



A Newsletter from the CIHR Institute of Nutrition, Metabolism and Diabetes

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INMD *Connections*

Message from Philip Sherman, INMD Scientific Director

An evaluation survey was sent to INMD Newsletter readers earlier in the year asking for feedback on how to improve the monthly newsletter. One suggestion was to include summaries of targeted research initiatives in the INMD mandate area. Therefore, this month we are pleased to provide a profile of one of the INMD-funded **Programmatic Grants in Food & Health**.

Dr. Simone Lemieux from Laval University and her team are studying dietary measures, determinants, and interventions. Dietary measures and dietary biomarkers are topical areas, which have been the subject of heated debate at recent national and international conferences. I look forward to learning about the outcomes of this program of

research as it unfolds, and how this Canadian group of researchers will contribute to evidence in this field of research.

All the best for the back-to-school season,

Philip M. Sherman, MD, FRCPC
Scientific Director, INMD

Programmatic Grants in Food & Health: Adherence to healthy eating recommendations: Identification of measures, determinants, and interventions



Dr. Simone Lemieux,
Principal Investigator

Despite knowledge about links between diet and health, it remains difficult for many Canadians to eat healthily. The objectives of this research program are to: 1) optimize the measurement of reported food intake; 2) identify determinants of healthy eating; and 3) propose interventions that will improve diet quality. Dr. Simone Lemieux from the School of Nutrition and the Institute of Nutrition and Functional Foods at Laval University is leading a team of researchers with expertise in

dietary assessment, biochemistry, metabolism, eating behaviours, psychology, epidemiology, genetics, nutritional interventions, and knowledge transfer to address these study aims. The wide range of expertise is covered by Drs. Simone Lemieux, Charles Couillard, Sophie Desroches, Benoît Lamarche, Véronique Provencher, Julie Robitaille, and Marie-Claude Vohl at the School of Nutrition, Laval Univ.; Dr. Catherine Bégin (School of Psychology, Laval Univ.); Dr. Luc Pelletier (School of Psychology, Univ. Ottawa); and Dr. Mathieu Bélanger (Department of Family and Emergency Medicine, Univ. Sherbrooke). Drs. Luigi Bouchard, Julie Houle, Marie-France Langlois, and Rémi

Rabasa-Lhoret are also collaborators on this research program. To date, the research team has completed most of the planned research



Dr. Simone Lemieux and her research team

activities related to the first objective. The team has developed and pre-tested a web-based 24-hour dietary recall and performed a study to validate it against other well-known dietary intake measures, including relevant biomarkers. The team has just started the recruitment of a sample of 1,000 Quebecers to allow the identification of determinants of healthy eating using an integrated analysis of individual, social, and environmental factors. Research activities related to the third grant objective will start this fall.

RESEARCHER PROFILE

Mary Jung, PhD

University of British Columbia, Okanagan Campus



Mary Jung is an Assistant Professor at the University of British Columbia in the School of Health and Exercise Sciences. She received her Master's of Science at McMaster University, her PhD at the University of Saskatchewan, and completed a post-doctoral fellowship at Western University. Mary's research develops and tests novel

self-regulatory strategies to bolster exercise adherence, particularly for individuals at risk or living with type 2 diabetes. Secondary interests include mobile health and program evaluation, and adherence to healthy diets. Mary recently received a CHIR Foundation Grant as a New Investigator (2015-2020), and is also a Michael Smith Foundation for Health Research Scholar (2014-2019). Mary attended the INMD New Investigator meeting held in Nova Scotia in January 2015.

CIHR Funding Results

INMD congratulates the successful applicants who received funding in the following competitions:

Kidney Research Scientist Core Education and National Training (KRESCENT) Program /CIHR New Investigator Awards

Nominated Principal Investigator	Institution	Title
Sapir-Pichhadze, Ruth	McGill Univ.	Class I and Class II HLA epitope load and antibody-mediated rejection in kidney transplant recipients
Lam, Ngan	Univ. Alberta	Aspirin, proton pump inhibitors and renal transplantation - the APPARENT study
Mac-Way, Fabrice	Centre Hospitalier Universitaire de Québec	Mechanisms of bone disorders in chronic kidney disease: role of the osteocyte

Kidney Research Scientist Core Education and National Training (KRESCENT) Program /CIHR Post-Doctoral Fellowship Awards

Sanchez-Ferras, Oraly	McGill Univ.	Gata3 and the transcriptional control of nephric duct morphogenesis
Campion, Carole Gwenaelle	Centre Hospitalier de l'Université de Montréal	HCaRG/EGFR signaling: a novel mechanism of repair after kidney injury
Batchu, Sri Nagarjun	St. Michael's Hospital (Univ. Toronto)	HDAC6 in cardiorenal disease

IOM Workshop: Obesity in the Early Childhood Years

What can be done to address overweight and obesity among society's youngest? On **October 6, 2015**, the Institute of Medicine (IOM) **Roundtable on Obesity Solutions** will host *Obesity in the Early Childhood Years: Emerging Science & Implementation of Promising Solutions – A Workshop*. Speakers and panelists will explore overweight and obesity in the earliest years of life, identify promising points of intervention, and highlight innovative, cross-sector solutions for prevention and treatment of obesity among young children. **Tune in via webcast!**

CCIBDN Network News

View the September newsletter of the Canadian Children Inflammatory Bowel Disease Network, a joint partnership of CIHR and the CH.I.L.D. Foundation **here!**

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The Institute of Nutrition, Metabolism and Diabetes (INMD) supports research to enhance health in relation to diet, digestion, excretion, and metabolism; and to address causes, prevention, screening, diagnosis, treatment, support systems, and palliation for a wide range of conditions and problems associated with hormone, digestive system, kidney, and liver function.

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