

# Annual Report 2013



*all Canadians...*

- \* ages
- \* gender
- \* peoples

*more and bigger projects like:*

*Tracking Nutrition Trends 2013*

*building/strengthening bridges  
between CFDR + RDs,  
industry, government,  
corporate partners*

*new by-laws  
to guide CFDR  
into the future*



**Canadian Foundation for Dietetic Research**

# M E S S A G E

*from the President  
& Executive Director*

The past year was filled with achievements, culminating in the completion of several programs and the introduction of new research initiatives.

The cornerstone of our activity, of course, remains our research programs. This year we invested more than \$150,000 in nutrition and dietetic practice research. In addition to our annual grants to dietetic researchers



Isla Horvath  
Executive Director

we granted two Master's awards to students in partnership with CIHR; and we conducted our very first version of *Tracking Nutrition Trends*, a well-respected consumer survey of Canadians' understanding and behaviours with regard to nutrition.

In September 2012 we took a big step forward in the area of knowledge transfer when we launched *Research*

*Room*, an on-line meeting place for dietetic researchers and others interested in nutrition research. When CFDR presented Research Room to a world-wide audience at the International Congress on Dietetics in Australia the response was tremendously positive for this much-needed resource. A further contribution to knowledge transfer was the webcast we produced in February on functional foods. CFDR-funded researcher Alison Duncan presented her toolkit for dietitians to an online audience of over 400 webcast registrants. This unique kit has been distributed to many dietitians equipping them with the tools they need to discuss functional foods with their clients.

The CFDR Board of Directors worked on two major projects this year: the development of a new three year strategic plan and a thorough review and re-drafting of CFDR Articles and operating by-law as we prepare to file for continuance under the new Canada Not-for-Profit Corporations Act. We are grateful to the Board members and other volunteers who worked so hard on these two very important projects that will guide us into the future.

As a charitable foundation our success depends on the generosity of our donors and the success of our fundraising

programs. We are most grateful to those corporations and organizations that provide support through their partnership donations and to the many members of Dietitians of Canada who donate to CFDR and who participate in our fundraising events.

Much of our success lies on the shoulders of some very dedicated volunteers, from the leadership of the Foundation with our Board of



Helen Ann Dillon, RD  
President

Directors, through scientific review committees and event planning teams. We couldn't do it without these dedicated individuals who give so freely of their time and expertise. Please take a moment to look at the impressive list of volunteers on the last page.

This annual report provides many more details about CFDR activities of the past year. We trust that you share our pride in the many achievements of this year and our enthusiasm for the future of CFDR.

# A C H I E V E M E N T S 2012-13

## *Research*

CFDR was created in 1991 to fund nutrition and dietetic practice research. Our goals are to fund research projects in order to enhance dietetic practice

and, ultimately, to enhance the health of Canadians, and to create a research culture within the dietetic community. Here is how we accomplished this goal in 2012-13:

- Awarded seven grants through our Annual Grants Competition, totalling \$116,000. Read about the seven projects later in this report. One of these was awarded through the New

- Researcher category—our investment in building a research culture within the dietetic community.
- Conducted CFDR's first version of *Tracking Nutrition Trends*. The Canada-wide consumer survey looking at Canadians' nutrition perceptions and behaviours was conducted in July 2013 with the report of result released in the fall.
  - Awarded two Master's awards to students in nutrition research, in collaboration with the Canadian Institutes of Health Research.
  - Recognized three dietetic students and interns for their passion for research through the Morgan Awards Program. National Morgan Medal recipient Sara Raposo from Winnipeg attended the DC conference and presented her research to a rapt audience.

## Knowledge Sharing

Sharing information about the research CFDR funds and encouraging dietetic researchers to share their research results and experiences helps to create a research culture. CFDR made dramatic strides in our knowledge transfer program in some key areas:

- Launched Research Room, an on-line meeting place for researchers and those interested in dietetic research. Research Room was introduced to the world-wide market at the International Congress of Dietetics in Australia.
- Hosted a webcast showcasing "Functional Foods for Healthy Aging: A Toolkit for Registered Dietitians." The toolkit was created by CFDR-funded researcher Alison Duncan, PhD, RD, University of Guelph, and her research team. 400 dietitians registered for the webcast.
- Showcased six CFDR Research Projects at two showcase events, on topics ranging from nutrition labelling to person-centred mealtime care for residents in long term care facilities, to increasing insulin resistance with dairy and more. The presentations demonstrate the impact of CFDR research projects. Presentations were shared widely through the CFDR website and reports in DC's newsletters.
- Offered 43 oral research presentations at the DC conference.
- Introduced a new Student Symposium at the DC conference, offering students a chance to present their research to a group of their peers and more seasoned investigators.

