



**Canadian Foundation for Dietetic Research**

# **Annual Report 2012**

# Message from the President & Executive Director



Isla Horvath  
Executive Director



Cathy Paroschy Harris, RD  
President

*Impact* is one of the words that comes to mind for all charitable foundations: What impact do donations make? What impact does volunteer commitment make? And most importantly, what impact does the Foundation make? As we look back over the past year we are impressed with just how much impact our donors, volunteers, and the Foundation have made.

This year CFDR made a big impact on filling the knowledge gap in several nutrition and dietetic practice areas, with funding of \$160,000 awarded to dietetic researchers. See the summaries of their research projects in this Report and you'll agree that all will answer important nutrition and dietetic practice questions.

Our functional foods project, funded under the Nutrition Research in Focus program, uncovered some interesting results. Dr. Alison Duncan and her research team surveyed older adults for their knowledge and behaviours concerning functional foods. What they learned led to the production of a toolkit to be used by dietitians in helping their clients understand this emerging nutrition area.

Through our Morgan Medal program and our partnered Master's awards with the Canadian Institutes for Health Research we made an impact this past year on the careers of new dietitians—our researchers of the future.

Volunteer commitments, such as those provided by our committees and

planning teams, made a tremendous impact on our ability to carry out our programs. The new Go Gourmet celebrity chef event raised \$20,000 to advance our mandate—thanks to the volunteer efforts of our planning committee, as well as the four chefs and the MC involved.

None of our work would be possible without the donations of the many dietitians, corporations and friends who share our belief in the value of dietetic research and support our programs. Every dollar given is important, and all donations make an impact.

Please see further details of our achievements of the past year throughout the pages of this report. We look forward to making an even bigger impact in the coming year.

# 2011-12 Achievements and Impact

## Research

CFDR's main program is funding nutrition and dietetic research projects and encouraging dietitians to make research part of their practice. We made an impact in several ways:

- \$100,000 was awarded through the Annual Grants program for six research projects led by dietitians, all of which will fill knowledge gaps in nutrition or dietetic practice.
- We awarded our second Master's Award through partnership with CIHR. This award represents our investment in student researchers.
- Our second *Nutrition Research in Focus (NRF)* research grant was awarded. This project will answer questions about nutrition labelling, a topic selected by CFDR constituents for further study.
- Results of the first NRF project, on functional foods, were released.
- We recognized six dietetic students and interns through the Morgan Awards program. National Morgan Medal recipient Keira Magee attended the DC conference and presented a research poster.

## Knowledge transfer

Sharing information about research is a crucial step in getting it accepted into practice. CFDR made an impact in knowledge transfer through some important avenues:

- We hosted 36 oral research presentations and shared 60 posters at the DC conference. New this year: the posters were green (electronic) and animated (authors made a brief presentation.)
- Work began on re-vamping the Canadian Inventory of Nutrition and Dietetic Associated Research

*The work that we did on examining older adults' awareness, perceptions and attitudes about functional foods led to some new understandings in this emerging area. Based on our findings and the gaps in people's knowledge, our research team developed a tool kit that will help dietitians communicate about functional foods with their clients.*

Alison Duncan, PhD, RD  
University of Guelph  
(shown below with Meagan Vella)



(CINDAR), CFDR's on-line database of ongoing research projects. Research Room, a new virtual meeting place for researchers and those interested in nutrition and dietetic practice research, was designed to replace CINDAR; it launched in September 2012 at the International Congress on Dietetics.

- The CCFN Library was added to our website. A collection of

research survey reports, factsheets and watching briefs, produced by the Canadian Council of Food and Nutrition and donated to CFDR, brought more traffic to our website.

- Two Research Breakfast events showcased research projects funded by CFDR. In November 2011 we heard an update on the ongoing CFDR-funded project on functional foods and were introduced to *Tracking*

*Nutrition Trends (TNT)*, a survey previously led by CCFN. CFDR will introduce its first iteration of TNT in the summer of 2013. In May 2012 the Research Breakfast event featured projects on nutrition labelling in anticipation of a CFDR-funded project on this topic beginning in September 2012.

