

## Asking questions, finding answers



How can we optimize care in a pre-natal team-based setting?



What are Canadians' thoughts, knowledge and behaviours about nutrition?



What are the attitudes and beliefs of young adults towards dietary calcium?



What is the relationship between illness severity and energy expenditure in patients with liver disease?



What is a top nutrition topic that needs to be researched?



Does the ERAS protocol improve nutritional intake of surgery patients?



Do critically ill, hospitalized patients consume adequate protein and calories during the first 7 days following extubation?

## Message from the Chair

### Strengthening our Partnership

#### – A new dialogue has begun

As we come to the end of 2014 and move forward into a new year, the CFDR Board of Directors would like to congratulate our 2014 research grant recipients on their success, to thank research teams for sharing the outcomes of research we have funded in prior years, to gratefully acknowledge the many organizations that have supported our progress, and to open a new dialogue on our meaningful partnership for *Advancing Nutrition Together*.

For the Board of Directors, it has been a year of reflection, in many ways prompted by the rigorous process we applied to rewriting our Bylaw as required for Continuance under the new Canada Not-For-Profit Corporations Act enacted in 2014. The questions that surfaced took us back to our roots, to the philosophy of partnership on which the Foundation was created and to a fresh appreciation for the critical importance of continuous dialogue between the Board of Directors and the corporations that have provided enduring support for this meaningful partnership.

I will take the opportunity presented by this annual report to share with you the highlights of these reflections that have now shaped new actions.

Looking back, CFDR was formed 23 years ago to increase awareness and capacity for research as necessary for evidence-based decision-making in the application of nutrition science to solving problems in human health or, in other words, in dietetics practice. It was recognized at the time that no other organization in Canada existed specifically for this purpose. The benefits of this new partnership were expected to be a stronger evidence base and stronger orientation to use

of evidence in provision of nutrition services and advice for the public, for government and for organizations in the nutrition and health industry.

In short, through CFDR qualified teams would be able to access vital funding to ask and systematically answer questions that arise every day in the provision of services to individuals, groups, communities and populations. By raising and providing funds for applied nutrition and dietetics practice research we would reduce a key barrier and further help build research capacity in our industry through experience and mentorship for practitioners on the front lines in the agri-food sector, in our health and education systems, in media, and in government.

It was agreed from the beginning that many stakeholders, including dietitians and their teams, employers, educators, and policy-makers must base their advice and services on the best evidence available and that collectively we have the power to increase the capacity for generating the best evidence through support of rigorous applied nutrition and dietetics practice research. Enthusiasm for the difference that CFDR would make came from individuals and corporations that make up Canada's nutrition and health industry. And to this end, a partnership philosophy, *advancing nutrition together . . . for the benefit of the health and well being of Canadians*, became the energy driving this new Foundation forward.



Helen Ann Dillon, MSc, RD  
Chair of the Board of Directors

CFDR was established as a registered charitable public foundation with a mandate to raise funds and to provide grants for dietetic practice research. Many of the original company and association partners continue to invest in CFDR, and others have come on board over the years.

#### What have we accomplished?

As in every year since the establishment of CFDR, we have funded investigator-driven research proposals across a broad range of topics, we have facilitated dissemination of research results through diverse means, and we have raised awareness of the leaders in the nutrition and health industry who make *Advancing Nutrition Together* through CFDR possible, each of which is described more fully in the 2104 Annual Report. With each passing year the benefits provided by the existence of CFDR grow, but it is through the year after year awards for highly qualified research that the benefits of the Foundation's partnership are fully realized and can be measured. We are truly grateful to those who take the opportunity provided by CFDR research funding and equally grateful to the individuals and organizations that provide the funding, the experts who review and select projects for funding, and the collaborators who help us disseminate research results and raise funds for research.