## Awareness

Raising awareness about CFDR's programs among donors, DC members, partners, researchers and friends is critical to the Foundation's success. This year we:

- Told the CFDR story through *Keeping in Touch*, CFDR's newsletter produced 3 times each year. Highlights of research presentations, awards and Foundation events kept donors, partners, members and friends up to date on the Foundation's activities.
- Enlarged our profile in social media with a growing base of friends, likes and followers on Twitter and Facebook.

## Fundraising

As a charitable organization CFDR could not exist without the generous financial support of corporations, organizations and individuals across Canada who believe in our mandate to advance nutrition research. Fundraising success was achieved in all areas, as we:

- Maintained our strong base of corporate partners and welcomed two new corporate funders this year.
- Inspired support from individual dietitians, members of DC who demonstrated their belief in the value of practice-based research by donating to CFDR.
- Held three fundraising events that drew support from industry, dietitians and the general public:
  - » The 11th Annual Corporate Golf Challenge, held in September 2012, brought together teams of corporations vying for the CFDR Tournament Cup.
  - » The popular Fun Run/Walk held at the DC Annual conference attracted walkers and runners to



*"I was impressed with the quality and variety of research that students shared at CFDR's Student Symposium at the DC conference. I'm really pleased to see CFDR offering students this chance to present their research to an audience of peers and professionals. It was a great learning experience for the students."*

– Karol Traviss, MSc, RD, FDC

the 5 km and 10 km routes along the beautiful waterfront in Victoria, BC.

» The second annual Go Gourmet celebrity chef event drew foodies from throughout the Toronto area. MC Mairlyn Smith kept diners entertained, while guests enjoyed delicious dishes by celebrity chefs Anna Olson, Michael Olson, Stefano Faita and Brad Horen.



(above) Chefs Anna and Michael Olson with MC Mairlyn Smith (at left). DC Board members (below) prepare for the first course at Go Gourmet.  
Photo credits: Liz Yeung



## Research Showcase Events: Sharing Research Knowledge

Twice annually CFDR hosts a Research Showcase event featuring introductions, updates and final reports on CFDR-funded research projects. CFDR partners, members and donors attend the presentations to learn first-hand about the important research funded with their generous donations. Presentations are later posted to the CFDR website, representing our goal of sharing research knowledge with the larger community.

The 2012-13 presentations were:

- *Functional Foods for Healthy Aging*, Alison Duncan, RD, PhD, University of Guelph (Funded through Nutrition Research in Focus program)
- *Predictors of vitamin D deficiency among recently immigrated pre-school children: A TARGet Kids! study*. Jessica Omand, University of Toronto (Master's Award through Small Health Organizations Partnership Program, with CIHR)
- *Nutrition labelling: comprehension and use of Nutrition Facts tables among young people in Canada*, Erin Hobin, PhD, University of Waterloo and Public Health Ontario (Funded through Nutrition Research in Focus program)
- *Introduction to Tracking Nutrition Trends 2013*, Laura Pasut, MSc, MBA, RD, Nutridata Consulting Service
- *Decreasing insulin resistance with dairy*, Kim Wagner Jones, MSc, RD, University of Calgary (Funded through Annual Grants Program)
- *Providing person-centred meal time care for long term care residents with dementia*, Holly Reimer, PhD, RD, University of Guelph (Funded through Annual Grants Program)

All presentations are posted at <http://www.cfd.r.ca/sharing/presentations.aspx>.

# RESEARCH

## Awards

In 2013 CFDR awarded \$116,000 to seven dietetic research teams through the Annual Grants competition. These research projects search for answers to the following questions:

***What are the experiences of people using diet and/or physical activity mobile device apps for weight management?*** Principal Investigator: Jessica Lieffers, MSc, RD, School of Public Health and Health Systems, University of Waterloo

***Are we over or underfeeding residents in Long Term Care?*** Principal Investigator: Colleen Gobert, PhD, RD, Brescia University College

***Can a food frequency questionnaire measure nutrient intake of Canadian***

***South Asian infants?*** Principal Investigator: Russell de Souza, ScD, RD, Chanchlani Research Center, Hamilton, ON

***What is the effect of nuts on cancer and cardiovascular disease risk factors in Type 2 Diabetes?*** Investigators: Dr. David Jenkins, MD, PhD, DSc, Stephanie Nishi, HBSc, RD, University of Toronto

