



Canadian Foundation for
Dietetic Research

Nutrition-Related Behaviours of Baby Boomers

2018 ANNUAL REPORT



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.

An NRF grant to Dr. Christina Lengyel PhD RD (University of Manitoba), Principal Investigator, supported graduate research conducted by Nikki Hawrylyshen MSc RD. This project examined body image perceptions, weight attitudes and eating behaviours of baby boomer women (born between 1946-1965) residing in rural and urban Manitoba.

Through the media, people are bombarded with images and messages that glorify youthfulness. Baby boomer women are vulnerable to these societal messages and experience strong pressure to maintain their youth and thinness. Further, 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. The results from this study (see page 6) can be used to develop age and gender appropriate tools for dietitians and other health care professionals to assess body image concerns of aging women and to promote positive body image education.





Message from the Chair

Science is a matter of opinion?

The dietetic profession operates on an evidence basis, using science to guide our interventions, and a scientific process to assess and evaluate our actions. We hold science in high regard! But society is not necessarily in step with our approach. Most of us have experienced the dismay of seeing members of the public crowd source opinions on social media about when their baby should start solid food or whether they should vaccinate their family. Many of us have criticized the advice of self-proclaimed nutrition experts, who have booming health counselling practices that are quick to embrace and recommend treatments that have not stood up to scientific scrutiny. In September 2017, the Ontario Science Centre released the results of a public survey on these

issues, and the results indicated that fully one third of Canadians consider themselves “science illiterate” and nearly half of Canadians (43%) believe that “science is a matter of opinion”. (<https://www.newswire.ca/news-releases/public-trust-in-science-news-is-dangerously-low-new-ontario-science-centre-study-reveals-645328533.html>) Against this backdrop, and with your support, CFDR continues in its charitable purpose!

A year of change

Given recent changes in the environment and in our organization, the Board took a step back and reviewed that purpose this year. We have reaffirmed our priority, to ensure 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. And we have further articulated a mission statement: to cultivate and fund practice-based dietetic research. To enhance our efficiency, we have streamlined the way we work by revising our governance process to reflect a simpler model and allow for additional hands-on Board activity to accommodate a

volunteer Executive Director. That hands-on engagement included our Board taking a more visible role in the Dietitians of Canada conference in Vancouver – promoting the CFDR Fun Run/Walk, hosting an information booth, moderating research poster presentations, and taking an opportunity to share information about CFDR during the presentation of the 2018 Morgan Award. This year also saw the launch of the next wave of our Tracking Nutrition Trends research, which will help dietitians and others understand the way to be relevant to our client audiences, with information and interventions that help them truly improve their nutritional and health status. Once again, thank you to all of our volunteers, staff at Dietitians of Canada, and to our corporate sponsors and partners for their financial commitments and for time for their leaders to serve on the CFDR Board of Directors. CFDR could not succeed without your valued contributions.

Pierrette Buklis MHSc RD
Chair, Board of Directors

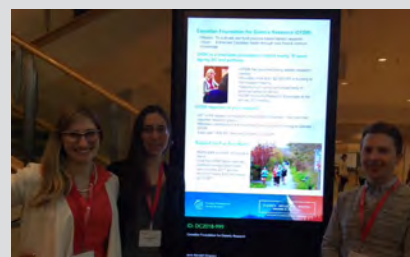


Message from the ED

CFDR has had another busy year that included the awarding of 5 research grants and the completion of 9 grants, including the NRF project on nutrition in baby boomers. In 2018, the abstract submission process for the CFDR Research Showcase at the DC Conference in Vancouver, BC was adapted. New for 2018 was the use of electronic posters; our plan is to continue this format for the 2019 conference in Ottawa, ON. CFDR is actively working with volunteers and the DC Conference Committee to devise strategies to increase attendance at both oral and poster presentations.

Secretariat Services are provided by Dietitians of Canada 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 (see page 11).

