

Fueling Our Profession, Together

Annual Report 2024–2025





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A joint letter from Leslie Beck, Chair of the Board of Directors, Dietitians of Canada (DC) and JP Cody-Cox, DC's CEO



This past year marked a defining moment for Dietitians of Canada and the profession at large. At the heart of everything we do is a shared commitment to supporting, advancing, and celebrating the vital work of dietitians and this past year, we did so on both national and global stages.

In June 2024, DC had the distinct honour of hosting the International Congress of Nutrition and Dietetics (ICND) in Toronto, bringing together more than one thousand nutrition professionals from over 60 countries. It was an extraordinary time to showcase Canadian leadership and innovation, while learning from diverse voices across the world. It also reminded us of the collective strength and shared purpose that connect dietitians everywhere.

At home, DC continued the important work of strengthening its core offerings and building a more responsive and resilient organization. Our focus remained on fuelling the profession by investing in the tools, resources, and advocacy that matter most to our members. From expanding access to PEN® content and professional development to championing national advocacy priorities like student loan forgiveness and equitable access to dietitians, DC stayed focused on your needs and driven by your impact.

Our commitment to member value is at the forefront of all our decisions. Last year, that meant investing in smarter technology to make every interaction with DC easier and more meaningful. A major achievement was the successful migration to iMIS, DC's

new Membership Management System, which launched ahead of the July 1, 2024 renewal period. This upgrade enhanced the member experience by streamlining renewals, introducing single sign-on across DC platforms, and providing a more personalized, connected experience. Alongside Networks, Nutrition Month, webinars, and events, we're creating more space for collaboration, leadership, and a stronger sense of community from within our membership to communicate in more meaningful ways.

We also acknowledge that retention and renewal are top of mind for both the profession and our organization. In today's evolving landscape, we remain committed to delivering a membership that reflects your priorities, supports your growth, and amplifies your voice.

None of this work would be possible without the unwavering dedication of our staff, volunteers, and every DC member. Thank you for showing up, speaking up, and sharing your time and talents with us. You are the fuel that drives this profession's progress.

As we look ahead, we do so with deep appreciation and renewed energy. Together, we are building something stronger, more inclusive, and more impactful. Not just for dietitians, but for the health of all Canadians.

Thank you for being part of this journey.



Message from Leslie Beck, Chair of the Board of Directors

Our fiscal year 2024/2025 reaffirmed the power of collaboration within our organization, across our membership, and around the world. Hosting ICND in Toronto was a reminder that Canadian dietitians are leaders in shaping nutrition and health, and our collective voice matters more than ever. As we look forward, I'm inspired by the commitment of our members, volunteers, and staff to driving progress and ensuring that Dietitians of Canada remains a strong, inclusive, and innovative organization for years to come.



Message from JP Cody-Cox, CEO

This past year was about building a stronger foundation for the future. From hosting ICND on the global stage to launching our new membership management system at home, every step we've taken is about delivering more value and creating a more connected experience for members. I'm deeply proud of the progress we've made together and excited for what's ahead as we continue to strengthen our profession and amplify the impact of dietitians across Canada.

Board of Directors

- Leslie Beck. Chair
- Lynn Blackwood Board Director
- Julie Cavaliere Board Director
- Kerri Cuthbert Board Director
- Julie Park Board Director
- Shemina Patni Board Director
- Deyowidron't Teri Morrow Board Director
- Lillian Yin Board Director
- Emily Zamora. Board Director

We welcome your ideas! Reach out to the Board at any time at board@dietitians.ca





Community

Advancing Equity, Diversity, and Inclusion

DC remains committed to creating an inclusive and equitable community for all members. 2024 was a year of foundational work, with the EDI Advisory Committee regularly meeting to develop recommendations that help guide and prioritize our efforts.

We remain in Phase 1 of our EDI Road Map: Governance and Accountability, focused on building the structures and processes that will support meaningful, long-term systemic change. In the year ahead, we look forward to moving into Phase 2: Education and Communication.