***What is the impact of preoperative whey protein supplementation on perioperative functional capacity in patients undergoing colorectal resection for cancer?*** Principal Investigator: Chelsia Gillis, PDt, MSc, Montreal General Hospital

***Can we reduce the risk of inpatient malnutrition by adopting safety screening?*** Principal Investigators: Lenora Duhn, RN, MSc, Nursing Research, and Angela Hollett, BSc, RD, Clinical Nutrition, Kingston General Hospital

***Do child and parents' perceptions of the quality of life in families of different ethnicities influence dietary adherence to the gluten free diet and nutritional intake in children with Celiac Disease?*** Principal Investigator: Diana Mager, PhD, RD, Department of Pediatrics, University of Alberta

CFDR supports research related to all areas of dietetic practice in four priority directions: outcomes of intervention, new roles for dietitians, vulnerable groups and their nutritional needs and determinants of food choice. CFDR-funded research projects support dietetic practice and, ultimately, enhance the health of Canadians.

More information on all CFDR research projects is available in the announcements at <http://www.cfdr.ca/Publications/NewsReleases.aspx>.

*“The New Researcher grant from CFDR is an invaluable contribution to my research efforts. Our project will help us to understand the role of nutrition prehabilitation on patient recovery. I’m grateful to CFDR for investing in our research, and in my career as a researcher.*”

- Chelsia Gillis, PDt, MSc,  
Montreal General Hospital



## Investing in Students

In partnership with the Canadian Institutes of Health Research (CIHR) CFDR supported two Master's students in the 2013 Small Health Organizations Partnership Program (SHOPP). Their research will answer the following questions:

***Can we prevent and manage childhood obesity by working with parents in primary care?*** Principal Investigator: Jillian L.S. Avis, Department of Pediatrics, University of Alberta.

***Can we develop new perspectives/ approaches for health care professionals for responding to the social inequalities in the health of the population?*** Principal Investigator: Caroline H. Wang, Department of Community Health.

## Morgan Awards Program

CFDR's Morgan Awards created in memory of Susan Morgan, a former CFDR manager and dietitian, recognize students for their research passion and commitment to the dietetic profession.

2013 Morgan Award recipients were:

- Anna Shier, MSc in Foods and Nutrition - Internship Stream at Brescia University College - *Central and Southern Ontario Region Award*
- Haley Fiander, Acadia University Integrated Dietetic Internship program - *Atlantic Region Award*
- Sara Raposo, Manitoba Dietetic Education Partnership Program. - *Saskatchewan, Manitoba and Northwestern Ontario Region Award.* Sara also received the *National Morgan Medal*. She attended the DC conference, where she presented her research.

## 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.



*Tracking Nutrition Trends* (TNT) is believed to be the longest standing nutrition tracking survey in Canada, and is well-respected due to its objectivity. The intent of the TNT series is to provide policy makers, health professionals, academics and the food industry with insight into Canadians' perspectives on the importance of nutrition and their self-reported knowledge and behaviours.

Previous iterations of TNT were conducted by the National Institute of Nutrition, followed by the Canadian Council of Food and Nutrition. *Tracking Nutrition Trends 2013* was conducted by the Canadian Foundation for Dietetic Research, providing insights into the nutrition perceptions and behaviours of Canadians.

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
- 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**

**Patron**

(\$5,000)

- Sodexo Canada
- Ultima Foods Inc.

**CANADIAN FOUNDATION FOR DIETETIC RESEARCH**

SUMMARIZED BALANCE SHEET  
AS AT AUGUST 31, 2013

	2013	2012
<b>Assets</b>		
Cash	\$ 261,617	\$ 381,465
Investments - at fair value	2,401,649	2,324,107
Sundry receivables	45,155	35,921
Prepaid expenses	1,041	2,040
Capital assets	34,300	56,128
	<b>2,743,762</b>	<b>2,799,661</b>
<b>Liabilities</b>		
Accounts payable and accrued liabilities	95,541	66,246
Deferred revenue	-	88,212
Due to Dietitians of Canada	-	1,206
	<b>95,541</b>	<b>155,664</b>
<b>Balance of funds</b>		
Restricted	1,725,461	1,674,177
Unrestricted	922,760	969,820
	<b>2,648,221</b>	<b>2,643,997</b>

