



Canadian Foundation for  
Dietetic Research

# 25 Years of Research Innovation

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**2016**  
ANNUAL REPORT



[www.cfdr.ca](http://www.cfdr.ca)



## Message from the Chair

### Celebrating 25 Years of Research Excellence

In 1991, the Dietitians of Canada founded the Canadian Foundation for Dietetic Research. Their goal: to create a charitable foundation dedicated to growing a body of food and nutrition research to support dietitians in their practice and enhance the lives and health of Canadians.

Twenty-five years later, we have a lot to celebrate. We have rallied a group of dedicated corporations that support our annual research programs, engaged the dietetic community through our annual appeals and events such as Go Gourmet and the CFDR Fun Run/Walk, and worked closely with a growing community of researchers who constantly strive to generate exciting new knowledge.

## 2000

### MONITORING THE OUTCOMES OF EAT SMART! ONTARIO'S HEALTHY RESTAURANT PROGRAM: MAKING A GOOD PROGRAM BETTER FOR ONTARIO CONSUMERS

*Lesley Macaskill, MHSc, RD*

We're proud of the \$1.9 million in funds we've invested in more than 130 research studies, as well as special projects we have funded looking at sodium reduction, vitamin and mineral use and functional foods, among others. In 2016, we funded six intriguing new grants, launched an exciting new project with the support of the Dietitians of Canada (see page 4) and actively promoted the findings of the 2015 Tracking Nutrition Trends national survey. This unique biennial poll takes the pulse of Canadians from coast to coast specific to their dietary habits and views on food and nutrition.

The future looks equally bright. As we continue our Annual Grant Program in 2017, we are also embarking on a number of new priority research projects designed to enhance dietetic practice. We're also embarking on the latest iteration of Tracking Nutrition Trends, the 10th wave of the study since 1989.

I would like to thank everyone who supported CFDR in my term as Chair over the past two years: our tireless board of directors, our scientific and research abstract review committees, our special event committees and the CFDR staff.

Finally, thanks to our corporate supporters for their ongoing financial commitments and for providing their

leaders the time to serve on our board and volunteer committees. Together we are equipping the dietetic leaders of tomorrow with the research support they need today.

*Laurie Curry,*  
**Chair, Board of Directors**

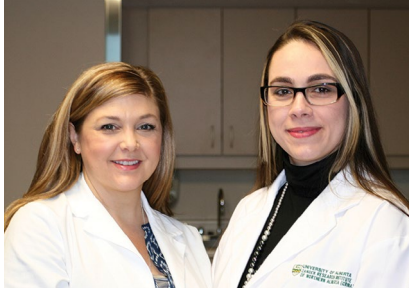
To learn about CFDR's Mission, Vision and Values, visit [cfdr.ca](http://cfdr.ca).



### LOOKING BACK ON 25 YEARS OF RESEARCH

CFDR funds studies that show significant applicability to dietetic practice, and that also hold the promise of generating meaningful results. In celebration of 25 years of research, we asked some of our past grantees about their work and its influence.

Preventing chronic disease was the impetus for the Eat Smart program in Ontario in the late 1990s. The Eat Smart program helped move restaurant operators forward on three fronts: promoting healthier menu choices, adapting smoke-free environments and sharing food inspection reports with the public. Funding for this study helped us consult with the restaurant industry, whose representatives told us plainly that they would make changes to their menu if their customers demanded them. This valuable feedback changed the way we encouraged restaurants to increase health promotion. From that point on, our focus was on encouraging consumers to ask for healthy choices and restaurant operators were happy to respond.



2016 grantees Carlene Johnson Stoklossa & Carla Prado

## The CFDR 2016 Research Awards

As we celebrate our 25th year, CFDR is proud to announce the funding of six new projects with a total value of \$117,000.

### **Users, uses and impacts of social media in nutrition: a scoping review**

*Sophie Desroches, RD, PhD, Université Laval*

This study is the first scoping review focusing specifically on the current users, uses, and impacts of social media in dietetic practice. The results will help RDs, dietetic professional associations, health consumers and patients make informed decisions about the use of social media to improve health through diet.

### **Enhancing glycemic index knowledge and application among adults with Type-2 Diabetes Mellitus.**

*Steven Johnson, PhD, Athabasca University*

This study will help determine if, and how, the current approach to disseminating the Canadian Diabetes Association's dietary recommendations pertaining to glycemic index concept

education could be improved for better uptake using effective and efficient patient-centered approaches to nutrition self-management.