As part of our commitment to reconciliation, DC recognized the National Day for Truth and Reconciliation by offering members free access to two Learning on Demand sessions: Truth, Reconciliation, and Food and Decolonizing Dietetic Education and Practice. We also curated and promoted resources to support learning, including broadcasts from the National Centre for Truth and Reconciliation, and encouraged members to engage with the Indigenous Nutritional Knowledge Information Network (INKIN), a community dedicated to advocacy and relationship-building with Indigenous communities.

Our work toward equity, diversity, and inclusion is ongoing, and we are committed to creating a profession where every voice is valued and celebrated.

Equity, Diversity and Inclusion Committee

We extend our sincere thanks to the members of the EDI Committee for their ongoing dedication and guidance. Your insights and commitment are helping Dietitians of Canada advance along our EDI Road Map and build a more inclusive profession.

EDI Committee Members:

- Lynn Blackwood
- Jennifer Brady
- Laura Jazmin Reyes Castillo
- Caroline Hunziker
- Jennifer Lee
- Aiyu Liu
- Poznma Maan
- Christine Mills
- Irene Ogada



Membership: Fuelling Value, Engagement, and Growth

As of June 30, 2024, Dietitians of Canada closed the membership year with 4,051 active members, including 348 new members. While overall membership numbers remain stable, this year's results reflect the broader realities facing professional associations across Canada and reaffirm the importance of delivering tangible value, connection, and advocacy to our members.



Over the past year, we have taken deliberate steps to respond to member feedback and strengthen our offering. From reintroducing in-person engagement through ICND, to expanding accessible and inclusive member resources, and advancing advocacy efforts that reflect the priorities of our diverse community, our work has been grounded in listening and evolving.

A major milestone this year was the transition to iMIS, DC's new Membership Management System, which launched ahead of the July 1 renewal period. This significant investment was designed to:

- Enhance the member experience, particularly during renewals.
- Streamline processes, including introducing single sign-on across DC platforms for seamless access.
- Improve data accuracy and provide stronger insights to inform decision-making and deliver value-driven services.

This transition represents a foundational upgrade to our digital infrastructure and positions DC for greater efficiency, personalization, and community building in the years ahead.

While retention remains a challenge in the current landscape, we are energized by the early response to these changes and the ongoing dialogue with our members. We remain committed to creating a membership experience that is responsive, impactful, and rooted in the shared advancement of our profession.

Membership highlights:

4,051

Active members
(as of June 30, 2024)

348

New members in 2024



DC Networks: Connecting, Innovating, and Supporting Members

DC proudly supports 18 Networks, each representing a community of members with shared professional interests. These Networks play an essential role in advancing the profession through education, advocacy, and peer-to-peer collaboration. Over the past year, Networks have continued to provide leadership, knowledge-sharing, and meaningful engagement opportunities for members across Canada.



Our Networks thrive thanks to the passion and leadership of our volunteer co-chairs. We are deeply grateful for the time, expertise, and energy each of you bring in connecting members, sharing knowledge, and strengthening our professional community.

Network Co-Chairs:

Addictions, Mental Health and Eating Disorders Network

- Christina Seely
- Katheryn Iu

Community & Public Health Network

- Lesley Andrade
- Brianne McVeigh

Consulting Network

- Jennifer House

Diabetes, Obesity and Cardiovascular Network

- Stephanie Krug
- Maria Baranowski

Dysphagia Assessment and Treatment Network

- Deidre Burns
- Owennie Lee
- Lisa Slauenwhite

Food and Culinary Network

- Carol Harrison
- Marie Eve Capelette

Gerontology Network

- Bob Moulson
- Karrie Bedford

Home Care Network

- Kelly Reinprecht

Household Food Insecurity Network

- Karen Giesbrecht
- Lillian Yin

Indigenous Nutritional Knowledge Information Network

- Deyowidron't Teri Morrow
- Delia Sheppard

Integrative Functional Nutrition Network

- Vanessa Cuillerier
- Taryn Hoffmann

Le regroupement des diététistes francophones

- Geneviève Grenier
- Chloé Le Quéré

Media Network

- Poonam Dattani
- Karie Cassell

Oncology Network

- Denise Gabrielson
- Sarah Buchanan

Pediatric Network

- Susan Hui

Sport Nutrition Network

- Stephanie Small
- Kara Marshall
- Megan Kuikman

Student Network

- Wesley Mai
- Nicole Miller

Sustainable Food Network

- Amelia Mathany
- Samira Zarghami

Professional Development and Events

DC Networks delivered a wide range of webinars, workshops, and discussion sessions this fiscal year, equipping members with expert insights and practical tools for their practice. Highlights include:

- **Gerontology Network Fall Workshop (October 2024):** A hybrid full-day event in Burlington attracted nearly 200 in-person attendees and 100 online participants, featuring research presentations, government updates, advocacy discussions, networking opportunities, and a vendor fair.
- **Diabetes, Obesity & Cardiovascular Network:** “What’s the Big IDEA?” explored Inclusion, Diversity, Equity, and Access (IDEA) in nutrition research and practice.
- **Home Care Network:** Counterentropic Work of Home Care Dietitians: Supporting Families to Find Peace About Feeding at the End of Life.
- **Oncology Network:** What is Palliative Care and How Can it Help?
- **Dysphagia Assessment & Treatment Network:** Free Water Protocol.
- **Consulting Dietitians Network:** Securing Your Online Presence.
- **Sports Nutrition Network:** Leveraging Artificial Intelligence in Your Practice.
- **Collaborative Session: Menopause 101 for Dietitians:** Hormones, Symptoms & Nutrition Strategies, co-hosted by the Addictions, Mental Health & Eating Disorders, Integrative & Functional Nutrition, and Diabetes, Obesity & Cardiovascular Networks.

Networking and Collaboration

Networks provided multiple platforms for connection and peer support:

- Seven Journal and Book Clubs and Discussion Tables offered opportunities for knowledge exchange.
- Seven Virtual Networking Meetings and five in-person networking events at ICND brought members together to share expertise and build community.
- Networks also helped staff the DC booth at ICND, showcasing their leadership and commitment to member engagement.



Resource Sharing and Member Support

Networks continued to deliver added value through resources and exclusive offers, including:

- Complimentary or discounted access to tools such as Examine.com and the Natural Health Products Database.
- Curated Resource Libraries with handouts, tools, and past webinar recordings to support members’ professional practice.

Innovation and Growth: The Switch to Higher Logic

A major advancement this year was the transition to Higher Logic, a modernized platform that enhances how Networks connect and share resources. Key benefits include:

- Single sign-on from the DC website for seamless access.
- Enhanced networking through member directories and discussion boards.
- Organized Resource Libraries for easy access to valuable content and recordings.

Looking Ahead

The Network Re-envisioning Project continued behind the scenes, focusing on updating the Networks Manual and introducing a new categorization system for Network types. While these updates will launch in the next fiscal year, two key steps this year were socializing the new vision with Network Chairs and preparing for an improved structure that aligns with DC’s strategic priorities. Network leaders also played a role in informing future initiatives, such as supporting the identification of themes for Nutrition Month and contributing to strategic member engagement discussions.

Network Chair Working Group

We extend our thanks to the members of the Network Chair Working Group for their leadership and collaboration throughout the Network Re-envisioning Project. Your perspectives, experience, and commitment have been instrumental in shaping the future of DC Networks and strengthening connections across our community.

Geneviève Grenier

Jennifer House

Brianne McVeigh

Bob Moulson

Karie Cassell

DC Networks Highlights

18

Active Member Networks

30



1,023

Event Attendees



Nutrition Month: Nourish to Flourish

This Nutrition Month, DC shone a spotlight on our incredible profession and ignited a sense of pride among dietitians nationwide. Rooted in the theme ‘Nourish to Flourish’, the campaign highlighted the profound connections between food and overall wellbeing, emphasizing how balanced nourishment supports not only physical health but also mental wellbeing, emotional resilience, and social and cultural connections.