## Awareness

Raising awareness about CFDR programs among our donors, partners, and friends, as well as with the 6000 members of DC, is important to our success. Ongoing and new programs in this area made in impact in the past year:

- CFDR's newsletter, *Keeping in Touch*, was distributed to our email list of 450, and then posted to our website to reach a wider audience. Monthly articles about CFDR programs and activities appeared in DC's newsletter, *Members in Action*, in the standing section on research.
- We entered the world of social media with both a Facebook page and Twitter account dedicated to

*When CCFN closed its doors in August 2011 we were pleased to leave a legacy by donating our assets and intellectual property to CFDR. We appreciate the "CCFN Library" on CFDR's website that I continue to direct people to, who request the Tracking Nutrition Trends (TNT) reports, the fact sheets or watching briefs developed over the years. We are particularly looking forward to seeing CFDR's first production of the next iteration of TNT, our former landmark consumer research with a 20 year history. With TNT, CFDR will be able to answer many unanswered questions on key trends being tracked on the knowledge, attitudes and behaviours of Canadians on food and nutrition.*

Francy Pillo-Blocka, RD, FDC  
Former CEO, Canadian Council of Food and Nutrition



our Go Gourmet fundraising event. "Friends", "Likes" and "Followers" increased throughout the year.

## Fundraising

The very backbone of our Foundation: without donors and partners, our programs would not be possible. Donors and partners made a

tremendous impact on our ability to carry out our programs. We registered strong achievements in a number of areas:

- Our corporate partners continued to be a mainstay of our fundraising program, contributing nearly half of our revenue.
- Members of Dietitians of Canada supported the Foundation through

*I'm pleased and honoured to be a member of CFDR's Partner Engagement Team, working to ensure our supporters feel engaged with the Foundation and its work, and inviting others to join us. In my work with CFDR I've learned a lot about the organization and the impact it has made in research funding. I'm particularly excited about our upcoming Tracking Nutrition Trends survey, and CFDR's opportunity to contribute to our understanding of consumer nutrition beliefs. I am also looking forward to the next Go Gourmet event where we can further profile the Foundation with industry.*

Peter Rick, RD, MBA  
Senior Associate  
Food Systems Consulting





*“Receiving this Master's award was an incredible honor and thanks to CFDR and CIHR, I had the opportunity to complete two exciting research studies which may benefit the health of immigrant children. This award also facilitated my future research goals as I embark on completing a Nutritional Sciences PhD.”*

Jessica Omand, RD, MSc (Cand)  
University of Toronto  
Recipient of 2011 CFDR/CIHR  
partnered Master's Award

individual donations and participation in our fundraising events.

- Three events raised profile and funds: the perennially popular Fun Run/Walk held at the DC conference raised \$16,000; the 10<sup>th</sup> Annual Corporate Golf Challenge raised \$35,000; and a new event, Go Gourmet, celebrated food and well-known chefs, and raised \$20,000.

*“I was honoured to have the opportunity to chair the Abstracts Review Committee for CFDR's Research Program at the 2012 DC conference. This experience gave me the opportunity to not only witness the breadth and depth of dietetic research in Canada, but it also strengthened my own skills in grant reviewing and facilitating a group of very competent reviewers who volunteered their expertise. I'm proud of the contribution the dietetic research community made to the DC conference in sharing their work with fellow colleagues to support and enhance all areas of dietetic practice.”*



Julia M.W. Wong, PhD, RD  
Children's Hospital Boston and St. Michael's Hospital  
Abstracts Review Committee Chair, 2012

## **Our 20<sup>th</sup> Anniversary**

From June 2011 – June 2012 we celebrated our 20<sup>th</sup> anniversary. We commemorated the occasion with the production of a new video highlighting CFDR's activities, a 20-year timeline outlining major milestones in our history, a presentation about the impact of CFDR research funding through the past two decades and the introduction of our new Go Gourmet event. Visit [www.cfdr.ca](http://www.cfdr.ca) for more information.



