

Summer 2013

Research Showcase features three projects

On April 26th, three researchers presented details of their projects funded by CFDR at the semi-annual Research Showcase held in Toronto. Summaries of their projects are included in this issue of *Keeping in Touch*; full presentations are available on the CFDR website at <http://www.cfdr.ca/sharing/presentations.aspx>.

Decreasing insulin resistance with dairy

Kim Wagner Jones, MSc, RD, University of Calgary



Kim and her research team examined overweight and obese adults to determine whether a high-dairy diet can decrease insulin resistance. Previous work by the research team indicated that dairy can prevent weight gain, improve body composition and maintain healthy blood sugar levels. The goal of this research was to

translate those findings into a human trial.

The project was a 12 week study in which participants were randomized to one of 2 weight loss diets:

1. Control: Usual intake (low dairy and calcium intake).

2. Dairy/calcium: Dairy and calcium supplemented (prescribed high dairy and calcium intake).

Diets for both were designed to produce weight loss with a 500 calorie per day deficit. Thirty-eight people completed the study and physical activity was kept consistent for both groups.

Researchers used the following assessments:

- Anthropometrics: height, weight, BMI and DEXA
- Biomarkers: blood sampling, blood pressure
- Blood Plasma Analysis: glucose, lipids, markers of inflammation and satiety hormones
- Dietary intake: food records completed by participants
- Visual Analogue Scales: completed by participants

At the end of the study the average weight loss was 2.2 kg in the Control group and 3.3 kg in the Dairy/Calcium group.

Key findings were that those prescribed a high dairy and calcium intake:

- experienced an improvement in satiety hormones;
- reported feeling “more satisfied”, “more comfortable” and showed a trend toward greater fullness; and
- chose a lower fat diet, but consumed more calories (than the control group) without gaining weight.

Overall, the research findings indicate that by helping with appetite regulation a high-dairy diet may help to contribute to weight loss in overweight and obese adults.

Tracking Nutrition Trends 2013

Laura Pasut, MSc, MBA, RD, Nutridata Consulting Service

Tracking Nutrition Trends (TNT) is a survey which examines the self-reported knowledge, attitudes and behaviours



of adult Canadians with respect to food and nutrition. This trending research has a 20 year history and seven iterations to date, and was previously produced by the Canadian Council of Food and Nutrition (CCFN). When CCFN closed its doors the Council donated its assets, including TNT, to CFDR. Laura Pasut manages the program to produce CFDR's first version of TNT and provided information on the status of the project.

Laura reported that an Experts' Advisory Group was recruited to support the project. Their first task was to contract a research firm to carry out the survey and provide the final results. The group selected Leger Marketing Inc., the largest Canadian-owned market research firm in the country with 25 years of service. Leger Marketing is a market leader in Web-based research with its own proprietary Web panel of over 460,000 Canadians.

The Experts' Advisory Group met to review the questions from the last version of TNT. As a trending survey it is necessary to keep many of the questions consistent with previous versions. However, over time some questions become irrelevant and new ones need to be added to address emerging issues. Laura reported that the questions would be finalized by the Group, with input from Leger Marketing, in June. The online survey was scheduled to be administered in July, with analysis and reports created in August. An early release of the survey results will be provided to TNT sponsors early in the Fall, and presented to CFDR partners at the November CFDR Annual General Meeting.

TNT will be useful to many constituent groups:

- Industry can use the information in marketing programs and product development.
- Health professionals will gain an understanding of Canadian trends.
- Government/policy makers can use the information as a basis for changes or the development of policies.
- Researchers can use the report to further their research knowledge.

CFDR looks forward to seeing the results of *Tracking Nutrition Trends* in the coming months.

Providing person-centred mealtime care for long term care residents with dementia

Holly Reimer, RD, PhD, University of Guelph

Holly's research project was designed to answer the question, "What can help long term care home staff implement person-centred care practices at mealtimes for residents with dementia?"

She reported that residents with dementia represent a high-risk group at meal time due to problems with food intake, such as an inability to tell others when they were hungry, declining appetite and a tendency to become distracted while eating. These problems might be alleviated through implementing a system of person-centred care.

The research team conducted interviews with 52 staff from four long term care homes in Ontario to determine what is needed to help long term care home staff to implement person-centred care practices at mealtimes. Through thematic analysis the team identified the following five strategies:

1. Form a strong team – recruit and train mealtime volunteers, and encourage family members to assist at meal time.
2. Work together to provide care – encourage staff within and across departments to help in the dining room, share information and solve problems together.

3. Know the residents - plan regular opportunities for staff to meet and share what they know about each resident's mealtime needs and preferences.
4. Have a toolbox of strategies - educate care providers on the philosophy of person-centred care, and plan regular opportunities for staff to learn about ways to make mealtime care more person-centred.
5. Create flexibility to optimize care - Create more options regarding where, when, and what residents are served to eat; and help to meet each resident's needs.

