

Championing Change for Innovative Food and Nutrition Research

2015 ANNUAL REPORT



Canadian Foundation for
Dietetic Research





Message from the Chair

Championing Change for Innovative Food and Nutrition Research

The past two years have been a time of significant change for CFDR. We've consulted with our partners in the research and corporate worlds and we are ready to champion the change necessary for innovative food and nutrition research.

After approval by our members last November, CFDR received confirmation of its continuance by Industry Canada under the 2014 Canada Not-for-Profit Corporations Act. Following the renewal, which was generated by the creation of a new By-law, we were ready to meet with our partners to revisit our roots and the philosophy of partnership on which the Foundation was created. We also engaged in a dialogue to gain a fresh appreciation of what is important among the partners in order to grow CFDR. These discussions helped set the direction of the Foundation and inspired our renewed mission:

CFDR exists so that there is a growing body of research available for knowledge transfer and evidence-based decision making at a cost that demonstrates good stewardship of resources.

Within this mission, we created new priorities that will help us further enhance the lives and health of Canadians:

- There is increasing quality evidence relevant to the application of nutrition and food science to solving problems of human health, and across the breadth of dietetic practice
- There is a balance between investigator-driven research and research of identified priority issues
- There is increased research capacity
- Conditions exist which are favourable to research collaboration among the organizations and individuals within or related to the health, nutrition and food sector
- Knowledge users including policy makers have ready access to CFDR research results

While we continue to Champion Change at the Board level, the organization continues to deliver

CFDR also completed the ninth iteration of *Tracking Nutrition Trends (TNT)* – an in-depth investigation into the food and nutrition beliefs and behaviours of Canadians. TNT is critical new knowledge as it is Canada's only publicly available consumer research of its kind. Results of the survey will be publicly available in 2016.

I would like to thank everyone who has invested his or her time in CFDR over the past year: the Board of Directors for their leadership and commitment to the future of the organization; Greg Sarney, the Foundation's new Executive Director, who has worked tirelessly this past year to understand the organization, meet one-on-one with partners, DC staff and other relevant organizations and commit to a bold new direction for CFDR; and the staff at the Dietitians of Canada

CFDR exists so that there is a growing body of research available for knowledge transfer and evidence-based decision making at a cost that demonstrates good stewardship of resources.

exceptional research. Over the past 24 years, \$1.75 Million has been invested in research undertaken by Canadian dietitians with 128 projects completed or underway. Researchers have included exceptional student researchers, registered dietitians who had never before been researchers and seasoned dietitian researchers who have shared their experience with dietitian teams. We have all been provided access to the new knowledge through webinars, toolkits and peer reviewed publications. This past year CFDR funded 10 important research initiatives.

who provide many corporate supports and systems to ensure the smooth running of CFDR. Finally, warm thanks to our corporate supporters for providing their key leaders who serve as Directors or as members of committees and for their financial support of key events and research endeavours.

Laurie Curry
Chair, Board of Directors

Nutrition Research in Focus: An Update

Baby boomers are a demographic known for prosperity, social progression and community involvement. But what about their perceptions of body image and food choices?

In 2014, CFDR awarded Dr. Christina Lengyel and her University of Manitoba research team a \$30,000 grant for her study: "Perceptions of body image and food choices among rural and urban baby boomer women." Her winning proposal was submitted as part of *Nutrition Research in Focus (NRF)*, a flagship research program of CFDR.

NRF was launched in 2010 to address "hot topics"—knowledge gaps in nutrition and dietetic practice research and yield results that the food industry, food producers, government and others will find valuable.

Mid-way through her two-year project, Dr. Lengyel provided CFDR with an update on her progress.

"Since receiving funding from CFDR, we have received ethics approval from the Research Ethics Board, completed a scan of the existing literature on this topic, and are now completing recruitment for our Body Image and Food Choice survey," Dr. Lengyel said.

"We're thrilled with the interest we've received from the study participants to



Dr. Christina Lengyel, PhD, RD, Nutrition Research in Focus grantee

date," she added. "Our next step is the administration of the survey in the first half of November 2015, followed by analysis of the data."

In 2016, CFDR will release a full report of Dr. Lengyel's findings, as well as launch the next phase of NRF. For more on CFDR's research programs, visit www.cfdr.ca/Research/grants.aspx.

Mission, Vision & Values

VISION

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

MISSION

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

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

The CFDR 2015 Research Awards

At the core of CFDR's mandate is the support of research that generates new evidence used by dietitians in their practice. We were fortunate in 2015 to have an exceptional response to our call for grant applications. In total, we funded \$176,000 across ten projects—a record for the foundation.