# Research Awards

## Annual Grants Competition:

The Canadian Foundation for Dietetic Research awarded \$100,000 to six dietetic research teams in the 2012 Annual Grants Competition:

*Phosphorus and potassium content of low sodium meat, poultry and fish products: implications for patients with chronic kidney disease* - Pauline Darling, MSc, PhD, RD, St. Michael's Hospital, Toronto, ON.

*Does the lipid-lowering effect of soy foods differ based on equol status? A meta-analysis of randomized controlled trials* - Julia MW Wong, PhD, RD, St. Michael's Hospital, Toronto, ON.

*Evaluation of supplementation habits and dietary intakes of young athletes* - Jill Parnell, PhD, Mount Royal University, Calgary, AB.

*Food security and the transition from homelessness to housing: a critical ethnography* - Karen Davison, PhD, RD, University of British Columbia.

*How much vitamin D is required to be protective against deficiency during the winter months? An investigation in elderly men living in a long-term care facility* - Isabelle Germain, PhD(c), MSc, DtP, St. Anne's Hospital, Montreal, QC.

*Vitamin D intake and bone health in adults with diabetic nephropathy* - Diana Mager, PhD, RD, University of Alberta, Edmonton, AB.

Details of these research projects are available in the 2012 news release at <http://www.cfdr.ca/Publications/NewsReleases.aspx>.



## Nutrition Research in Focus

### Master's Award

One Master's Award was presented in partnership with the Canadian Institutes of Health Research (CIHR) through the 2012 Small Health Organizations Partnership Program (SHOPP), to Kristine Beaulieu from Western University. Her project, *The effects of run sprint interval training on dietary intake*, will lead to increased understanding of the effects of this exercise regimen on food intake and metabolism.

This research program features one large grant of \$50,000 for a project on a topic selected by CFDR constituents. This year's focus: nutrition labelling. The grant was awarded to Dr. David Hammond, PhD, Erin Hobin, PhD, and their team from the University of Waterloo and Public Health Ontario. Their project, *Nutrition labelling: comprehension and use of Nutrition Facts tables among young people in Canada*, began in 2012.

### Our Vision

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

### Our Mission

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

### Our Values

The Canadian Foundation for Dietetic Research demonstrates the following values:

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

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

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

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

**Excellence:** promotes high standards in research

**Relevance:** 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.

## 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 Health Science

### 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 to CFDR at various funding levels.

**Patron** (\$5,000)  
Sodexo Canada

## CANADIAN FOUNDATION FOR DIETETIC RESEARCH

### SUMMARIZED BALANCE SHEET AS AT AUGUST 31, 2012

	2012	2011
<b>Assets</b>		
Cash	\$ 381,465	\$ 1,052,817
Investments - at fair value	2,324,107	1,628,489
Sundry receivables	35,921	36,621
Prepaid expenses	2,040	8,147
Capital assets	56,128	-
	<b>2,799,661</b>	<b>2,726,074</b>
<b>Liabilities</b>		
Accounts payable and accrued liabilities	66,246	57,977
Deferred revenue	88,212	47,450
Due to Dietitians of Canada	1,206	4,586
	<b>155,664</b>	<b>110,013</b>
Balance of funds	<b>2,643,997</b>	<b>2,616,061</b>

