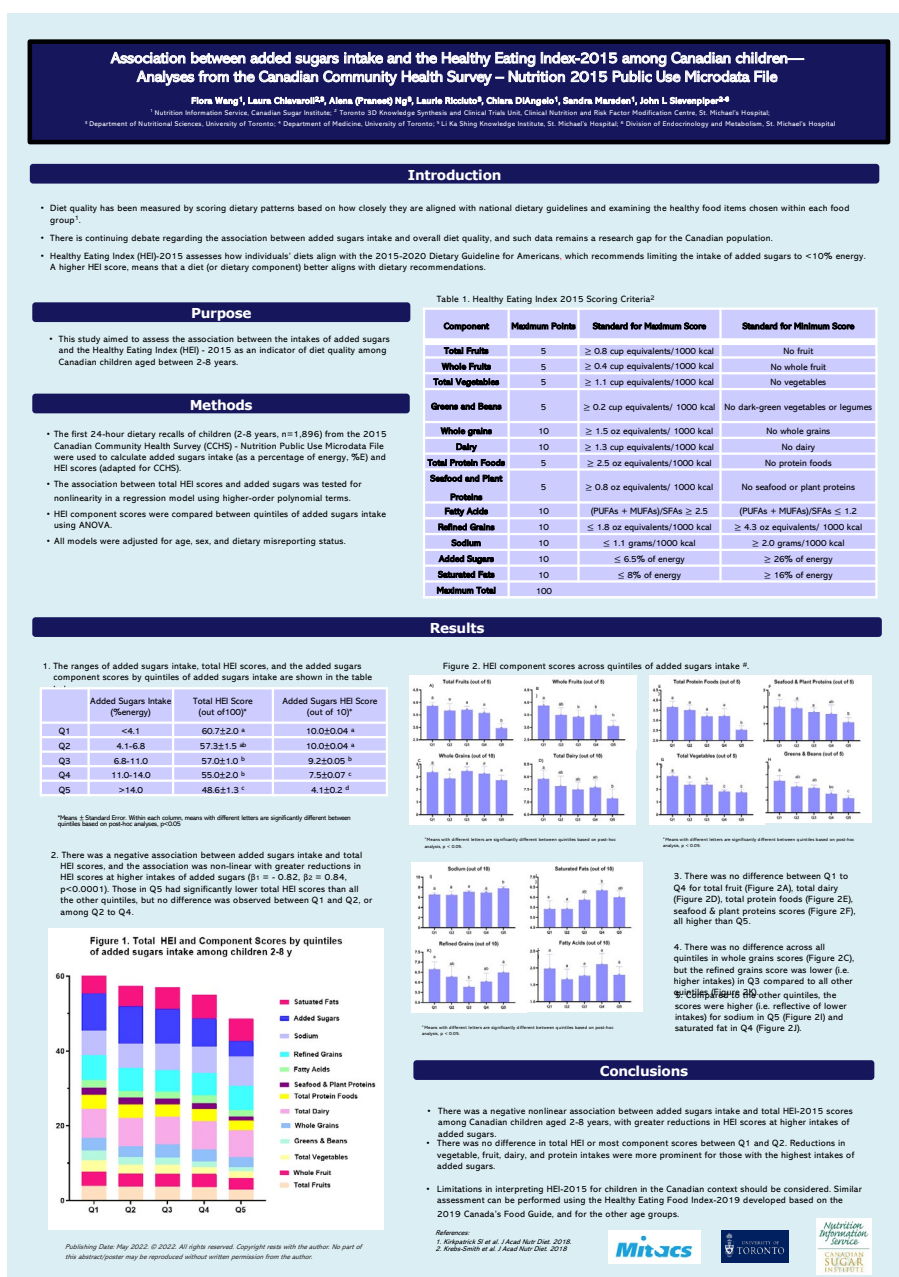
This project will lay the foundation for improving the nutritional health of Canadians for a healthy future by identifying competency gaps, supports needed, and best practices for educating and training dietitians to be experts in this novel service delivery area.

CFDR 2022 RESEARCH SHOWCASE

Thirty-three Early Bird abstracts were submitted for the 2022 CFDR Research Showcase that was held virtually at the annual Dietitians of Canada conference that included five Lightning Round presentations from the CFDR Early Bird abstracts.

All Early Bird abstracts have been published in the fall issue of the Canadian Journal for Dietetic Practice and Research and on the CFDR website.

Ten Late Breaking Abstracts were submitted as virtual poster presentations and are selectively posted on the CFDR website.



2021 CFDR RESEARCH RESULTS

CFDR congratulates investigators for completion of several projects in the 2021-2022 fiscal year. A highlighted project is presented below and full abstracts for all completed CFDR-funded projects can be found on CFDR's website.



Moms on Media Study (MOMS): Testing the influence of body image messaging on mothers' body dissatisfaction, eating attitudes and behaviour during the postpartum period

Jess Haines & Lisa Tang
University of Guelph

Background: Little is known about the impact of social media on postpartum mothers.

Methods: This experimental study examined the effect of body-focused social media posts on body dissatisfaction and eating attitude and behaviours of 132 postpartum mothers with children 0-6 months of age. Participants were randomly assigned to view either body-focused social media posts or a control set of infant feeding social media posts over a 5-day period. There were two follow-up time points, immediately after the 5-day exposure period and 1-month later to measure potential sustained effects of social media exposure.

Results: Our study found that exposure to body-focused social media posts resulted in higher levels of body dissatisfaction and restrained eating behaviours immediately after the exposure period. A sustained effect was found for restrained eating and poorer eating attitude at 1-month follow-up.

Conclusions: Exposure to body-focused social media posts negatively affect postpartum mothers' body satisfaction and health behaviours. These findings can support dietitians in developing interventions that help women maintain a positive body image and healthy eating during the critical postpartum period.

SUMMARIZED BALANCE SHEET*Year ended August 31, 2022*

ASSETS	2022	2021
Cash	157,050	737,144
Investments	1,693,550	1,410,814
Sundry Receivables	38,779	20,482
Sundry Receivables	1,317	
	1,890,696	2,168,567
CAPITAL ASSETS	1,890,696	2,168,567
LIABILITIES	68,415	75,768
Current		
NET ASSETS	1,495,480	1,695,937
Restricted	326,801	397,862
Unrestricted	1,822,281	2,092,799
	1,890,696	\$2,168,567

SUMMARIZED STATEMENT OF REVENUES, EXPENSES AND FUND BALANCES*Year ended August 31, 2022*

REVENUES	2022	2021
Donations - Corporate	42,106	40,000
Donations - Individuals	15,311	21,550
Investment Income	60,057	74,783
Unrealized gain on investments	-	24,711
	117,474	161,134
EXPENSES		
Research Program	59,010	108,814
Open Grant Competition	28,332	19,904
Expenses	40,775	48,968
Administration	34,698	30,966
Governance	37,280	25,640
Research Communications	23,734	24,768
Fundraising	61,313	24,349
Marketing and communications	102,850	-
Unrealized losses on investments		
	387,992	283,409
DEFICIENCY OF REVENUE OVER EXPENSES FOR THE YEAR	(270,518)	(122,275)
NET ASSETS - BEGINNING OF YEAR	2,092,799	2,215,074
NET ASSETS - END OF YEAR	1,822,281	\$2,092,799

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 following donors for 2021-2022 at all levels of financial support.



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2021-2022 VOLUNTEER COMMITTEES

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.

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Canadian Foundation
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