



Canadian Foundation
for Dietetic Research

Annual Report 2011

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

Message from the President and the Executive Director

Together Advancing Nutrition

Every anniversary provides an opportunity to reflect on the achievements of the previous twelve months. We are exceedingly proud of the successes we have achieved this year across each of the four pillars that make up our Foundation. As you read through this report, you will see some remarkable progress that CFDR has made in introducing new research programs, offering new opportunities for knowledge transfer, and living up to our vision of *enhancing the health of Canadians by contributing new knowledge about food and nutrition*



Isla Horvath
Executive Director

There are also certain milestone years that allow us to consider the progress made over time. Highlights of our 20-year history illustrate the advances the Foundation has made, and the stepping stones that led to what CFDR is now—a leading and respected catalyst for nutrition and dietetic practice research in Canada. In this, our 20th anniversary year, we have much to celebrate.

One thing is abundantly clear: It is the strength of our relationships that has enabled us to achieve so much. None of the progress would be possible without our network of support. We treasure our relationships with dietetic researchers, with corporate partners, and with dietitians across the country. We offer heartfelt thanks to all who supported our fundraising efforts and who volunteered their time and expertise on our Board and our working committees.

CFDR's tagline, *Together Advancing Nutrition*, is as true and as poignant today as it was when it was first adopted in 1991. That's why we're both looking forward to working with all of you in the coming year.

2010-11 Achievements in our Four Pillars

Research
When Dietitians of Canada established CFDR, the ultimate goal was to foster a research culture within the dietetic profession. Research is CFDR's reason for being. This year we made great strides in funding more nutrition research projects, and encouraging dietitians to make research part of their practice.

As part of our Annual Grants competition, we awarded a total \$135,000 for 8 grants. The Scientific Review Committee received such an impressive number of qualifying applications that it recommended funding an additional \$10,000 over budget.

For the first time in its five-year history, the Morgan Medal regional awards were presented in all six of

Dietitians of Canada's regions. National award recipient Jennifer Frohlich (from Alberta and the Territories) presented her research poster at the DC conference.

As a demonstration of our dedication to partnering with other organizations, and to encourage researchers of the future, CFDR entered into a partnership with The Canadian Institutes of Health Research SHOPP program (Small Health Organization Partnership Program) to establish the CIHR Master's Award in nutrition and dietetic practice research. **NEW** Nine researchers applied for a single available award. The first Master's Award went to Jessica Omand at the University of Toronto for her project, *Predictors of vitamin D deficiency among recently immigrated pre-school children: A TARGET Kids! study*.



Cathy Paroschy Harris
President

III Knowledge Transfer

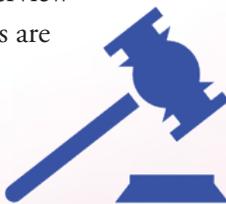
Although funding research is important, of equal importance is sharing the results of that research so that it can be incorporated into practice to enhance the health of Canadians.

This Spring we distributed a research report which highlighted published results of 9 recently completed CFDR research projects. Research topics included food security, dietary therapy for heart disease patients, and more, and reported on how these projects have an impact on dietetic practice and on the health of Canadians. A copy of the report is available at http://www.cfdrr.ca/downloads/CFDR_Research_March_2011.pdf

In November 2010 and May 2011 we held our popular Research Breakfasts. This year's topics were *Functional Foods* and *Food Safety on the Federal Policy Agenda*. Summaries of these CFDR research projects can be found at <http://www.cfdrr.ca/presentations.html>.

Webcasts are proving to be a practical, convenient and popular way to share research knowledge. A large number of dietitians and other interested individuals signed up for two webcasts, which were broadcast live and archived for a year. In December 2010, 140 registered for *Functional Foods*, and in June 2011 nearly 800 registered for *Sodium*.

According to delegates at the DC conference, the 65 posters, 18 oral presentations and 10 poster tours offered on CFDR's research program gave a wonderful overview of Canadian dietetic research projects. Abstracts are available at <http://www.cfdrr.ca/abstracts.html>.



Dietitians demonstrate their support by holding their first fundraising event for CFDR, a silent auction at the DC conference



CFDR is created; a Fundraising Committee is established to solicit corporate support

III Awareness about CFDR

This year, three issues of our newsletter, *Members in Action*, were distributed to our corporate partners, donors and friends. They highlighted all the activities and projects of CFDR. Back issues are available at <http://www.cfdrr.ca/newsletters.html>.