Nutriathlon family: evaluation of a clinical intervention strategy to promote the adoption and maintenance of healthy eating habits in the family. *Vicky Drapeau, Ph.D., D.P., Laval University, Quebec*

This research aims to assess a family-based nutrition intervention for overweight kids (8-16 years old) based on promoting healthy eating habits for the whole family. The study will contribute to research regarding the important role of parents in ensuring healthy eating habits of their kids and their families.

Evaluation of dietitians' knowledge, perceptions, barriers and practices regarding food insecurity assessment, counseling and support in health settings. *Anna Farmer, Ph.D., MPH, RD, University of Alberta*

This research involves the development of online surveys—Dietitians' Perceptions & Practices of Food Insecurity in Health Setting—to evaluate the validity and reliability of the online surveys and to administer the surveys to assess dietitians' knowledge, perceptions, barriers and practices.

Validation of the Fenton preterm infant 2013 growth chart. *Tanis Fenton RD, Ph.D., FDC, Alberta Health Services*

The purpose of this study is to compare the growth (weight, length and head circumference) of recently born early preterm infants (<32 weeks gestation at birth) to the Fenton 2013 Preterm Growth Charts (developed by a Canadian Dietitian). This work will provide practitioners with knowledge of growth patterns of contemporary preterm infants with the evolving changes of nutrition and medical practices in the NICU.

Dietitian insights on taste and smell alterations among hemodialysis patients; the first step to modification of an assessment tool.

Catherine Field, Ph.D., RD, University of Alberta and Stephanie Ramage, M.Sc. RD, University of Alberta

This research hopes to adapt the "Taste and Smell Dysfunction in Cancer Patients Questionnaire" as a practice tool for Registered Dietitians. This study will lead to the creation of a Hemodialysis Taste and Smell Alteration (TSA) Questionnaire which could be used by dietitians as a practice-based tool to assess the presence and severity of TSAs in the Hemodialysis population as well as help prioritize patients for dietetic counselling based on the severity of their TSAs.

Evaluation of dietary intervention and pregnancy outcomes among food insecure women attending the Montreal Diet Dispensary Program. *Veronique Menard RD, MSc., McGill University*

The Higgins' method of dietary counselling and provision of food and supplements play key roles in the prevention of pregnancy complications. This research aims to conduct an outcome evaluation of the Higgins' intervention in a population of low-income, predominantly visible minority and newly immigrated women to Canada.

Advancing Healthy Development in Early Years Centers on PEI: Evaluation of Healthy Eating Guidelines. *Misty Rossiter Ph.D., RD, University of PEI*

This research will examine the impact of the support structure on the implementation of the Healthy Eating Guidelines for Early Years Centers on PEI. This novel opportunity has the ability to inform best practices around implementation and adherence to nutrition policies for preschool children in the province.

Efficacy of Nutrition Risk Screening with NutriSTEP® in Pre-schoolers. *Janis Randall Simpson Ph.D., RD, FDC, University of Guelph*

The specific objective is to assess the efficacy of nutrition risk screening with the preschool version of NutriSTEP® (using the program's online tool). A further objective is to gather information on the uptake and usefulness of the nutrition education and resources provided as part of the screening process. The results of this efficacy study have the potential to provide evidence for the utility of nutrition risk screening and will set the stage for a future effectiveness trial.

Association of biochemical vitamin D status and severity of influenza in children. *Dat Tran, MD, MSc., The Hospital for Sick Children, Toronto*

This research is being done to increase understanding of who gets severe influenza by looking at whether the persons' level of vitamin correlates with disease severity. The findings from this study may help doctors and public health agencies to better use resources in preventing severe illness in the most vulnerable children.

Online Education for Celiac Disease and the Gluten-Free Diet Teaching. *Laura Vresk M.Sc., RD, The Hospital for Sick Children, Toronto*

Celiac Disease (CD) is the most common genetically based food intolerance and treatment involves lifelong adherence to a strict Gluten-Free Diet (GFD). This research aims to determine if an online learning module can be used to educate pediatric patients and their families on the GFD as treatment for CD.

Nutrition care best practices for residents with dementia in long-term care homes: perspectives of care aides. *Susan Whiting, Ph.D and Allison Cammer, M.Sc., RD, University of Saskatchewan*

The purpose of this research project is to develop an in-depth understanding of nutrition care for residents with dementia in long-term care homes (LTC) from the perspective of care aides. Findings from this research will enable RDs to effectively intervene by designing system-wide nutrition care policies and practices that enhance quality, resident-centered nutrition care.

Further information on the above and other CFDR-funded research can be found at www.cfdr.ca.

CFDR grantee Dr. Tanis Fenton.



Research Spotlight: Household Food Insecurity

One of the great strengths of CFDR's research program is the breadth of topics it addresses in service of dietitians and their practice. In 2015 we funded a \$20,000, two-year study designed to tackle an issue of growing importance: food insecurity.