### **Impact of computer-based cognitive training on outcomes during a weight loss intervention in an obese population.**

*Ryan Stallard, RD, Bariatric Regional Assessment and Treatment Centre, Hotel Dieu Hospital, Kingston, Ontario*

Can evidenced-based response inhibition and working memory training sufficiently improve dietary disinhibition to have a meaningful impact on weight management during a weight loss intervention? This study could provide new insights into therapeutic strategies for this complex disease.

### **Evaluation and clinical application of a novel bedside tool for the assessment of resting energy expenditure in adults with class II/III obesity.**

*Carlene Johnson Stoklossa, BA, BSc, RD and Carla Prado, PhD, FTOS, University of Alberta*

This study seeks to enhance dietetic practice by exploring the accuracy of Fitmate GS, a novel, portable and lower cost bedside tool to measure resting energy expenditure of adults with class II and III obesity in an outpatient setting. This will also help subjects achieve realistic nutrition prescription goals and improve outcomes of intervention.

### **Family Mealtime Observation Study: Understanding associations between parent feeding practices and children's**

### **dietary intake among Canadian families with preschoolers.**

*Kathryn Walton, MSc, RD, PhD Candidate, University of Guelph*

The aims of this study are to address: the limitations of existing research related to parental feeding practices and child diet quality; nutrition risk among preschoolers through direct observation of family meals; and how aspects of the general family environment moderate the associations between parental feeding practices and children's dietary intake and nutrition risk.

### **The effect of diet modification on clinical disease activity, the gut microbiome and immune responses in patients with ulcerative colitis.**

*Natasha Haskey, MSc, RD, Royal University Hospital, Saskatoon & Deanna Gibson, BSc, PhD, University of British Columbia*

The Mediterranean Diet Pattern will be investigated to determine its impact on clinical disease activity, inflammation and the intestinal microbiota in ulcerative colitis (UC) patients. There are few research studies that have looked at the impact of diet on Inflammatory Bowel Disease, including UC, so at the present time it is difficult for RDs and other health professionals to provide nutrition advice based on scientific evidence.

For more information on the above and other CFDR-funded research, visit [cfdr.ca](http://cfdr.ca).

## 2005

### **THE INTERFACE BETWEEN NUTRITION AND GENES: NUTRITIONAL GENOMICS AND DIETETIC PROFESSIONAL PRACTICE**

*Ellen Vogel, PhD, RD, FDC and Milly Ryan-Harshman, PhD, RD*

The purpose of this study was to assess the impact of nutritional genomics on dietetic professional practice. Understanding the science is important; as a major scientific advancement nutritional genomics is having a significant impact on policy, practice, ethics and the education and training of dietitians. The premise was that the way dietitians identify and counsel people with chronic diseases would evolve as advances in nutritional genomics were achieved. Even though a practical timeline for the advent of personalized nutrition cannot yet be confidently established, dietitians are providing counsel regarding specific dietary-related conditions and many are monitoring developments in nutritional genomics. Dissemination activities included 20 conference presentations, one peer-reviewed publication, one book chapter, national newsletter articles and media interviews.



NCPT study Principal Investigator Jessica Lieffers

## Nutrition Care Process Terminology: Setting a Standard Language for Nutrition Care

While nutrition care isn't a one-size-fits-all proposition, patient safety in health care is a universal priority. The Nutrition Care Process (NCP) was created to address this fact. In the last decade, dietetic professionals all over the world have implemented the standardized NCP, a framework for systematic problem solving in nutrition care that describes the dietitian's work related to nutrition assessment, diagnosis, intervention, monitoring and evaluation.

The NCP is complemented by the Nutrition Care Process Terminology (NCPT), more than 1,000 categorized terms used to enhance consistency and clarity in clinical documentation. Several national and international dietetic associations recommend that dietitians implement the NCP and NCPT.

The new NCPT Project is an international study being led by the Department of Food, Nutrition and Dietetics at Uppsala University in Sweden. It involves surveying dietitians around the world to develop and implement a systematic approach to providing high quality, individualized nutrition care. Through CFDR's involvement, Canada joins Australia, Denmark, Ireland, New Zealand, Norway, Greece, Sweden, Switzerland and the USA in contributing to the international effort. The study began in 2016 with a survey of Canadian dietitians.