Throughout the month, we recognized the diverse roles dietitians play in influencing the health of Canadians every day, shared real stories that captured the transformative impact of their work, and brought together dietitians from across the country in a celebration of our vibrant and inspiring community. Nutrition Month aimed to unite the profession and foster meaningful connections within the dietetic community.

Highlights included:

- Launched a full suite of Toolkits and planning guides, including week-by-week subthemes around physiological, emotional, sociocultural, and mental wellbeing, with downloadable handouts, posters, and graphics. All available in English and French.
- A new look and feel was developed for Nutrition Month 2025 using DC’s secondary brand colours around the theme ‘Nourish to Flourish’. The theme will be carried forward into Nutrition Month 2026.
- Hosted three webinars during our Webinar Wednesdays campaign. We offered free sessions linked to each subtheme including a Dietitians Day Advocacy & Election Toolkit webinar on March 19.
- Spotlitged DC Member Profiles and shared stories from dietitians across sectors, emphasizing how members are living the theme in clinical practice, community nutrition, research, and more.
- The 159 pieces of Nutrition Month content produced garnered a total of 225,620 impressions on social media, a 97% increase from 2024 to our 2025 campaign.





Nutrition Month Highlights

159

Pieces of content
produced garnering

225,620

total impressions on activity,
a 97% increase from 2024



Nutrition Month
web page visitors

379

webinar attendees

8,780

views on the general Toolkit and social media Toolkit

Advancing our Profession: Strengthening Our Voice, Shaping the Future

This year, DC reinforced its role as a national voice for the profession by advancing advocacy efforts around three key member-informed priorities: household food insecurity, student loan forgiveness, and improved access to dietitians.



To bolster our efforts, we reorganized internal resources and collaborated with Santis Health (for government relations) and tc Health Consulting (for insurance engagement). This allowed us to pursue more targeted, proactive advocacy and policy development nationwide.

These efforts support our broader goals to amplify the profession at decision-making tables and to build a strong future for dietetics. Through strengthened professional practice work, deeper data insights, and collaboration with educators and regulators, we're helping dietitians adapt to a changing health landscape while delivering safe, client-centred care and long-term professional growth.

Key advocacy and policy efforts included:

Federal Pre-Budget Submission:

To support the federal goal of reducing household food insecurity by 2030, DC submitted a detailed pre-budget brief. This brief, which also advocated for national income support and student loan relief, was presented to both the Department of Finance and the House of Commons Standing Committee on Finance (FINA).

2025 Federal Election Toolkit:

Released amidst the 2025 federal election campaign and coinciding with Nutrition Month, the Toolkit provided DC members with valuable resources to constructively engage local candidates and amplify DC's key advocacy priorities.

Strategic Social Media Campaigns:

DC leveraged coordinated campaigns across LinkedIn, Instagram, and Facebook to amplify member voices and policy positions.

Public Health Nutrition Workforce Task Force:

DC joined a national task force exploring opportunities to advance the public health nutrition workforce through research on leadership, data, and planning.

Stop Marketing to Kids Coalition:

DC continued its support of the Heart & Stroke-led coalition, calling for federal restrictions on marketing unhealthy foods to children.

Work with the Canadian Association of Social Workers (CASW):

DC worked with the CASW to support their adoption of our Household Food Insecurity Position Statement and co-hosted a webinar outlining the roles of dietitians and social workers in household food insecurity.

Food-EPI National Expert Group:

DC participated in this research initiative evaluating food environment policies and identifying opportunities to address existing policy gaps. In addition, two webinars took place in both official languages garnering 194 attendees.

Team Primary Care Research Projects:

In primary care, DC supported two studies related to dietitians: one investigating their training needs and the other examining interprofessional collaboration.