Referring to a lack of access to a sufficient variety or quantity of food due to insufficient income, food insecurity is an issue in 8.3% of Canadian households according to Statistics Canada (2012). And according to the research team, the need for further study in this area has been urgent for a long time.

"We were discussing earlier work in this area at a food insecurity conference in 2012 that hosted academics, physicians and government leaders," said Sheila Tyminski, Director, Nutrition Services at Alberta Health Services and co-author of

the study. "We learned that despite our previous five years of attention to this issue, household food insecurity remains a new frontier topic in the health system."

The realization led Dr. Tyminski and her colleagues from Alberta Health Services and the Universities of Alberta and Calgary—Drs. Anna Farmer, Carlota Basualdo, Suzanne Galeslot and Tanis Fenton—to their CFDR-funded study: Dietitians' Perceptions & Practices of Food Insecurity in Health setting (DPPFI). Its objective: to evaluate the validity and reliability of the new online DPPFI surveys and to administer them to assess dietitians' knowledge, perceptions, barriers and practices.

"The original DPPFI survey was based on an environmental scan; our team conducted focus groups with dietitians to discuss knowledge and practice in food insecurity," said Dr. Farmer. "The themes that arose helped inform the survey we were creating for Albertan dietitians. The Dietitians of Canada heard about our work and expressed interest in launching a national version to their membership."



Study lead Dr. Anna Farmer, PhD, MPH, RD

The two surveys will be conducted between March and July 2016 and are expected to generate input from more than 800 respondents. They will assess dietitians' self-perceived knowledge and levels of confidence in assessing food insecurity. The results will help to inform curriculum and continuing education at practice level and create resources to support dietitians.

CFDR is proud to support this initiative that will have a wide-reaching impact. "We're very thankful for the grant," said Dr. Farmer. "We've been working on a shoestring, with in-kind support from Alberta Health Services. CFDR's support will propel our efforts."

The Morgan Medal

Honouring the Next Wave of Dietetic Researchers

Research is an iterative process, conducted year over year and continued generation over generation. CFDR is proud to recognize the individual personal achievement of dietetic interns and practicum students at the start of their research careers via the Morgan Medal awards.

The awards were created in honor and in memory of Susan Morgan, a former CFDR manager and dietitian who was an ardent supporter of the dietetic profession and of mentoring novice researchers. Regional awards are available, and of these recipients one is selected to receive the National Morgan Medal.

The National Morgan Medal recipient

receives registration and all travel expenses to attend the national Dietitians of Canada conference. In 2015 the conference was held in Quebec City, QC.

WINNER OF THE NATIONAL MORGAN MEDAL 2015

Cindy Fajardo Gaviria
Central and Southern Ontario



Cindy Fajardo Gaviria is currently enrolled in the MSc in Foods and Nutrition, Internship stream program at Brescia University College, Western University. Her Master's research project was focused on nutrition research in the area of liver disease and transplantation.

The primary objective of Cindy's research project was to investigate the possible relationship between illness severity and energy expenditure in patients

with chronic cirrhosis awaiting liver transplantation. Cindy looks forward to continuing her involvement in research and education as she begins her career in nutrition and dietetics.

REGIONAL MORGAN MEDAL WINNERS

British Columbia
Christine Adair

Saskatchewan, Manitoba and Northwestern Ontario
Maria Reesor

Eastern Ontario and Quebec
Valerie Dussault

Atlantic
Katherine Ford

Congratulations to all of our 2015 winners!

For more information on the Morgan Medal program visit www.cfdr.ca/Research/MorganResearch.aspx.

Going Gourmet in Support of Research

The Canadian Foundation for Dietetic Research held its fourth annual Go Gourmet event on April 30, 2015 to support our annual research grant program.

Two hundred guests convened at the Toronto Reference Library's Appel Salon for an evening of cocktails and a menu of dishes, complete with wine pairings, designed by some of Canada's leading celebrity and award-winning chefs.

Starting with appetizers including smoked mozzarella fritters and kimchee quesadillas, the menu featured ricotta and lemon eggplant involtini, seared chicken thighs with rhubarb sauce and coffee-rubbed tenderloin with baby kale and brussels sprout salad. For dessert: whisky-kissed pecan pie with boozy brown sugar whipped cream.

The evening included a lively

discussion between MC Mairlyn Smith, a home economist and Second City alumna, and our chefs: Cottage Life TV host Jo Lusted; Chateleine Food Editor Claire Tansey, blogger and cookbook author Charmian Christie; and sous chef for George Weston Ltd Andrea Buckett. Our celebrities spoke about the inspirations for their dishes and offered tips for "homechefs" wanting to re-create them.