"The survey development has included expert reviews, cognitive interviews and pilot testing," said Jessica Lieffers, PhD, RD, a post-doctoral fellow at the University of Alberta and the principal investigator of the Canadian study. "It is hopeful that this standardized survey will be useful for monitoring NCP/NCPT attitudes, knowledge, and implementation over time and also help compare findings across different countries.

"The second phase of the study involves disseminating the final survey in early 2017. We hope the information provided by survey respondents will help to enhance use of NCP/NCPT in dietetic practice in the future with the ultimate goal of improving the quality of nutrition care delivered by clinical dietitians."

*CFDR thanks the Dietitians of Canada for their support of the Canadian contribution to this important international study.*



## THE DANONE INSTITUTE OF CANADA: HELPING PUT RESEARCH INTO ACTION

In 2016 CFDR was pleased to announce a new partnership with the Danone Institute of Canada (DIC), a foundation with a mission of promoting the links between food, nutrition and human health. A key focus of DIC's mandate is knowledge translation (KT): the dissemination, exchange and application of nutrition knowledge to improve the health of Canadians, as well as the comparison of KT strategies in the area of nutrition. In short, DIC believes in investing in putting research findings into action.

Half of the funding for three of our 2016 awardees—Dr. Desroches, Dr. Johnson and Mr. Stallard—was provided by DIC due to the researchers' focus on KT as part of their studies.

"We value our partnership with CFDR as the match funding we provide is invested in projects that serve the mandates of both of our organizations," said Dr. Robert Bertolo, President of the DIC Board of Directors and Professor, Department of Biochemistry, Memorial University. "CFDR's Scientific Review Committee selects only the highest quality projects in dietetic research, and those that also meet our criteria for KT receive our support."

CFDR thanks the Danone Institute of Canada for their commitment to dietetic research and for their generous support.

## 2008

### SLEEPING HABITS OF INDIVIDUALS INVOLVED IN A WEIGHT LOSS PROGRAM: PREVALENCE AND ASSOCIATION WITH WEIGHT LOSS SUCCESS

Paula Brauer PhD, RD, FDC

Epidemiological and clinical studies support a relationship between poor sleep quality and overweight/obesity. Our observational study assessed sleep quality, physical activity and diet behaviours among participants in an 11-week group-based program in primary care. Sleep quality, night eating, dietary behaviours and physical activity were assessed at the beginning and end of the program. Among the program completers (n=45), body mass index declined, sleep quality, night eating and dietary behaviour scores significantly improved, physical activity declined and weight loss was modest. Our study concluded that sleep problems are prevalent and work is needed to understand whether interventions to improve sleep can impact the effectiveness of health behaviour change programs.

## The 2016 Morgan Awards

CFDR has a mandate of supporting the next generation of researchers focused on food and nutrition. To that end, we created the Morgan Awards in 2007.

This annual award is presented as recognition of individual personal achievement of a dietetic intern or practicum student for their completed research project. The program consists of two categories: regional awards for each of the six regions of Dietitians of Canada and a national

award—the Morgan Medal—selected from one of the six regional winners.

Our 2016 Morgan Medal winner is Connie Jing Nan Yu, MSc., RD of the Atlantic Canada region. Connie finished her MSc in Applied Human Nutrition program with dietetic internship at Mount Saint Vincent University in May 2016. Her research project, “The Effect of Mixed Meals with Added Pureed Beans and Peas on Satiety and Food Intake in Children,” investigated the effect of pureed navy beans and yellow peas added to meals for children aged nine to 14 years relative to subsequent food intake, subjective appetite and gastrointestinal comfort two hours later.

### Regional Morgan Award Winners

#### BRITISH COLUMBIA:

Heather Woodward

#### ALBERTA AND THE TERRITORIES:

No awardee

#### MANITOBA AND SASKATCHEWAN:

Desirée Perras

#### NORTHWEST AND CENTRAL ONTARIO:

Lauren Kennedy

#### NORTHEAST ONTARIO AND QUEBEC:

Emily How

Congratulations to all of our 2016 awardees!

*CFDR thanks RBC Dominion Securities for their generous support of the 2016 Morgan Awards program.*

## DC Conference Research Showcase

The annual Dietitians of Canada Conference has a mandate of knowledge sharing, making it the ideal venue to showcase innovative dietetic research happening in Canada.