### What can we do better?

The Board's reflections highlighted that to stay relevant in our fast-paced and ever-changing world, the Board of Directors needed to ignite and sustain a new level of dialogue with CFDR partners. Together we must ask and answer, "How are we performing relative to our collective expectations? Have new needs emerged? Have some of the initial needs been satisfied? What needs could be met better? What insights can lead to strategies for greater impact? What will success look like in the near future?" Listening to our partners for guidance and using the insights gained to establish Foundation priorities accordingly is what we will do better.

### Where do we go from here?

The Board has committed to schedule a 1-to-1 meeting each year with partner organizations for the purpose of asking and answering the above questions, and to using the feedback and insights from the dialogue to adjust the Foundation's priorities and the targets and milestones against which progress can be assessed.

It is our sincere hope that in this heightened spirit of working together on behalf of our shared nutrition and health priority that the Canadian Foundation for Dietetic Research will further enhance the lives of Canadians.

I want to take this opportunity to thank all of those who have invested so generously their time and talents in CFDR over this past year. We are primarily an organization of volunteers

and so it is our shared passion for the Foundation's vision that energizes us into an amazing team. Our Executive Director, Isla Horvath, has worked tirelessly to ensure that CFDR runs smoothly. The staff at the office of Dietitians of Canada has very ably supported many of the important aspects of running the business of the Foundation. To our corporate partners, our warm thank you for your continued support that comes to us in many ways: The contributions your key employees make as Directors or as members of committees and your financial support of key events and our research endeavours.

It has been a wonderful year and I am confident that the future is very bright for us all as partners in CFDR.

## Achievements: 2013-14

### Research

Since 1991 CFDR's goals have been to fund research to support dietetic practice and ultimately enhance the health of Canadians, and to create a research culture within the dietetic community. Much was achieved in this area this year.

- ✓ We funded 7 new research projects through the Annual Grants Competition, totaling nearly \$140,000. Summaries of these projects appear elsewhere in this report.
- ✓ One of the grants was awarded through the New Researcher Program, which encourages dietitians to embrace research early in their careers.
- ✓ CFDR awarded a grant through the *Nutrition Research in Focus* program. Constituents selected "Baby Boomers and Nutrition" as the focus, and Dr. Christina Lengyel and her team began work on their project in Manitoba.
- ✓ Four students were recognized



through the Morgan Awards program, and Brandon Gheller (pictured above) received the National Morgan Medal. Brandon presented his research project in CFDR's Student Showcase at the Dietitians of Canada conference in Ottawa.

### Sharing Knowledge

Sharing information about CFDR-funded projects and encouraging researchers to share their own

experiences helps to build a research culture.

- ✓ CFDR's Research Room saw a growing number of users signing up for the on-line database.
- ✓ We hosted an expanded Research Showcase over three days at the DC conference. 50 researchers had a chance to present their work to their peers.
- ✓ One of the Showcase sessions was a Student Showcase, highlighting four student researchers.
- ✓ We presented the *Tracking Nutrition Trends* report during a plenary session at DC conference, giving dietitians insight into the knowledge and behaviours of Canadians with regards to nutrition



✓ At two CFDR Research Showcase events for partners and members, four CFDR-funded projects were presented. As well as an exclusive advance look at *Tracking Nutrition Trends*, presentations on nutrition labeling and youth, fortifying foods with Vitamin D for elderly men, and a multi-sectoral approach to food planning showed the contribution CFDR's researchers made to filling knowledge gaps.

### Awareness

Raising awareness of CFDR's programs with dietitians, industry leaders, researchers and the general public is crucial to the Foundation's success.

✓ Three issues of *Keeping in Touch* told the CFDR story to the 500 newsletter subscribers. Highlights presented to DC members through the *Members in Action* newsletter widened the audience.

✓ A growing base of Facebook and Twitter followers checked out CFDR activities through our social media efforts.



Go Gourmet Master of Ceremonies Pay Chen asks questions of the five chefs: (left to right) Anna Olson, Christine Tizzard, Jo Lusted, Sefano Faita and Michael Olson.