Janis Randall Simpson PhD, RD, FDC
Executive Director



CFDR at the 2018 Dietitians of Canada Conference in Vancouver, BC

FUN RUN

We challenged participants of the CFDR Run in Vancouver to exceed the pledges raised at the St. John's Run in 2017. We're pleased to announce that the 'West' won by raising a record breaking \$20,670 in pledges! That's \$2,500 more than St. John's. Sponsors also contributed \$12,500. Despite the rain, runners and walkers enjoyed the beautiful scenery of Stanley Park in the company of friends.

Congratulations to the fastest runners: Timothy Lau for the Men's 10K; Hao-Yi Sim, winner of the Men's 5K; Sandra Kilmartin for the Women's 10K; and, Katie Henderson winner of the Women's 5K. Nathalie Savoie raised \$1,650 in pledges, and prizes were awarded to our other top fundraisers including; Lynda Corby (\$890); Lois Barney (\$740); and, Maria D'Agostino (\$650).

A very special thank you to Gail Hammond, our Lead Volunteer in Vancouver, as well as the many volunteers who helped out on the day of the event, and whose support and commitment played a huge role in our success! We'd also like to recognize the generous contributions of our sponsors; (Gold) Dairy Farmers of Canada, (Silver) PepsiCo, (Bronze) Almond Board of California, BOOST, Canadian Sugar Institute, Summer Fresh Salads, Tim Hortons and Prize Sponsor, PROLINK.

Proceeds from the Run will support the CFDR mandate to fund practice-based dietetic research.

The 2018 Morgan Awards

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



Fun Run along the seawall



Timothy Lau

created in 2007. The Morgan Awards and Medal were created in honour and in memory of Susan Morgan, a former CFDR manager and dietitian, who was an ardent supporter of the dietetic profession, of practice-based research, and of mentoring novice researchers. These annual awards are presented as recognition of individual personal achievement of a dietetic intern or practicum student for his/her 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. All Morgan Award winners received a commemorative item; in addition, the National Morgan Medal recipient received airfare, accommodations and registration to attend the national Dietitians of Canada conference. Lisa Blundell, the winner of the Morgan Medal, also presented her research at the CFDR Research Showcase.

Congratulations to all of the 2018 Morgan Awards recipients

Morgan Medal 2018

The winner of the Morgan Medal for 2018 was Lisa Blundell from the Atlantic Region. Lisa's undergraduate degree was from Acadia University and she completed an MPH at Memorial University. Her internship practicum was in Newfoundland. Lisa was awarded the Medal based on passion for her research on food security in university students at Memorial University of Newfoundland. Lisa is also a passionate advocate for social justice issues and is a long-time volunteer for organizations such as food banks and school lunch programs. Lisa will be pursuing a PhD at Memorial in Community Health. Read more about Lisa's work at: <http://www.cfdr.ca/Research/MorganResearch.aspx>

Regional Morgan Award Winners

British Columbia

No applicants

Alberta and the Territories

No applicants

Manitoba and Saskatchewan

Oribim Kingson

Northwest and Central Ontario

Maja Williams

Northeast Ontario and Quebec

Florence Lavergne

The Morgan Awards and Medal for 2018 were supported by the Canadian Foundation for Dietetic Research and individual donors. For further information, email info@cfdr.ca.



Lisa Blundell

CFDR Research Showcase at DC Conference

The CFDR Research Showcase at the Dietitians of Canada conference in Vancouver, BC included both oral and electronic poster presentations. A new process for abstract submissions was piloted for 2018. Early Bird abstract submissions were accepted only for completed research with options of either oral or poster presentations. All presented abstracts were published in the Fall issue of the Canadian Journal of Dietetic

Practice and Research. Late Breaking abstract submissions were for poster presentations only. All accepted abstracts are posted on the CFDR website. More than 80 abstracts were received for review. Twenty-three Early Bird researchers presented oral presentations at sessions that were not as well-attended as in 2017. New for 2018 were electronic poster presentations; more than 30 Early Bird and Late Breaking

researchers presented electronic poster presentations with 11 confirmed Early Bird researchers presenting an accompanying oral presentation. The DC Conference Committee and CFDR are actively pursuing strategies to increase attendance at the CFDR Research Showcase and to improve the electronic poster experience for the 2019 DC conference in Ottawa, ON.