IV Fundraising

The number of CFDR supporters continues to grow. As ever, we received strong support from the corporate community, not only with funds but with invaluable human resources. The list of corporate contributors, most of whom are Legacy Leaders, appears later in this annual report.

There's also growing support from dietitians across Canada who believe in the value of nutrition and dietetic practice research. More than 400 members of DC supported CFDR by making a donation with their DC member renewal or by supporting our Fun Run.

Our research program goes viral: Abstracts from CFDR's Research Day at the DC conference are posted online for the first time



A new hospitality event with CFDR partners encourages dialogue and input into research programs

1991 1992 1993 1994 1995 1996 1997 1998

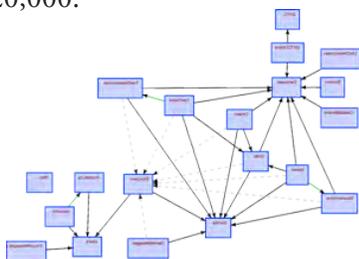
The first two \$10,000 research grants are awarded: *Needs Assessment of Clinical Dietitians' Self-perceived Competence to do Research in BC*, and *Evaluation of Impact of a Nutrition Education Program* in Atlantic Canada

Our first collaborative project, *Speaking of Food and Healthy Eating: a Consumer Perspective*, with Kraft Canada, is published

In celebration of our 20th anniversary (June 2010 - June 2011) DC offered a matching gift program at DC conference. The *20 for 20* campaign allowed conference attendees to drop \$20 and their business card into a ballot box for a chance to win gift baskets donated by corporate partners. DC matched all donations. The *20 for 20 campaign* raised \$1,640.



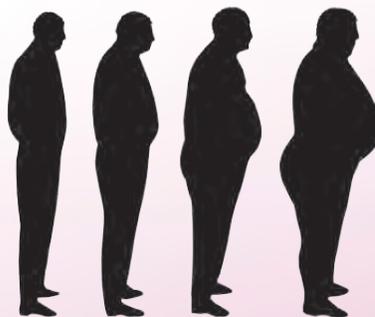
A perennial favourite at the DC conference, our Fun Run, was held in Edmonton: 200 participants raised more than \$20,000.



A dynamic online database of nutrition and dietetic practice research is launched. The Canadian Inventory of Dietetic Research is known as CINDAR



For the first time, a consumer-focused research grant is awarded through the annual grants competition. The topic is *Parents' Understanding of Dietary Fat Recommendations for Young Children*



The first multi-site grant competition, encourages dietetic collaboration—a \$50,000 study on obesity and dietitians' practices



The first annual CFDR Fun Run attracts 170 dietitians and friends, raises \$13,000, and quickly becomes a favoured activity at the DC conference



The Letter of Intent stage is introduced into the CFDR research application process, which addresses the barrier of time constraints for dietitians looking for research funding



The first annual CFDR Corporate Golf Challenge is wildly successful, raising \$50,000

CFDR partners with *Canadian Grocer* magazine to spread awareness with 60,000 promotional inserts





In honour of Susan Morgan, CFDR's manager, the memorial Morgan Awards program is created to recognize dietetic students and interns for their passion for research; Jessica Sweezie is the first student to receive the national Morgan Medal

The first *Research Report*, highlighting CFDR research results, is distributed, underscoring CFDR's commitment to knowledge transfer

Three research awards are granted to novice researchers through the inaugural *New Researcher* grant competition

To help dietetic researchers, two databases are added to the CFDR website:
 – *Researcher Training Resources*
 – *Researcher Funding Resources*