SUMMARIZED STATEMENT OF REVENUES, EXPENSES AND FUND BALANCES  
YEAR ENDED AUGUST 31, 2013

<b>Revenues</b>		
Donations – corporate	367,135	202,130
Donations – individuals	19,208	18,219
Revenues from fundraising events	113,313	135,195
Investment income	148,581	157,403
	<b>648,237</b>	<b>512,947</b>
<b>Expenses</b>		
Research programs	204,239	213,202
Research communications	91,813	82,308
Governance	83,544	50,360
Fundraising	50,832	52,191
Expenses for fundraising events	49,087	60,565
Administration	68,112	65,334
	<b>547,627</b>	<b>523,960</b>
<b>Excess (deficiency) of revenues over expenses</b>		
before the undernoted	100,610	(11,013)
Unrealized gains (losses) on investments	(96,386)	38,949
<b>Excess of revenues over expenses for the year</b>		
	<b>4,224</b>	<b>27,936</b>
Balance of funds - at beginning of year	2,643,997	2,616,061
<b>Balance of funds - at end of year</b>		
	<b>\$2,648,221</b>	<b>\$2,643,997</b>

Note: The above information has been summarized from the 2013 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.

## 2012-13 Board of Directors

President:

**Helen Ann Dillon, MSc, RD**

Vice President

Sales and Marketing

Canadian Prairie Garden Puree Products

Inc.

Ancaster, ON

**Esther Archibald, RD, CFE**

Director Food & Nutrition Services

Zone 3 Fredericton, Upper River Valley

Horizon Health Network

Fredericton, NB

**Joanne Bridle, RD**

District Manager, Healthcare

Sodexo Canada

Toronto, ON

**Laurie Curry, RD, MSc, MBA**

Business Strategy Consultant

LKC Strategist

Kingston, ON

**Shaunda Durance-Tod, MSc, RD**

CanolaInfo Program Manager

Canola Council of Canada

Winnipeg, MB

**Andrea Dunn Davis, MSc**

Nutrition Strategy Manager

Campbell Company of Canada

Toronto, ON

**Joanne Gallagher, MHSc, RD**

Assistant Director, Nutrition

Provincial Programs - Ontario

Dairy Farmers of Canada

Mississauga, ON

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

Professor

School of Public Health and Health

Systems

University of Waterloo

Waterloo, ON

*I am humbled by the hours of volunteer time that so many dietitians, academics and industry leaders contribute to CFDR. Our success depends very much on the work of those who review our research proposals, organize fundraising events, work to engage our partners, and govern the organization. Thanks to all who volunteered for CFDR this past year.*

- Helen Ann Dillon, President CFDR

**Barb Ledermann, RD, MSc**

Senior Nutrition and Health Manager

Unilever Canada

Toronto, ON

**Alison McLean, RD**

Country Business Manager, HealthCare

Nutrition

Nestlé Health Science

North York, ON

**Marsha Sharp, MSc, RD**

Chief Executive Officer

Dietitians of Canada

Toronto, ON

**Finance and Audit Committee**

Chair: Laurie Curry

Members: Michi Furuya-Chang, Nathalie Savoie, Marsha Sharp

**Fun Run/Walk Committee**

Members: Treena Hansen, Billie Jane

Hermosura, Monica Liefhebber, Meghan

Molnar, Robyn Turner

**Go Gourmet Planning Team**

Members: Mary Ann Binnie, Sandra

Bourdeau, Shannon Crocker, Laura

Dolman, Alison Verge

**Morgan Medal Judging Panel**

Chair: Patti Simpson

Members: Carlota Basualda, Kerry Grady-

Vincent, Noella Leydon, Debra Reid

**Nominations Committee**

Chair: Helen Ann Dillon

Members: Shaunda Durance-Tod, Alison McLean

**Partner Engagement Team**

Members: Joanne Bridle, Joanne Gallagher,

Peter Rick

**Scientific Review Committee**

Chair: Anna Farmer

Members: Andrea D'Ambrosio, Michi

Furuya Chang, Linda Gillis, Rhona

Hanning, Maria Kalergis, Janet Madill,

Janis Randall-Simpson

## 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 2012-13 volunteers.

## Corporate Golf Committee

Members: Maria D'Agostino, Paul Kurvitz,

Barb Ledermann, Jeff O'Neill, Lynn Roblin

## DC Conference Abstracts Review

### Committee

Chair: Gail Hammond

Members: Evelyn Cornelissen, Mahsa Jessri,

Colleen McGuire, Dani Renouf, Mohsen T.

Saberi



## Canadian Foundation for Dietetic Research

Fondation Canadienne de la recherche en diététique

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Charitable Registration No. 89270 2150 RR0001

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