The CFDR 2018 Research Awards

In 2018, CFDR awarded five research grants totalling \$91,774. The recipients of the 2018 grants were announced at the Awards Ceremony at the Dietitians of Canada Conference in Vancouver, BC in June 2018 (<http://www.cfdr.ca/Downloads/News-Releases/2018/CFDR-2018-Research-Grants.aspx>)

The five 2017-2018 successful CFER grant proposals were:

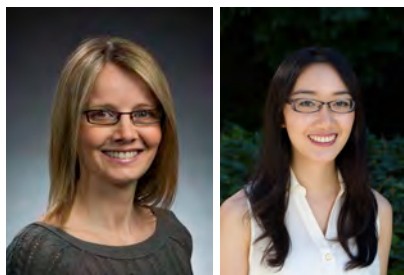
Provision of nutrition care by registered dietitians (RDs) to satellite dialysis patients using an audio-video (AV) communication application.



Angela Hollett BSc RD and Wilma Hopman BAH MA (Kingston Health Sciences Centre)

This randomized controlled trial in six rural satellite dialysis clinics will test nutrition care by: in-person or telephone; by AV app on a tablet during dialysis; or, by AV app on a home electronic device on nutrition education, knowledge and patient satisfaction.

Examining the impact of numeric versus traffic light calorie labelling at the point-of-purchase on young adults' food and beverage purchases and diet quality.



Kirsten Lee BSc PhD (C) and Sharon Kirkpatrick PhD, RD (University of Waterloo)

In a university cafeteria setting, students will be exposed to one of three point-of-purchase approaches (numeric calorie labelling, traffic light calorie labelling, no nutrition information) to examine the impact on noticing, use and perception of labels, food and beverage purchasing and diet quality.

Nutrition care to prevent and manage oral diseases: Understanding the practices and perspectives of dietitians and dental professionals.



Jessica Lieffers PhD RD (University of Saskatchewan)

The objectives of this project are to describe and characterize: nutrition care provided by dietitians and dental professionals; and knowledge, attitudes, and comfort level regarding nutrition care to prevent and manage oral disease. Facilitators and barriers of interprofessional collaboration between dietitians and dental professionals will also be determined.

Experience and health impact of university students accessing a digital nutrition, fitness and mindfulness platform.



Carla Prado PhD RD (University of Alberta)

This project will determine if an integrated digital wellness platform, encompassing three pillars of

preventative self-care (nutrition, fitness and mindfulness) will help provide guidance related to diet and self-awareness resulting in improved dietary choices, quality of life, and reduced stress in first year university students.

Effect of a postpartum lifestyle intervention on the cardiometabolic risk profile of women with a history of gestational diabetes: a pilot study.



Julie Robitaille PhD
RD (Université Laval)

The goal of this pilot study is to test the feasibility of a lifestyle intervention, targeting nutrition, physical activity and breastfeeding, initiated early after birth in women with a history of gestational diabetes who have an increased risk for subsequent type 2 diabetes and cardiovascular disease.

CFDR Research Results

CFDR congratulates investigators for completion of several projects in the 2017-2018 fiscal year.

Highlights of several completed projects are presented. Full abstracts for all completed CFDR-funded projects can be found in CFDR's Research Room at: <http://researchroom.cfdr.ca/about.aspx>

Perceptions of body image and food choices among rural and urban baby boomer women Nikki Hawrylyshen MSc RD and Christina Lengyel PhD RD (University of Manitoba)

The objective of this NRF project was to examine body image perceptions, weight attitudes and eating behaviours of baby boomer women residing in rural and urban Manitoba. 1083 participants completed a survey (completion rate=87%) that consisted

of 46 multiple choice, open-ended and visual analog scale question addressing demographics, self-rated body satisfaction and health, body work practices, appearance pressure and eating habits. The results indicated that 56% of participants were moderately to very dissatisfied with their current body weight and 32% were moderately to very dissatisfied with their overall appearance. Appearance satisfaction was significantly associated with age, but not with location of residence. A greater proportion of urban women (50%) were worried about the impact of aging on overall appearance compared to 41% of rural women. For those who wanted to lose weight (91%) in the previous year, 72% at least sometimes altered their food intake with an average desired weight loss of 30 lb. Further, 52% of participants at least sometimes felt appearance pressure from the media. Healthcare professionals need to better understand body image concerns of aging women and specialized community services are required to address BD and clarify confusing media and food industry messages regarding health and nutrition.