Highlights of CFDR's 20th anniversary year appear in this annual report

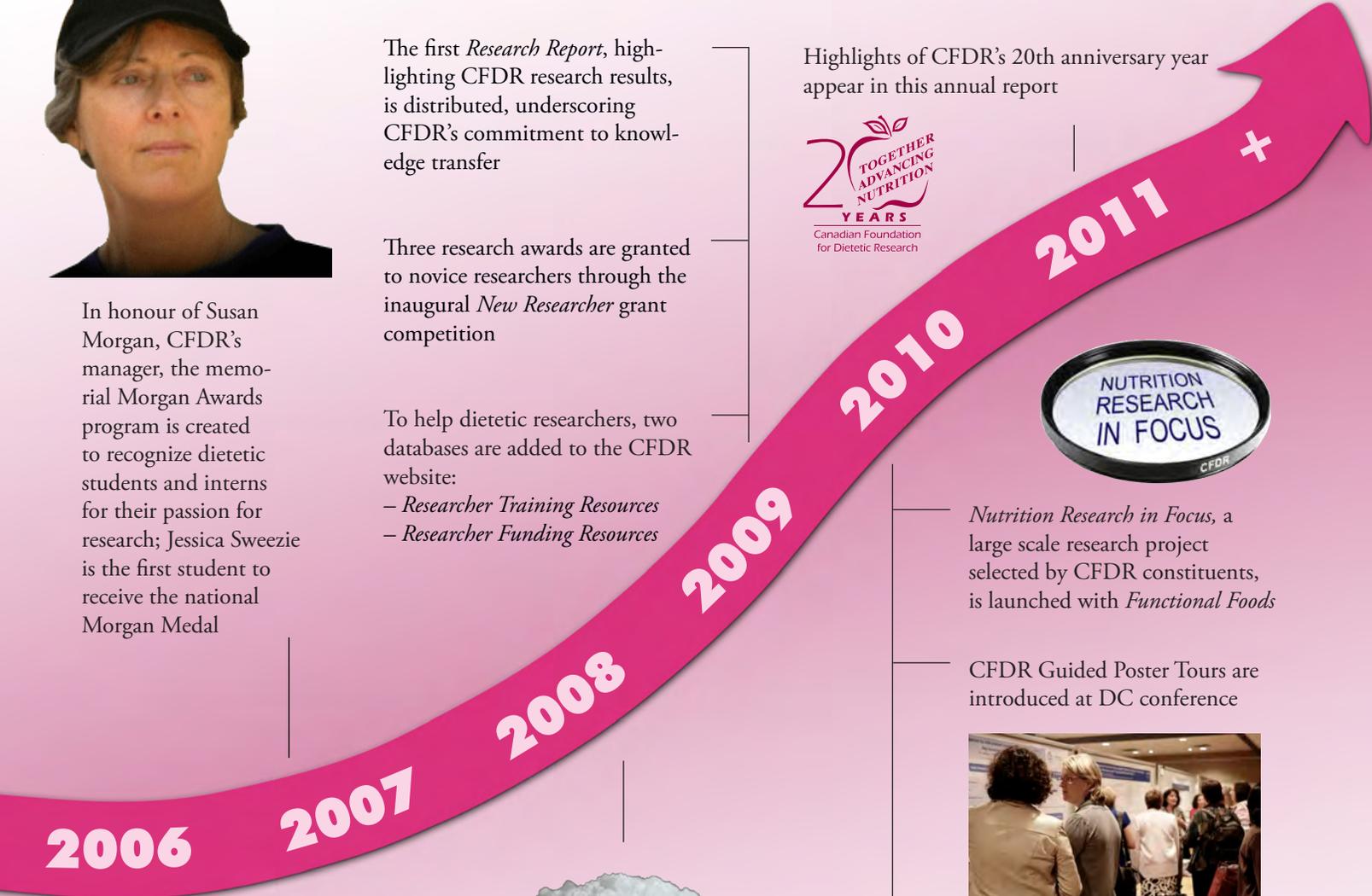


+ **Virtual Dietetic Research Meeting Room**
a revitalized version of CINDAR

+ **CCFN Library on CFDR's website**
(Canadian Council of Food and Nutrition)

+ **Tracking Nutrition Trends**
publication of large scale consumer research

+ **Go Gourmet**
a new Celebrity Chef Night to raise funds



2006

2007

2008

2009

2010

2011



A large-scale research project looking at vitamin and mineral supplementation begins. The grant is a collaboration between CFDR and DC



Project Sodium, a landmark consumer research project of CFDR and the BC Ministry of Healthy Living and Sport, provides insight into Canadians' attitudes and behaviours concerning dietary sodium intake



Nutrition Research in Focus, a large scale research project selected by CFDR constituents, is launched with *Functional Foods*

CFDR Guided Poster Tours are introduced at DC conference



More than 2000 people participate in the first 2 CFDR webcasts (on dietary sodium intake and on functional foods)

New *Legacy Leader* program recognizes our long-term partners



2010-11 Research Grants Awarded

A total of \$135,000 was granted to fund eight new research projects to advance nutrition and dietetic practice research. Details of these projects appear in the news release on the CFDR website at <http://www.cfdr.ca/newsreleases.html>.