Health Canada Working Groups:

DC members represented the profession in two Health Canada-led groups revising infant nutrition guidelines and the Rourke Baby Record.

Health Human Resource Data Advocacy:

DC joined Health Workforce Canada's Data Strategy Advisory Group and re-engaged with CIHI to advocate for improved dietetic workforce data.

Infant Feeding Joint Working Group:

DC member Alex LaCarte collaborated with federal and national partners to revise guidelines for infant feeding from birth to 24 months.

International Leadership Through ICDA:

DC led global data collection for ICDA's workforce survey, contributed to its strategic plan, and supported planning for the 2028 International Congress in Toronto.

International Journal Access Agreement:

DC finalized an agreement with Dietitians Australia and the British Dietetic Association to offer reciprocal access to peer-reviewed journals, with full implementation underway.

Partnerships continue to be a vital pathway for DC’s advocacy efforts. We’re consistently working alongside many of our peer health associations across Canada. For instance:

DC remains a proud partner of HEAL (Organizations for Health Action), a coalition of 43 national health organizations representing over 650,000 health care providers on federal advocacy issues. Our CEO continues to serve as a key member of the HEAL management team.

HEAL’s ongoing priority issues include:

- **Health Human Resources (HHR):** The COVID-19 crisis starkly revealed the Canadian Health System’s fragile human resource foundation. HEAL is actively urging federal and provincial governments to tackle both immediate and long-term recruitment and retention challenges within the healthcare workforce.
- **National Licensure:** A dedicated working group is still exploring the feasibility of transitioning the Canadian system towards a national licensure framework.

As one of the 12 partners of EHPC (Extended Healthcare Professionals Coalition) DC is involved in ongoing advocacy on Parliament Hill. Key recommendations from EHPC to the federal government over the past fiscal year included:

- **Recommendation 1:** That the Government of Canada implement the planned expansion of the Canada Student Loan forgiveness program (CSLFP) to include audiologists, dietitians, chiropractors, denturists, occupational therapists, optometrists, and speech-language pathologists, expected in Fall 2025, to help strengthen rural and remote care for Canadians.
- **Recommendation 2:** That the Government of Canada ensure the ongoing collection of pan-Canadian health sector workforce data across the public and private sectors.
- **Recommendation 3:** That the Government of Canada introduce a sliding-scale tax credit for eligible small and medium employers to help them expand their coverage for extended health care benefits for their employees.
- **Recommendation 4:** That the Government of Canada establish a Primary Health Care Transition Fund to improve access to interdisciplinary community team-based primary care that integrates services provided by extended healthcare professionals.



What’s Next:

DC’s efforts this past fiscal year have been instrumental in establishing a stronger, more unified voice for dietitians in shaping policies that support the nutritional health of Canadians. Together, Nutrition Month and our targeted advocacy initiatives exemplify our commitment to Fueling Our Profession, Together. With continued member engagement and a coordinated national voice, we are well positioned to translate the expertise and impact of dietitians into lasting policy and practice change across Canada. We remain dedicated to advancing this important work in the years ahead.



Support

Events That Informed, Inspired, and Connected Our Community

This year, Dietitians of Canada continued to foster learning, connection, and professional growth through a series of impactful events, both virtually and in-person. From our global role in the International Congress of Dietetics conference to thought-provoking webinars during Nutrition Month, each event reinforced DC’s commitment to advancing the profession and spotlighting the diverse voices within it.

Global Collaboration at ICND 2024

In June 2024, Dietitians of Canada proudly hosted the International Congress of Nutrition and Dietetics (ICND 2024) in Toronto under the theme Rise to the Challenge. This global event brought together 1,120 attendees from 62 countries, including 173 speakers and over 107 hours of content.

ICND 2024 provided a dynamic platform for knowledge exchange, networking, and professional development. Through keynote

presentations, interactive sessions, workshops, and informal networking, attendees explored emerging trends, shared research and innovations, and gained insights directly applicable to their practice and academic work.