For further information, please contact: Christina Lengyel PhD RD Associate Professor, Director of the Dietetics Program, University of Manitoba
Email: christina.lengyel@umanitoba.ca

Evaluation of dietitians' knowledge, perceptions, barriers and practices regarding food insecurity assessment, counselling and support in health settings



Anna Farmer
PhD RD et al
(University of Alberta)

The purpose of this research was to understand the current knowledge and practices of RDs in the identification/assessment, counselling and support of household food insecurity (HFI) in different practice areas in health settings. An online survey was developed and administered to registered dietitians (RDs) across Canada. Addressing and monitoring food insecurity was highlighted as one of the most important HFI activities that RDs engaged in. The majority of RDs did not feel confident using a validated tool to identify HFI but 63% felt confident in engaging clients to disclose issues related to financial access to food. Addressing HFI was referred to as "opening Pandora's box" because once it is opened, there is an obligation to provide clients with resources; therefore RDs sometimes avoided the discussion. Dietitians would like to have online and web-based educational and professional development opportunities to improve their knowledge and confidence and activities related to HFI.

Prenatal nutrition in team-based care: A qualitative investigation of current practices and opportunities for optimization of care



Laura Forbes
PhD RD et al
(University of Guelph)

Optimal dietary intake during pregnancy decreases risk of complications, excess weight gain and promotes long-term health of mothers and infants. This research described the nature of prenatal nutrition care provided by Ontario Family Health Teams (FHTs) and Community Health Centres (CHCs).

One-hour interdisciplinary focus groups were held with 73 health care providers. The structure of each participating FHT and CHC was unique with the roles of the different health professionals varying greatly from team to team. Key components of prenatal nutrition care included one-on-one conversations with team members, take-home handouts and referrals to community programs. Providers found it challenging to address excess weight gain and to provide optimal care due to different definitions of “high risk pregnancy”. Clear definitions of high risk pregnancy and strategies for addressing excess weight gain in pregnancy would be helpful for health care providers.

Evaluation of nutritional, inflammatory, and fatty acid status in patients with gastric and colorectal cancer receiving chemotherapy



Denise Gabrielson
MSc RD et al
(St. Michael's
Hospital)

Cancer-related malnutrition is a predominant problem for patients with gastric and colorectal cancer (CRC), possibly due to inflammation and altered fatty acid (FA) status. We described changes in nutritional, inflammatory, and FA status in 41 gastric cancer and CRC patients undergoing first-line chemotherapy at 4 time points coinciding with chemotherapy visits. Median concentrations of LA, AA, EPA, DHA, total n-3, total n-6 and total plasma phospholipid FA increased significantly over time. There were significant associations between time and tumour presence for weight, and fat free mass measured

by bioelectrical impedance analysis, and skinfold anthropometry, with nutritional status indicators adversely affected by tumour presence. Changes in nutritional status during chemotherapy were negatively impacted by tumour presence, and were associated with increasing concentrations of cytokines and FA. The results of this study have potential practice implications in the screening and prioritizing of gastric cancer and CRC patients for nutrition therapy during chemotherapy.

Healthy eating and active living for diabetes-glycemic index (HEALD-GI): study rationale, design and evaluation of a pragmatic randomized controlled trial.



Steven Johnson
PhD (Athabasca
University), Kate
Storey PhD RD
(University of
Alberta), Jeffrey
Johnson PhD
(Alliance for
Canadian Health
Outcomes
Research in
Diabetes) et al

Evidence is needed regarding the best approach for increasing uptake of Diabetes Canada’s evidence-based recommendations to include low glycemic index (GI) foods in daily meal planning among people with type 2 diabetes (T2D). This study evaluated the effectiveness of a web-based GI-targeted nutrition education on GI-related knowledge and intakes among adults with T2D in Edmonton in a trial with 67 participants randomized to a control group that received standard printed copies of Canada’s Food Guide and Diabetes Canada’s GI resources OR to an intervention group that received those same materials, plus a customized online platform with six self-directed learning modules and print material. Evidence-based GI concept information included GI

values of foods and low-GI shopping, recipes, and cooking tips by a Registered Dietitian. The GI concept is often difficult to teach and this study aimed to provide evidence regarding the best approach to translating the GI concept to adults with T2D.