Development of population-specific equations to determine the energy requirements of individuals with chronic spinal cord injury – Hugues Plourde, Ph.D., RD, McGill University

Relationships among psychosocial factors, treatment-related side effects, dietary intake and weight gain in women treated with adjuvant chemotherapy for early stage breast cancer – Vivienne A.Vance, MSc., PhD (Cand), University of Waterloo

Challenges in current training practices/priorities in entry level food service management and administrative training within Canadian dietetic training programs: An opportunity for new practice roles – Roula Tzianetas, MSc, RD, Mount Sinai Hospital

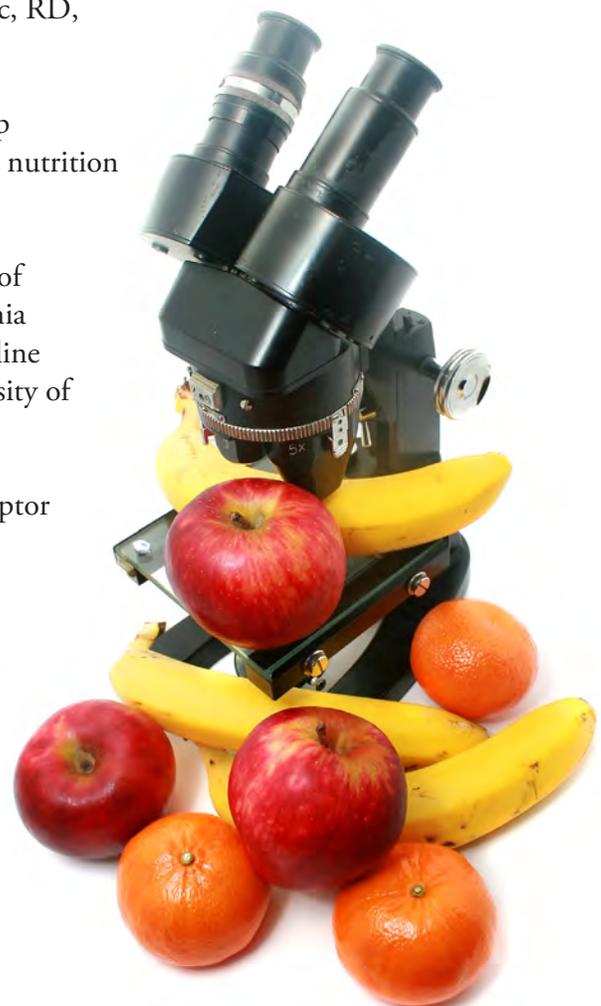
Catalyzing adoption and implementation of the Alberta Nutrition Guidelines for children and youth in recreational facilities – Dana Olstad, MSc, RD, University of Alberta

Psychosocial determinants of the intention of dietetic internship educators, new dietetic graduates and dietetic interns to use the nutrition care process – Sophie Desroches, Ph.D., Dt.P, Laval University

The effect of a low glycemic index diet on postpartum markers of oxidation in breastmilk of women with gestational hyperglycemia – Thomas Wolever, DM, PhD, Shannan Grant, MSc, RD, Pauline Darling, PhD, RD and Deborah O'Connor, PhD, RD, University of Toronto

Adaptive mentorship®: A promising model for enhancing preceptor supervision in dietetic internship – Natasha Haskey, MSc, RD, Saskatoon Health Region

Dietitians' perceived roles in food safety – Judy Sheeshka, PhD, RD, University of Guelph



Together Advancing Nutrition

Corporate Partners & Donors

CFDR is grateful to the many corporate partners and donors who 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

Legacy Leaders are CFDR's cornerstone supporters, with a commitment of five or more consecutive years. CFDR is proud to work with the following Legacy Leaders at all levels of financial support:



Founder (\$125,000+)*

Dairy Farmers of Canada
Dietitians of Canada
Nestlé Healthcare Nutrition

Benefactor (\$75,000)

The Centrum Foundation and Pfizer
Consumer Health Care Inc.

Sponsor (\$50,000)

Campbell Company of Canada
Compass Group Canada
Kraft Canada Inc.
McCain Foods (Canada)
McDonald's Restaurants of Canada
Limited
Unilever Canada Inc.