✓ A national media campaign releasing highlights of *Tracking Nutrition Trends* achieved a media reach of 4.1 million. The interesting fact that was featured from the report was that the majority of Canadians did something to improve their nutritional health in the last year.

### Fundraising

CFDR is a charitable organization, and therefore dependent on financial

support from individuals, corporations and organizations that share our mandate to advance nutrition research.

✓ We maintained our strong base of partners. See the list of Legacy Leaders – those companies and organizations who provide ongoing support to the Foundation.

✓ Individual members of DC donated to the Foundation in various ways:

- » Adding a donation to CFDR with their DC membership renewals
- » Making a donation in a friend or colleague's name in lieu of a birthday or Christmas gift
- » Donating in memory of colleagues or family members who passed away.

✓ The CFDR Fun Run/Walk held during the DC conference raised \$25,000 thanks to a new on-line pledge system.

✓ Our signature event, Go Gourmet, introduced guests to 5 celebrity chefs and raised nearly \$28,000.



Fun Run 2014 top fundraiser Gerry Kasten (centre) with Barb Anderson (left) and Helen Ann Dillon.



## 2014 Research Awards

Research is the foundation of an evidence-based dietetic practice. CFDR funds research projects proposed by dietitians, based on questions that arise in the course of their work. Through the 2014 Annual Grants Competition, seven dietetic researchers and their teams received grants totaling nearly \$140,000. The research projects answer the following questions:



*How can we optimize care in a prenatal team-based setting?*

**Principal Investigator:**  
**Laura Forbes, PhD, RD,**

**University of Guelph**

This research will explore the nature of nutrition-related prenatal care delivered in Family Health Teams (FHTs) and Community Health Centres (CHCs) in Ontario from the perspective of care providers, and to identify opportunities for improving the quality of prenatal nutrition care.



*What are the attitudes and beliefs of young adults towards dietary calcium?*

**Principal Investigator:**

**Andrea Buchholz, PhD, RD,**  
**University of Guelph**

The main goal of this study is to determine young adults' knowledge, attitudes and beliefs about calcium, its dietary sources and its role in health, as well as what factors may influence calcium intake. Identifying and communicating this information to consumers and Registered Dietitians is key to increasing calcium intakes of young adults.



*What are the effects of caffeine-gene interactions on health and athletic performance?*

**Principal Investigator:**

**Nanci S. Guest, MSc, RD, CSCS, PhD candidate, University of Toronto**

Numerous studies have investigated the effects of caffeine on athletic performance, but the results have not

been consistent. The researchers will investigate whether the inconsistencies among studies showing improvements, no effect or adverse effects on athletic performance with caffeine use, could also be due to genetic differences among athletes.



*What are the effects of nutrition and dialysis modality on folate status 15 years post-fortification?*

**Principal Investigator: Christine Nash, University Health Network**

Most dialysis patients in Canada are supplemented with folic acid (FA) daily. Mandatory FA fortification and widespread supplement use have increased FA exposure, while recent trials have negated FA's role for reducing cardiovascular risk in chronic kidney disease. This research will investigate the intake and blood levels of folate and FA in dialysis patients, and determine whether nutritional status or type of dialysis influences blood levels of folate.



*Does the ERAS protocol improve nutritional intake of surgery patients?*

**Principal Investigator:**

**Sophia Yeung, Alberta Health Services**

Alberta Health Services is in the process of putting into practice a group of proven methods to improve patient outcomes after bowel surgery, called the Enhanced Recovery After Surgery (ERAS) protocol, which has been shown to improve patient experiences and recovery. This research will indicate whether patients' protein intake is

much greater when patients receive the benefits of the ERAS protocol.