The congress was a significant milestone for the global dietetics community that takes place every four years. DC is proud to achieve the conference’s goal of inspiring action and advancing the profession on a global scale right here in Canada.

Key Highlights:

- **Global Reach and Participation:** ICND 2024 brought together 1,120 attendees from 62 countries, featuring 173 speakers and over 107 hours of professional content.
- **Diverse Scientific Programming:** The congress featured 112 oral presentations, six workshops, seven expert lectures, six panel discussions, and 307 digital posters, offering attendees a wide range of learning experiences.
- **Powerful Opening Keynote:** The congress opened with a keynote presentation by Sarain Fox, “The Power of Honest Introductions.” A renowned Canadian Indigenous activist and storyteller, Sarain set an inspiring tone for the event by emphasizing the importance of authenticity and courageous communication.
- **ICDA-Led Workshops:** Five workshops hosted by the International Confederation of Dietetic Associations focused on global practice trends, professional development, and applied research, providing hands-on learning opportunities.
- **Pre-Congress Workshop on Dysphagia:** A two-day pre-congress session offered an intensive, interactive learning experience on dysphagia assessment and management, equipping attendees with practical clinical tools ahead of the main event.
- **Engaging Networking Opportunities:** ICND 2024 offered a variety of meaningful and enjoyable networking experiences. From strategically designed lunches and breaks to the lively welcome reception in the exhibit hall, attendees had ample opportunities to connect, share insights, and build professional relationships. A sold-out highlight of the program was the Taste of Toronto culinary tour, which guided participants through local neighbourhoods like Graffiti Alley and Kensington Market for a memorable mix of culture, cuisine, and connection.



Nutrition Month 2025: Webinar Wednesdays

During Nutrition Month 2025, DC launched Webinar Wednesdays, a three-part virtual webinar series designed to inspire, educate, and support dietitians in their day-to-day practice. Offered free to members, these expert-led webinars explored timely topics and drew strong engagement from across the membership.

PEN® Evidence Update (March 5)

In this evidence-based session, the PEN® Team explored the relationship between coffee and cardiovascular health, including the effects of coffee oils on blood lipids, optimal timing of consumption, and implications for cardiovascular risk.

Dietitians Day Advocacy Training (March 19)

Timed with Dietitians Day, this interactive session equipped dietitians with practical tools and strategies to engage in the upcoming federal election, amplify their voices, and advocate for the profession. An Election Toolkit was also distributed.

Canadian Flavours: Exploring Canadian Cuisine from the 1940s to 2020s (March 27)

This culinary history webinar took participants on a journey through Canada's evolving food landscape from Indigenous foodways and early European influences to today's multicultural and sustainability-driven cuisine.

The Webinar Wednesdays series underscored DC's commitment to providing relevant, accessible professional development while celebrating the depth and diversity of our profession.



Canadian Journal of Dietetic Practice & Research

The CJDPR continues to be a key resource for advancing evidence-based dietetic practice. This year, the journal saw significant growth in reach. The continuous publication model for eFirst articles ensured timely access to research, and six open-access articles further supported knowledge sharing across the profession.

6

Open Access Articles

32

Articles Published

CJDPR Highlights

153K

Page Views

Top Four Articles from Last Year

- 1 [CELEBRATE Feeding: A Responsive Approach to Food and Feeding in Early Learning Settings](#) (September 2024)
- 2 [The Evolving Landscape of Scholarly Publishing](#) (December 2024)
- 3 [Culinary Medicine and Teaching Kitchens: Dietitians Leading Innovative Nutrition Training for Physicians](#) (December 2024)
- 4 [Exploring the Social Determinants of Health in Nutrition Care for South Asian Communities: A Narrative Review](#) (March 2025)

↑

35%

increase in submissions over the previous fiscal year

70.5K

Users

95K

Sessions

71,626

Full Article Downloads

Practice-based Evidence in Nutrition: PEN[®]



Our Practice-based Evidence in Nutrition: PEN[®] System continues to empower our members with evidence-based resources. This year, the PEN[®] System had more than 361,500 sessions from 153,000 active users from around the world.