Patron (\$25,000)

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

*pledges are generally made over 5 years

Annual Corporate Donors

provide support at various funding levels

Patron (\$5,000)

Sodexo Canada

CANADIAN FOUNDATION FOR DIETETIC RESEARCH

SUMMARIZED BALANCE SHEET AS AT AUGUST 31, 2011

	2011	2010
Assets		
Cash	\$1,052,817	\$ 213,691
Investments - at fair value	1,628,489	2,454,447
Sundry receivables	36,621	27,961
Prepaid expenses	8,147	2,229
Due from Dietitians of Canada	-	1,353
	<u>2,726,074</u>	<u>2,699,681</u>
Liabilities		
Accounts payable and accrued liabilities	57,977	57,091
Deferred revenue	47,450	34,141
Due to Dietitians of Canada	4,586	-
	<u>110,013</u>	<u>91,232</u>
Balance of funds	<u>2,616,061</u>	<u>2,608,449</u>

SUMMARIZED STATEMENT OF REVENUES, EXPENSES AND FUND BALANCES YEAR ENDED AUGUST 31, 2011

Revenues		
Donations – corporate	202,761	213,198
Donations – individuals	40,906	52,876
Revenues from fund-raising events	86,111	96,805
Investment income	174,315	166,440
	<u>504,093</u>	<u>529,319</u>
Expenses		
Research programs	188,055	152,295
Research communications	60,398	52,670
Governance	50,986	50,981
Fund-raising	79,095	48,010
Expenses for fund-raising events	21,451	26,928
Administration	57,976	64,513
	<u>457,961</u>	<u>395,397</u>
Excess of revenues over expenses before the undernoted	46,132	133,922
Unrealized gains (losses) on investments	(38,520)	91,913
Excess of revenues over expenses for the year	7,612	225,835
Balance of funds - at beginning of year	2,608,449	2,382,614
Balance of funds - at end of year	<u>\$2,616,061</u>	<u>\$ 2,608,449</u>

Note: The above information has been summarized from the 2011 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.

Thanks to our volunteers who give their time and expertise to ensure the success of CFDR's programs!

2010-11 Board of Directors

President:

Cathy Paroschy Harris, President
Director, Nutrition & Food
Services
Sodexo, Thunder Bay Regional
Health Sciences Centre
Thunder Bay, ON

Lisa Beausoleil
Leader, Health Channel
Development
Nestlé Infant Nutrition
North York, ON

Anne Dumas
Senior Manager, Health
Communications
Abbott Nutrition
Saint-Laurent, QC

Andrea Dunn
Nutrition Strategy Manager
Campbell Company of Canada
Toronto, ON

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Director, Scientific and Regulatory
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Kraft Canada Inc.
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Associate Professor
Department of Health Studies &
Gerontology
University of Waterloo
Waterloo, ON

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Compass Group Canada
Toronto, ON

Jeff O'Neill
Vice President Retail Sales
High Liner Foods Incorporated
Concord, ON

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National Programs
Dairy Farmers of Canada
Montreal, QC

Marsha Sharp
Chief Executive Officer
Dietitians of Canada
Mississauga, ON

Bryan Stewart
Director, Business Development
ARAMARK Healthcare
Toronto, ON

Staff:
Isla Horvath, Executive Director

Together Advancing Nutrition

2010-11 Volunteer Committees

Corporate Fundraising Committee

Chair: Lisa Beausoleil

*Members: Helen Ann Dillon, Jeff
O'Neill, Peter Rick, Phyllis Tanaka*

Corporate Golf Committee

Chair: Mitchell Sinclair

*Members: Lisa Beausoleil, Maria
D'Agostino, Nadean Peskun, Lynn
Roblin*

DC Conference Abstracts Review Committee

Chair: Diana Mager

Members: Heidi Bates, Anna Farmer,

*Tanis Fenton, Laura Forbes, Alice
Lee, Christine Lengyel, Michelle
MacKenzie, Vera Mazurak, Roseann
Nasser, France Rioux, Kate Storey,
Justine Turner, Roula Tzianetas, Lyn
Zuberbuhler*

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Members: Joanne Bridle, Peter Shin

Fun Run/Walk Committee

Chair: Maureen Elhatton

Member: Barbara Gartner

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*Members: Carlota Basualda, Noella
Leydon, Kerry Grady-Vincent,
Catherine Morley, Debra Reid*

Nominations Committee

Chair: Nathalie Savoie

*Members: Cathy Paroschy Harris,
Bryan Stewart*

Scientific Review Committee

Chair: Debbie MacLellan

*Members: Donna Barnes, Andrea
D'Ambrosio, Jane Dummer, Michi
Furuya Chang, Linda Gillis, Maria
Kalergis*



Canadian Foundation for Dietetic Research

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The Canadian Foundation for Dietetic Research subscribes to Imagine
Canada's Ethical Fundraising and Financial Accountability Code.