*What is the relationship between illness severity and energy expenditures in patients with liver disease?*

**Principal Investigator: Janet Madill, PhD, RD, Brescia University College**

Malnutrition is a common complication in patients with cirrhosis (liver disease). The researchers will investigate whether the index currently used to assess the severity of liver disease is related to changes in metabolism and if this index could be used to identify patients at higher risk of receiving inadequate calories. This study may also allow us to calculate the amount of extra energy needed by patients with cirrhosis who have a high metabolism and are waiting for a liver transplant.



*Do critically ill, hospitalized patients consume adequate protein and calories during the first 7 days following extubation?*

**Principal Investigator: Lesley Moisey, RD, MSc, PhD Candidate, University of Waterloo**

Patients surviving critical illness are frequently discharged from the intensive care unit (ICU) with worsened nutritional and functional status. This often results in physical disability and reduced quality of life. This research will measure dietary intake and evaluate caloric and protein adequacy during the first seven days following extubation. The researchers will also identify barriers in achieving optimal nutrition experienced by ICU survivors.

Further information on all of the above research projects can be found in Research Room, CFDR's database of research and researchers: <http://researchroom.cfdr.ca>



*What are the perceptions of body image and food choices among baby boomer women?*

**Christina Lengyel, PhD, RD**  
Associate Professor, University of Manitoba

Through the media, people are bombarded with images that glorify youthfulness, messages that tie self-worth to thinness, and products that promise youth and beauty forever. Baby boomer women are vulnerable to these societal messages and experience strong pressures to maintain their youth and thinness. Body image issues, weight preoccupation, and eating disturbances can lead to voluntary food restriction, depression, social withdrawal, lowered self-esteem, and disordered eating, negatively impacting quality of life and nutritional status.

The baby boomer generation is aging and demanding food products that not only promote health and quality of life but also address their concerns regarding aging, body shape and weight, and yet an accurate consumer profile is not available. This research project will help provide information about body image perceptions and food choices of baby boomer women.



*Nutrition Research in Focus (NRF) is a flagship research program of CFDR. The program features a grant for a large-scale project focused on a “hot” topic—one specific area of nutrition or dietetic research in which there is a current need for more information. CFDR partners determine the focus area for the research project.*



## Fundamentals

### Our Vision

Enhancing the health of Canadians by contributing new knowledge about food and nutrition.

### Our Mission

The Canadian Foundation for Dietetic Research is the catalyst for applied nutrition and dietetic practice research by funding research and disseminating new knowledge in support of evidence-based decisions.

### Our Values

The Canadian Foundation for Dietetic Research demonstrates the following values:

**Innovation:** fosters creativity and support for the emergence of new knowledge in an environment that embraces both freedom of inquiry and unrestricted dissemination of research results

**Integrity:** functions with honesty, fairness, transparency and objectivity

**Respect:** operates inclusively and collaboratively, leveraging the wisdom and diverse perspectives of board members, corporate partners and individual donors to achieve results

**Accountability:** manages resources responsibly by operating with the highest level of ethical conduct in decision making and supporting desired outcomes

**Excellence:** promotes high standards in research

**Relevance:** demonstrates value to Foundation supporters in its applicability and significance to dietetic practice and corporate priorities in relation to the nutritional health of Canadians.

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



## Legacy Leaders 2013-14

Legacy Leaders are CFDR's cornerstone supporters, with a commitment of three or more consecutive years.

CFDR is proud to work with the following Legacy Leaders at all levels of financial support:

### Founder

*(\$25,000 annually)*

Dairy Farmers of Canada  
Dietitians of Canada  
Nestlé Health Science

### Sponsor

*(\$10,000 annually)*

Campbell Company of Canada  
Compass Group Canada  
Kraft Canada Inc.  
McDonald's Restaurants of Canada Limited  
Sodexo Canada  
Unilever Canada Inc.

### Patron

*(\$5,000 annually)*

Abbott Nutrition Canada  
Canola Council of Canada  
Egg Farmers of Canada  
General Mills Canada Corporation  
Kellogg Canada Inc.  
Loblaw Companies Limited  
Mead Johnson Nutrition  
PepsiCo Canada  
Ultima Foods Inc.