The PEN[®] Team worked alongside global collaborators and member volunteers to deliver new and updated content, including:

- **Knowledge Pathways:** Critical Illness, Low Carbohydrate Diet, ADHD, Dietary Supplements for Weight/Obesity, Drug-Nutrient Interactions.
- **Significant updates to Practice Questions:** Sports nutrition, cardiovascular disease, IBS, IBD, and chronic kidney disease.
- **Seven new Trending Topics:** GLP-1 stimulation, liquid smoke, and continuous glucose monitoring in non-diabetic populations.

- **A new Knowledge Pathway on Cultural Humility:** This was developed in partnership with four experts with lived experience, providing essential guidance on equity-informed practice. This new Knowledge Pathway includes a Background and two Practice Questions.

Re-envisioning the PEN[®] System

Looking ahead, the PEN[®] Team has begun work on modernizing the PEN[®] experience with a focus on user experience, audience needs, and innovative approaches to position dietitians as leaders in evidence-based practice. This transformation will continue into 2025–2026.

Most Popular Practice Questions on the PEN[®] System

- 1 [Are interventions to decrease dietary cholesterol intake \(e.g. restricting eggs\) recommended for the primary and secondary prevention of cardiovascular disease \(CVD\)?](#)
- 2 [Can the ingestion of cranberry products help to prevent or treat urinary tract infections \(UTIs\)?](#)
- 3 [Do the oils in coffee \(cafestol and kahweol\) raise blood lipids or increase cardiovascular risk?](#)
- 4 [Does regularly consuming breakfast, versus regularly skipping breakfast, aid in weight loss, weight control or prevent weight gain over time?](#)
- 5 [Do children who are hyperactive or children with attention deficit hyperactivity disorder \(ADHD\) who consume diets low in sugar, compared to children who consume diets high in sugar, experience fewer ADHD symptoms?](#)

ICND 2024 was a highlight, bringing together PEN[®] colleagues from the British Dietetic Association and Dietitians Australia. The PEN[®] Team hosted an in-person Global Governance Group meeting, connected with members at the PEN[®] booth, delivered two podium presentations (long COVID and best practices for consumer resources), co-led a health literacy workshop, and contributed two research posters on evidence-based processes and global collaboration.

Most Popular Handouts on the PEN[®] System

- 1 [Healthy Eating Guidelines for Metabolic-Dysfunction-Associated Steatotic Liver Disease \(Adults\)](#)
- 2 [Eating Guidelines for Diverticular Disease \(archive\)](#)
- 3 [Eating Guidelines for Heart Health \(Adults with High Blood Cholesterol Levels\)](#)
- 4 [Food Sources of Iron](#)
- 5 [Eating Guidelines for Increasing your Energy and Protein Intake](#)





PEN® Highlights

153,000

Users (4.8% increase)

25.5K

eNews Subscribers



Page Views (19% decrease)

361,500

Sessions (4% decrease)