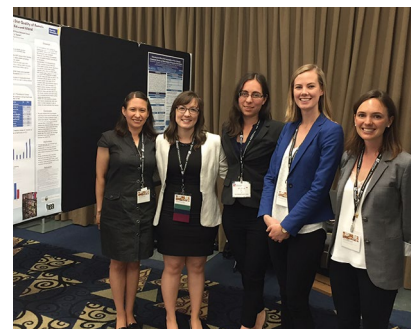
At the 2016 conference in Winnipeg, Manitoba, CFDR hosted 40 research abstract presentations over three days from dietitian and student researchers alike, with topics organized under such themes as Dietetic Practice and Education,

Determinants of Food Choice and Clinical Research & Patient Services.

In addition, CFDR hosted its first poster presentation session during the bustling Exhibitor Showcase and lunch. Seven new researchers from across the country took the opportunity to present poster boards and chat with conference delegates about their work.

Visit [cfdr.ca](http://cfdr.ca) to review all of the presented abstracts.

*Thanks to all of the participating researchers for sharing their findings, as well as to the volunteer committees of researchers who helped select our presenters (see back page).*



(Top) National Morgan Medal winner Connie Jing Nan Yu  
(Bottom) Student researchers at the poster session

## 2008

### PERCEPTIONS OF FOOD INSECURITY AND COPING STRATEGIES OF FIRST NATIONS PEOPLE LIVING IN AN ON- RESERVE REMOTE COMMUNITY

*Dr. Kelly Skinner, PhD MPH*

The key objectives of the project were to measure household food security in a community using the Household Food Security Survey Module (HFSSM) and explore the perceptions of food insecurity and coping strategies used by families and community members. Among other findings, the HFSSM data from 64 households indicated a prevalence of moderate to severe household food insecurity of 70%, roughly seven times higher than that of the general Canadian population and more than double the rate of food insecurity in off-reserve Aboriginal households. Dietitians working with First Nations communities have been able to use this knowledge to inform assessment and program planning activities and to advocate for policies at the local, provincial and federal levels to strengthen community food security, specifically in remote Indigenous communities.

## Fine Dining, Laughter and Research

It was an evening of fine cuisine, humour and fundraising when CFDR held its fifth annual Go Gourmet event on April 27, 2016 to support our annual research grant program.



The Toronto Reference Library's Appel Salon welcomed 170 guests 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. The event raised \$21,000 net proceeds.

CFDR would like to thank our generous event sponsors: Pulse Canada, Dairy Farmers of Canada, Quaker, Pure Leaf tea, Avocados from Mexico, Canadian Sugar Institute, KBS Montreal and Three Farmers Products. Also many thanks to the dozens of companies and individuals who donated items for our silent auction, particularly Francy Pillo-Blocka and her donation of a seven-day stay at her luxury Kelowna BC condo!

Of course, special thanks go out to our culinary experts Ted Reader,

Nettie Cronish, Emily Richards and Dufflet Rosenberg for their custom-designed recipes and participation in the event, as well as to our MC Claire Tansey and special guest Mairlyn Smith for the generous contribution of their time and talents.

We would also like to recognize our stellar volunteer committee who made the evening possible: Stephanie Gladman, Chris Marinangeli, Michelle Latinsky, Georgette Harris and Michelle Naraine. Also thanks to our volunteers who supported CFDR at the event.

*Finally, thank you to all of the companies and individuals who bought tables and tickets for the event. For more information and event photos visit: [www.cfdr.ca/gogourmet](http://www.cfdr.ca/gogourmet). We hope to see you all in 2017!*

## Running for Research in Winnipeg

Dietetic research received a boost on June 9th as 100 participants donned their pink event shirts and joined CFDR for the Fun Run/Walk fundraiser!

As part of the Dietitians of Canada national conference, the Fun Run/Walk invites attendees to take a break from educational and networking sessions to walk, jog or run in support of our research programs. Our 12th annual event was held along the scenic Riel

Esplanade and the banks of the Red River in Winnipeg, Manitoba. Through registrations, donations and sponsorship, the event raised \$22,900 net to support CFDR's research grant program.

CFDR would like to thank all of our participants and donors for their generous support of the event. We would also like to acknowledge and thank our sponsors: Dairy Farmers of Canada, Egg Farmers of Canada, PepsiCo, Almond Board of California, Clif Bar & Company, Hydralyte Canada and Pfizer Consumer Healthcare.