## CANADIAN FOUNDATION FOR DIETETIC RESEARCH

### SUMMARIZED BALANCE SHEET AS AT AUGUST 31, 2014

	2014	2013
<b>Assets</b>		
Cash	\$ 123,201	\$ 261,617
Investments - at fair value	2,589,488	2,401,649
Sundry receivables	39,651	45,155
Prepaid expenses	1,061	1,041
Capital assets	22,982	34,300
	<b>2,776,383</b>	<b>2,743,762</b>
<b>Liabilities</b>		
Accounts payable and accrued liabilities	122,485	95,541
Due to Dietitians of Canada	2,820	-
	<b>125,305</b>	<b>95,541</b>
<b>Balance of funds</b>		
Restricted	1,795,496	1,725,461
Unrestricted	855,582	922,760
	<b>2,651,078</b>	<b>2,648,221</b>
	<b>2,776,383</b>	<b>2,743,762</b>

### SUMMARIZED STATEMENT OF REVENUES, EXPENSES AND FUND BALANCES YEAR ENDED AUGUST 31, 2014

<b>Revenues</b>		
Donations – corporate	185,250	367,135
Donations – individuals	19,394	19,208
Revenues from fundraising events	86,357	113,313
Investment income	173,253	148,581
	<b>464,254</b>	<b>648,237</b>
<b>Expenses</b>		
Research programs	214,226	204,239
Research communications	98,382	91,813
Governance	65,345	83,544
Fundraising	54,077	50,832
Expenses for fundraising events	36,210	49,087
Administration	67,172	68,112
	<b>535,412</b>	<b>547,627</b>
Excess (deficiency) of revenues over expenses before the undernoted	(71,158)	100,610
Unrealized gains (losses) on investments	74,015	(96,386)
Excess of revenues over expenses for the year	<b>2,857</b>	<b>4,224</b>
Balance of funds - at beginning of year	<b>2,648,221</b>	<b>2,643,997</b>
Balance of funds - at end of year	<b>\$ 2,651,078</b>	<b>\$ 2,648,221</b>

Note: The above information has been summarized from the 2014 audited financial statements. The complete set of financial statements, audited by Clarke Henning, LLP, including the auditors' report and notes to the financial statements, is available from the Foundation upon request.

## 2013-14 Board of Directors

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### Marsha Sharp, MSc, RD

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Dietitians of Canada  
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### Staff

Isla Horvath, MA  
Executive Director

## Volunteer Committees

With a very lean staff, CFDR depends on volunteers who give their time and expertise to ensure the success of the Foundation's programs. Thanks to the 2013-14 volunteer committees.

### DC Conference Abstracts Review Committee

Chair: Marcia Cooper  
Members: Josée Bertrand, Jennifer Brown,  
Bénédicte Fontaine-Bisson, Marketa  
Graham, Mahsa Jessri

### Finance Committee

Chair: Laurie Curry  
Members: Michi Furuya-Chang, Nathalie  
Savoie, Marsha Sharp

### Fun Run/Walk Committee

Members: Meghan Barnes, Chris Cotaras

### Go Gourmet Planning Team

Members: Sandra Bourdeau, Shannon  
Crocker, Laura Dolman, Barb Ledermann,  
Alison Verge

### Morgan Medal Judging Panel

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Leydon, Kerry Grady-Vincent, Debra Reid

### Nominations Committee

Chair: Shaunda Durance-Tod  
Members: Helen Ann Dillon, Alison  
McLean

### Partner Engagement Team

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Gallagher, Peter Rick

### Scientific Review Committee

Chair: Janis Randall Simpson  
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Linda Gillis, Rhona Hanning, Maria  
Kalergis, Janet Madill, Roseann Nassar



## Canadian Foundation for Dietetic Research

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