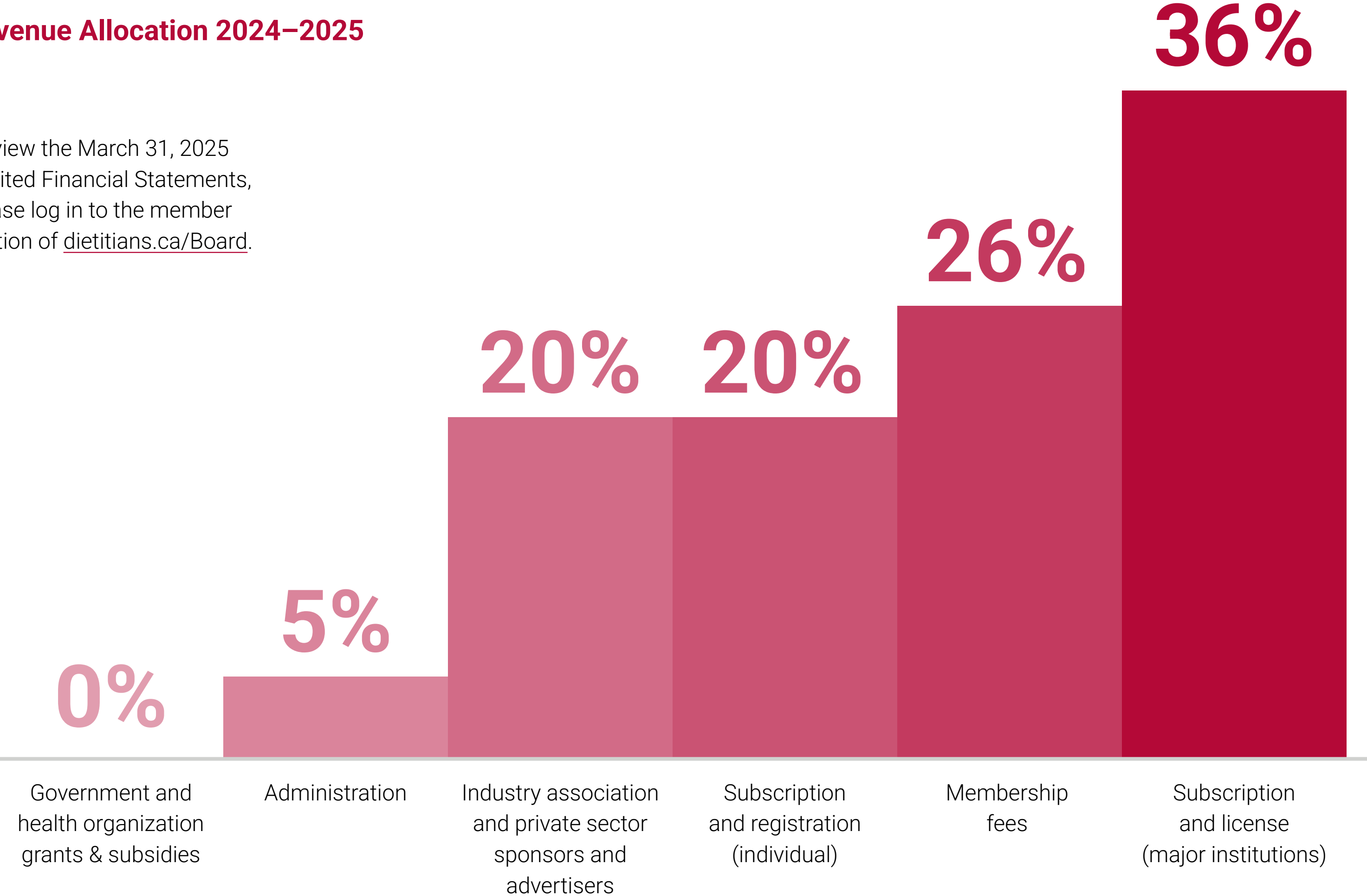


Financial Summary

Financial Summary

Revenue Allocation 2024–2025

To view the March 31, 2025 Audited Financial Statements, please log in to the member section of dietitians.ca/Board.



Revenues and Expenses (\$ Millions)

	2025	2024
Revenue	\$3.84	\$3.36
Expenses	\$4.23	\$4.11

Balance of Funds (\$ Millions)

	2025	2024
Unrestricted	\$1.12	\$1.84
Contingency	\$0.90	\$0.90

Dietitians are driven by curiosity to understand the science behind food and its connection to health. Dietitians of Canada is the professional association for dietitians, representing members at the national level. We aim to advance health through food and nutrition and to provide leadership in shaping food and nutrition policy.



Visit Us

99 Yorkville Avenue, Second Floor
Toronto, ON, Canada M5R 1C1
dietitians.ca

Call Us

1-877-721-0876

Email Us

contactus@dietitians.ca

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