Utilizing bedside ultrasound to assess muscle mass in cirrhotic patients assessed for liver transplantation.



Janet Madill,
PhD RD FDC
et al (Brescia
University
College, Western
University)

Muscle atrophy is present in 40% of cirrhotic patients and is associated with increased morbidity and mortality in those awaiting liver transplantation (LT). There is a two-fold increase in mortality, compared to non-sarcopenic patients, independent of liver dysfunction using Model for End-Stage Liver Disease (MELD). The current Sodium (Na)MELD score does not incorporate markers of nutritional status, or muscle loss. Ultrasound is a non-invasive method of evaluating skeletal muscle. This research assessed quadriceps muscle layer thickness (QMLT) using ultrasound across a range of nutritional risk scores in 95 adult patients. In both sexes, QMLT was associated with Hand Grip Strength and Royal Free Hospital Nutrition Prioritizing Tool. There was a negative association between QMLT and NaMELD in males only. However, in females worsening QMLT was not associated with illness severity by NaMELD, indicating assessment of muscle mass differs by gender suggesting individualized nutritional therapies in potential LT are needed.

A comprehensive evaluation of nutritional status in critically ill patients after extubation.



Lesley Moisey RD PhD et al (Universities of Waterloo and Saskatchewan)

This research examined various facets of nutrition recovery in hospitalized, critically ill patients after liberation from mechanical ventilation (LMV). Nutrition intake was measured in 19 hospitalized patients following LMV and it was observed that patients exclusively prescribed oral diets post-LMV consumed inadequate protein and calories (27% and 47% of prescribed, respectively). In contrast, patients who continued to receive enteral nutrition (EN) post-LMV achieved 100% of prescribed protein and calories. The primary barriers to eating experienced by these patients were related to the physiological effects of illness. In a separate chart review of 134 critically ill patients, only 55% of patients surviving admission were prescribed non-therapeutic diets, and 20% were still receiving EN at the time of hospital discharge. These findings advance our insight into nutrition recovery following critical illness from a Canadian perspective. Future research into the development of interventions to enhance nutrition rehabilitation in survivors of critical illness is needed.

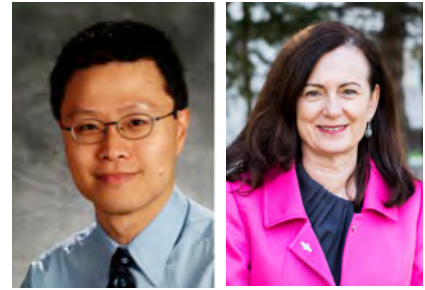
Nutrition knowledge, related determinants of behaviour and NutriSTEP®



Janis Randall Simpson PhD RD et al (University of Guelph)

This study examined the differences in scores between parents of toddlers (18-35 months) and preschoolers (3-5 years) on indicators of nutrition-related determinants of behaviour including parental nutrition knowledge, attitudes, self-efficacy, and intentions. Parents of toddlers had significantly greater nutrition knowledge scores using a valid and reliable 43-item questionnaire compared to parents of preschoolers. Parents of toddlers have greater nutritional knowledge, attitudes, self-efficacy and intention scores compared to parents of preschoolers; higher scores on these nutrition-related determinants of behaviour indicators are associated with lower child nutrition risk scores. This study highlights the importance of providing ongoing nutrition education to parents.