Findings of this study can help to develop training resources for staff and to provide information to policy makers to improve implementation of person-centered mealtime care practices.

To see copies of all three of the presentations please visit <http://www.cfdr.ca/sharing/presentations.aspx>.

Go Gourmet Raises \$23,000

The second annual Go Gourmet celebrity chef event, held on April 26th at Steam Whistle Brewing Company in Toronto, raised a net of \$23,000. Go Gourmet drew a crowd of 175 people who enjoyed a reception, dinner, silent auction and dessert station.

MC **Mairlyn Smith** (shown in the photo at right, with chefs Michael Olson and Anna Olson) brought laughter to the evening. Mairlyn is the only professional home economist and food writer in Canada who is also an alumnus of the Second City Comedy Troupe. Chefs **Michael Olson**, **Stefano Faita**, **Brad Horen**, and **Anna Olson** created delicious dishes and spent the evening chatting with guests. Recipes included Endive with Smoked Salmon and Dill, Reising Braised Halibut with Tarragon and Chives with Lemon Risotto, Pork Cheeks Au Jus with Scallops and Yam Puree, Rhubarb Cheesecake Tart with Strawberry Coulis and more. Visit the CFDR website to read more about the chefs and to find the recipe collection from the event: <http://www.cfdr.ca/Events/Go-Gourmet.aspx>.

The success of Go Gourmet is due to the excellent work of a volunteer planning committee; thanks to **Shannon Crocker**, **Sandra Bourdeau**, **Laura Dolman**, **Mary Ann Binnie** and **Alison Verge**.

Plans are underway for the 2014 Go Gourmet. Sponsorship opportunities will be available soon. Also, we are looking for volunteers to serve on our planning committee and for featured chefs. For more information, contact isla.horvath@cfdr.ca.

2013 Go Gourmet sponsors:

Platinum Presenting Sponsor:
Campbell Company of Canada



Gold Plate Sponsor:
Dairy Farmers of Canada



Silver Spoon Sponsors:
Pork Marketing Canada,
Unilever Canada



Crystal Glass Sponsors: Compass Group Canada, Gay Lea Foods Cooperative, Imagination Plus Inc., kbs+, Mushrooms Canada, Sodexo.



Photos courtesy of Liz Yeung



Dietitians and friends lace up for nutrition research



The ninth annual CFDR Fun Run/Walk was held during the DC national conference in beautiful Victoria, BC, on June 14, 2013. With the iconic Empress Hotel in the background at the start/finish line the route along the waterfront was spectacular. The weather was perfect: sunny and warm. 140 people registered for the event.

After a warm up, led by **Cathy Paroschy Harris** (former CFDR President) participants took to the streets on either a 5 km or 10 km run, or a 5 km walk. Prize winners were:

- **Shawna Berenbaum** and **Joanne Smith** – tied for raising the most money (\$300 each)
- **Phyllis Marsch**, second prize, fundraising (\$270)
- **Tristin Brisbois** – first across the finish line in the 5 km run
- **Amanda Hamel** – first across the finish line in the 10 km run

... and one fun award to **Mary Anita McCormick** – the

2013 Fun Run/Walk Sponsors

Gold: Dairy Farmers of Canada
Silver: Egg Farmers of Canada, PepsiCo Canada
Bronze: The Centrum Foundation, Unilever Canada
Running sponsor: The Running Room

final walker across the finish line, who stopped to smell the roses and took time enjoying her 5 km walk.

The Fun Run/Walk is a long-time favourite of conference delegates looking for exercise, fresh air and camaraderie after information-filled conference sessions. The event raised nearly \$14,000 in support of CFDR's programs to fund nutrition and dietetic practice research and to share new

knowledge.

Thanks to the 2013 volunteer committee members on site at the event **Billie Jane Hermosura**, **Monica Liefhebber** and **Robyn Turner**; and to planning volunteers **Treena Hansen** and **Meghan Molnar**.

Research grants and Morgan Awards deadlines

Research grants: CFDR invites applications to its 2014 Annual Grants competition. Grants range in size from \$5,000 - \$20,000.

The application process begins with a Letters of Intent (LOI) stage. LOIs are due on September 16, 2013. After they are peer reviewed, those invited to submit full proposals will be advised in December and proposals will be due in March 2014.

Full details: <http://www.cfdrr.ca/Research/Grants.aspx>

Morgan Award program: The Morgan Awards Program is a series of awards that are a memorial tribute to Susan Morgan, former manager of CFDR. These awards are presented as recognition of achievement of a dietetic intern or practicum student for their research project. Applications are due on January 14, 2014

Details: <http://www.cfdrr.ca/Research/morganresearch.aspx>