CFDR would like to thank our generous Go Gourmet sponsors: Campbell Soup Company Ltd., Dairy Farmers of Canada, Imagination Plus Inc., kbs+ Montreal, Canadian Sugar Institute and Bonduelle. Also many thanks to the dozens of companies and individuals who donated items for our silent auction!

We would also like to recognize our stellar volunteer committee who made the evening possible: Shannon Crocker, Georgette Harris, Johanne Trudeau, Barb Ledermann, Sandra Bourdeau and Cathy Payne.



(TOP) Board Chair Laurie Curry addresses the Go Gourmet attendees

Also thanks for our volunteers who supported CFDR at the event.

Of course, special thanks go out to Mairlyn Smith, Jo Lusted, Claire Tansey, Charmian Christie and Andrea Buckett for their inventive recipes and participation in the event.

Finally, thank you to all of the companies and individuals who bought tables and tickets for the event—please visit www.cfdr.ca/Events/Go-Gourmet.aspx for event updates. We hope to see you all in 2016!

Running for Research in Quebec

On June 5, Quebec City's Plains of Abraham were alive with the sounds of dietitians and their supporters braving the rain in support of the Canadian Foundation for Dietetic Research.

Scores of runners and walkers joined us for the 11th annual CFDR Fun Run/Walk at the 2015 Dietitians of Canada conference. Through the support of our sponsors, our 150 registered participants and their donors, we raised over \$15,000 net proceeds

for dietetic research—no small accomplishment given the weather!

CFDR would like to thank and recognize the generous contributions of our Gold Sponsor, the Dairy Farmers of Canada, as well as our Silver Sponsors the Egg Farmers of Canada and PepsiCo. We would also like to thank our Bronze Sponsors: Hydralite, Kellogg Canada and Pfizer Consumer Healthcare.

Events such as these are impossible to execute without the tireless efforts of our volunteers. CFDR would like to recognize the 2015 Fun Run Committee: Shannon Crocker, Georgette Harris, Annie Motard-

Bélanger and Vicky Drapeau.

Please visit www.cfdr.ca/Events/Fun-Run-Walk.aspx for event updates, and we hope to see you all at the next Fun Run/Walk at the DC Conference in Winnipeg next June!

Celebrating at the finish line



SUMMARIZED BALANCE SHEET

As at Aug 31, 2015

ASSETS	2015	2014
Cash	98,269	123,201
Investments (at fair value)	2,433,241	2,589,488
Sundry Receivables	65,543	39,651
Prepaid Expenses	-	1,061
Capital Assets	6,005	22,982
	2,603,058	2,776,383
LIABILITIES		
Accounts payable and accrued liabilities	137,930	125,305
BALANCE OF FUNDS		
Restricted	1,820,496	1,795,496
Unrestricted	644,632	855,582
	2,465,128	2,651,078
	2,603,058	2,776,383

SUMMARIZED STATEMENT OF REVENUES, EXPENSES AND FUND BALANCES

Year Ended Aug 31, 2015

REVENUES	2015	2014
Donations - Corporate	211,912	185,250
Donations - Individual	16,875	19,394
Revenue from Fundraising Events	67,941	86,357
Investment Income	139,054	173,253
Unrealized gain on investments	-	74,015
	435,782	538,269
EXPENSES	2015	2014
Research Programs	208,163	214,226
Research Communications	65,759	98,382
Governance	72,472	65,345
Fundraising	57,852	54,077
Expenses on Fundraising Events	44,935	36,210
Administration	82,016	67,172
Unrealized losses on investments	90,535	-
	621,732	535,412
(Deficiency) Excess of revenues over expenses for the year	-185,950	2,857
Balance of funds - at beginning of year	2,651,078	2,648,221
Balance of funds - at end of year	2,465,128	2,651,078

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

CFDR Legacy Leaders 2014/15

CFDR is grateful to our 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 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

Unilever Canada Inc.

PATRON

\$5,000 ANNUALLY

Abbott Nutrition Canada

Canola Council of Canada

Egg Farmers of Canada

General Mills Canada Corp.

Kellogg Canada Inc.

Mead Johnson Nutrition

PepsiCo Canada



**Canadian Foundation for
Dietetic Research**

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Recherche en Diététique**

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Charitable Registration No.
89270 2150 RR0001

Tracking Nutrition Trends: Coming in 2016

In 2015 CFDR conducted the ninth iteration of Tracking Nutrition Trends (TNT), Canada's longest-standing nutrition tracking study. The biennial survey of over 1,500 Canadians investigated self-reported knowledge, attitudes and behaviours of the adult population with respect to food and nutrition.

Watch for a public rollout of survey results in March 2016 for Nutrition Month!

2014-15 Board of Directors

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Volunteer Committees

CFDR relies on the dedicated volunteer committees 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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