Biochemical status of vitamin D and related biomarkers as predictors of severe influenza infection in children



Dat Tran MSc MD and Deborah O'Connor PhD RD et al (University of Toronto)

Influenza is a well-characterized respiratory tract infection (RTI). Low serum 25-hydroxyvitamin D [25(OH)D] concentrations have been associated with increased risk of RTI, as well as RTI symptom severity in children. Few data exist regarding the impact of 25(OH)D or respiratory antimicrobial peptides (AMP) status on influenza severity. This study examined the relationship between influenza severity, serum concentrations of 25(OH)D and serum concentrations of three AMPs in a population of influenza-positive, otherwise healthy children. Eighty-two children were recruited from four Canadian inpatient pediatric referral centers. Serum 25(OH)D concentrations were inversely associated with influenza severity. Participants with serum 25(OH)D < 50 nmol/L had significantly higher maximum Composite Severity Index® (maxCSI) scores than those with concentrations ≥50 nmol/L. Only serum 25(OH)D concentrations were a significant predictor of influenza severity when incorporated into a multivariable model controlling for patient sex, age, zBMI, maternal education, vaccination status and influenza type.

Summarized Balance Sheet

As of Aug 31, 2018

ASSETS	2018	2017
Cash	91,746	110,685
Investments	2,364,909	2,319,490
Sundry receivables	42,889	67,672
	2,499,544	2,497,847
CAPITAL ASSETS	3,834	9,586
	2,503,378	2,507,433
LIABILITIES		
Current	227,230	176,677
NET ASSETS		
Restricted	1,969,656	1,915,108
Unrestricted	306,492	415,648
	2,276,148	2,330,756
	2,503,378	2,507,433

Summarized Statement of Revenues, Expenses and Fund Balances

Year Ended Aug 31, 2018

REVENUES	2018	2017
Donations - Corporate	46,740	90,825
Donations - Individuals	63,056	8,208
Revenues from Fundraising Events	33,028	32,901
Directed Research	-	43,060
Investment Income	109,037	61,560
Unrealized gain on investments	-	25,174
	251,861	261,728
EXPENSES		
Research Program	56,189	111,980
Open Grant Competition Expenses	19,647	29,014
Administration	33,636	49,504
Governance	40,900	45,544
Fund-raising	26,921	45,181
Research Communications	34,746	36,734
Investment losses	-	3,765
Expenses on Fund-raising events	4,117	2,390
Directed Research	15,331	1,263
Unrealized losses on investments	74,982	-
	306,469	325,375
Deficiency of Revenue over Expenses for the Year	(54,608)	(63,647)
Net Assets - Beginning of Year	2,330,756	2,394,403
Net Assets - End of Year	2,276,148	2,330,756

Note: a complete set of audited financial statements is available from CFDR on request.
<http://www.cfd.ca/Publications/AnnualReports.aspx>

CFDR Legacy Leaders 2017-18

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. 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

[Dietitians of Canada](#)

BENEFACTOR \$15,000 ANNUALLY

[Nestlé Health Science](#)

PATRON \$5,000 ANNUALLY

[Egg Farmers of Canada](#)

[PepsiCo Canada](#)

2017-2018

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University of Toronto
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Janis Randall Simpson PhD RD FDC

Executive Director

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 Lengyel (University of Manitoba)

Committee: Susan Campisi (University of Toronto); Elaine Cawadias (Ottawa); Andrea Glenn (University of Toronto); Mahsa Jessri (University of Ottawa); Jessica Liefers (University of Saskatchewan)

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Chair: Gail Hammond (University of British Columbia)

Committee: Sarah Campbell Bligh (Dalhousie University); Lesley Moisey (University of Saskatchewan); Misty Rossiter (University of Prince Edward Island); and, Shelley Vanderhout (University of Toronto)

Fun Run/Walk Committee

Chair: Gail Hammond and Heather Anderson

Vancouver Committee members as well as the many volunteers who helped out on the day of the event

Scientific Review Committee

Chair: Alison Duncan (University of Guelph)

Members: Marcia Cooper (Health Canada); Russell de Souza (McMaster University); Linda Gillis (George Brown College); Maria Kalergis (Dairy Farmers of Canada); Chris Marinangeli (Pulse Canada); and, Janis Randall Simpson (University of Guelph)



**Canadian Foundation for
Dietetic Research**

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