Finally, a thank you to this year's volunteer organizing committee:

Jennifer Bewza, Georgette Harris, Jorie Janzen, Michelle Naraine and Anna Pohorecky.

We hope to see you at next year's event in St. John's, NL!



## 2011

### ADAPTIVE MENTORSHIP: A PROMISING MODEL FOR ENHANCING PRECEPTOR SUPERVISION IN DIETETIC INTERNSHIP

Natasha Haskey, MSc RD

Due to lack of comfort in having honest and open conversations about the learning experience, I experienced significant intern-preceptor conflict as an internship coordinator. This led me to Adaptive Mentorship<sup>®</sup>, a formalized communication model that had been tested in other professional disciplines as a way to support mentoring and create rich learning experiences for interns. Our research showed that the model not only initiated honest conversations between preceptors and students but also facilitated the challenging ones. RDs from across Canada have embraced this tool and have successfully implemented it into their training of future RDs. Since completion of the CFDR funded project, various health professionals have expressed interest in using this model within their own disciplines.

## Summarized Balance Sheet

As at Aug 31, 2016

ASSETS	2016	2015
Cash	176,625	98,269
Investments (at fair value)	2,355,944	2,433,241
Sundry Receivables	29,296	65,543
Prepaid Expenses	0	0
Capital Assets	16,838	6,005
	<b>2,578,703</b>	<b>2,603,058</b>
<b>LIABILITIES</b>		
Accounts payable and accrued liabilities	184,300	137,930
<b>BALANCE OF FUNDS</b>		
Restricted	1,868,434	1,820,496
Unrestricted	525,969	644,632
	<b>2,394,403</b>	<b>2,465,128</b>
	<b>2,578,703</b>	<b>2,603,058</b>

## Summarized Statement of Revenues, Expenses and Fund Balances

Year Ended Aug 31, 2016

REVENUES	2016	2015
Donations - Corporate	143,958	211,912
Donations - Individual	12,413	16,875
Revenue from Fundraising Events	74,889	67,941
Investment Income	134,385	139,054
Unrealized Gain on Investments	30,192	0
	<b>395,837</b>	<b>435,782</b>
<b>EXPENSES</b>	<b>2016</b>	<b>2015</b>
Research Programs	157,777	208,163
Research Communications	62,350	65,759
Governance	66,390	72,472
Fundraising	86,768	57,852
Expenses on Fundraising Events	31,087	44,935
Administration	62,190	82,016
Unrealized Losses on Investments	0	90,535
	<b>466,562</b>	<b>621,732</b>
(Deficiency) Excess of revenues over expenses for the year	-70,725	-185,950
Balance of funds - at beginning of year	2,465,128	2,651,078
<b>Balance of Funds - at End of Year</b>	<b>2,394,403</b>	<b>2,465,128</b>

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

## CFDR Legacy Leaders 2015-16

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](#)

### BENEFACTOR \$15,000 ANNUALLY

[Nestlé Health Science](#)

### SPONSOR \$10,000 ANNUALLY

[Unilever Canada Inc.](#)

### PATRON \$5,000 ANNUALLY

[Campbell Company of Canada](#)

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[Egg Farmers of Canada](#)

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**Canadian Foundation for  
Dietetic Research**

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Recherche en Diététique**

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Charitable Registration No.  
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## 2015-16 Board of Directors

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### **Michelle Naraine**

Executive Assistant

## 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.

### **DC Conference Abstracts Review Committee**

Chair: Christina O. Lengyel

*Members: Mahsa Jessri, Joyce Slater, Miyoung Suh*

### **DC Conference Student Abstracts Review Committee and Morgan Medal Judging Panel**

Chair: Andrea Buchholz

*Members: Bryna Shatenstein, Carlota Basualdo-Hammond, Kerry Grady*

### **Fun Run/Walk Committee**

*Members: Jennifer Bewza, Jorie Janzen, Anna Pohorecky, Georgette Harris, Michelle Naraine*

### **Go Gourmet Planning Team**

*Members: Stephanie Gladman, Chris Marinangeli, Michelle Latinsky, Georgette Harris, Michelle Naraine*

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Chair: Alison McLean

*Members: Sarah Hewko, Lisa Mina*

### **Scientific Review Committee**

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