### SUMMARIZED STATEMENT OF REVENUES, EXPENSES AND FUND BALANCES YEAR ENDED AUGUST 31, 2012

<b>Revenues</b>		
Donations – corporate	202,130	202,761
Donations – individuals	18,219	40,906
Revenues from fundraising events	135,195	86,111
Investment income	157,403	174,315
	<b>512,947</b>	<b>504,093</b>
<b>Expenses</b>		
Research programs	213,202	188,055
Research communications	82,308	60,398
Governance	50,360	50,986
Fundraising	52,191	79,095
Expenses for fundraising events	60,565	21,451
Administration	65,334	57,976
	<b>523,960</b>	<b>457,961</b>
Excess (deficiency) of revenues over expenses before the undernoted	(11,013)	46,132
Unrealized gains (losses) on investments	38,949	(38,520)
Excess of revenues over expenses for the year	27,936	7,612
Balance of funds - at beginning of year	2,616,061	2,608,449
Balance of funds - at end of year	<b>\$2,643,997</b>	<b>\$ 2,616,061</b>

Note: The above information has been summarized from the 2012 audited financial statements. The complete set of financial statements, audited by Clarke Henning, LLP, including the auditors' report and notes to the financial statements are available from the Foundation upon request.

## 2011-12 Board of Directors

President:

### **Cathy Paroschy Harris, RD**

Director, Nutrition & Food Services  
Sodexo, Thunder Bay Regional Health  
Sciences Centre  
Thunder Bay, ON

President Elect:

### **Helen Ann Dillon, MSc, RD**

Owner  
The Good Food Mavens  
Ancaster, ON

### **Esther Archibald, RD, CFE**

Director Food & Nutrition Services  
Zone 3 Fredericton, Upper River Valley  
Horizon Health Network  
Fredericton, NB

### **Joanne Bridle, RD**

Regional Vice President, Morrison  
Compass Group Canada  
Toronto, ON

### **Anne Dumas, RD**

Senior Manager  
Health Communications  
Abbott Nutrition Canada  
Saint-Laurent, QC

### **Andrea Dunn, MSc**

Nutrition Strategy Manager  
Campbell Company of Canada  
Toronto, ON

### **Joanne Gallagher, RD, MHSc**

Assistant Director, Nutrition  
Provincial Programs - Ontario  
Dairy Farmers of Canada  
Toronto, ON

### **Rhona Hanning, PhD, RD, FDC**

Associate Professor  
School of Public Health and Health  
Systems and Propel Centre for  
Population Health Impact  
University of Waterloo  
Waterloo, ON

### **Jeff O'Neill**

Vice President Retail Sales  
High Liner Foods Incorporated  
Concord, ON

### **Marsha Sharp, MSc, RD**

Chief Executive Officer  
Dietitians of Canada  
Toronto, ON

### **Bryan Stewart**

Director, Business Development  
ARAMARK Healthcare  
Toronto, ON

### **Staff:**

Isla Horvath, MA  
Executive Director

## Volunteer Committees

Volunteers give their time and expertise to ensure the success of CFDR's programs. Thanks to the 2011-12 volunteers.

### **Corporate Golf Committee (2011)**

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

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

Chair: Julia Wong  
*Members: Beth Armour, Pauline Darling, Alison Duncan, Mahsa Jessri, Christine Mehling, Dawna Royall*

### **Finance and Audit Committee**

Chair: Marsha Sharp  
*Members: Michi Furuya Chang, Nathalie Savoie*

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

Chair: Sarah Baker  
*Members: Brendon Pu Zhang, Olivia Siswanto*

### **Go Gourmet Planning Team**

*Members: Sandra Bourdeau, Shannon Crocker, Maria D'Agostino*

### **Morgan Medal Judging Panel**

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

### **Nominations Committee**

Chair: Bryan Stewart  
*Members: Cathy Paroschy Harris, Helen Ann Dillon*

### **Partner Engagement Team**

*Members: Joanne Bridle, Helen Ann Dillon, Peter Rick*

### **Scientific Review Committee**

Chair: Debbie MacLellan  
*Members: Andrea D'Ambrosio, Michi Furuya Chang, Linda Gillis, Rhona Hanning, Maria Kalergis, Janet Madill*



## 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.