Dietitians of Canada
Les diététistes du Canada

Shaping the Future of Dietetics

Our Strategy in Action



Dietitians of Canada Annual Report 2025–2026



Table of Contents

Letter from Board Chair & CEO	3
Building for the Future	6
Amplifying our Voice	12
Nurturing an inclusive community	17
Financial Summary	23
Contact	25

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





Over the past year, Dietitians of Canada has taken an important step forward. Not simply by delivering programs and services, but by defining the future we want to build together.

Health care is evolving rapidly. Advances in technology, changing population needs, growing health inequities, workforce challenges, and new models of care are reshaping the environments in which dietitians work every day. At the same time, Canadians are seeking trusted, evidence-based nutrition expertise more than ever before. These changes present both challenges and opportunities for our profession.

Recognizing this, our Board of Directors approved a new Strategic Plan that provides a clear direction for Dietitians of Canada over the coming years. Built around three strategic priorities: Building for the Future, Amplifying our Voice, and Nurturing an Inclusive Community. This plan reflects our commitment to ensuring that Dietitians of Canada remains a strong, relevant, and trusted leader for both our members and the profession.

Throughout this annual report, you'll see how these priorities have already begun to shape our work.

We continued investing in the future of the profession by strengthening member engagement, enhancing our programming for members to connect, and laying the foundation for a long-term vision for dietetics in Canada. We advanced advocacy efforts on issues that matter most to our members, championed dietitians as trusted experts in food and nutrition, and expanded access to evidence-based professional resources.

At the same time, we deepened our commitment to equity, diversity, inclusion, reconciliation, and bilingual communications, recognizing that a stronger profession is one where every member feels represented, respected, and connected.

None of this work happens in isolation.

Dietitians of Canada is strengthened every day by the dedication of our volunteers, Network leaders, Board of Directors, partners, staff, researchers, authors, reviewers, and, most importantly, our members. Whether you contributed your expertise to a committee or working group, presented at a webinar, advanced nutrition research, mentored a colleague, or advocated for better health in your community, your leadership continues to shape the future of our profession.

While this report celebrates the progress we've made over the past year, it also represents the beginning of an exciting journey. Our new Strategic Plan challenges us to think beyond today's priorities and imagine what the profession could become by 2050. Achieving that vision will require collaboration across the dietetics community, with educators, regulators, employers, governments, Indigenous partners, researchers, healthcare organizations, and, above all, with our members.

Together, we are building a profession that is innovative, influential, inclusive, and prepared for the future.
Thank you for your continued trust, partnership, and commitment to Dietitians of Canada. We look forward to continuing this journey with you.

Shemina Patni

Board of Directors

Shemina Patni . . . . . Chair

Hui Jun Chew . . . . . Board Director

Kerri Cuthbert . . . . . Board Director

Alexandra Inman . . . . . Board Director

Oribim Kingson . . . . . Board Director

Deyowidron’t Teri Morrow . . . . . Board Director

Ken Mullock . . . . . Board Director

Julie Park . . . . . Board Director

Lillian Yin . . . . . Board Director

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



Building for the Future

Creating a strong, sustainable profession for the next generation of dietitians.

This year marked the beginning of a new chapter as DC launched a long-term vision for the profession while continuing to strengthen today's member experience.

The future of dietetics will not be shaped by DC alone. It will be shaped through collaboration with educators, regulators, researchers, employers, governments, healthcare organizations, Indigenous partners, and dietitians themselves. Throughout the year, DC continued to strengthen these relationships, build a deeper understanding of the forces shaping the profession, and create opportunities to work collectively toward a stronger future.



Creating the Future of Dietetics

The future of dietetics is changing rapidly. Advances in technology, evolving models of care, workforce challenges, changing population needs, and broader shifts across Canada's health and social systems are creating both opportunities and challenges for the profession.



This year, DC began laying the groundwork for a shared vision of what dietetics could look like in 2050. Rather than attempting to predict the future, this work is focused on understanding the forces and systems shaping the profession and bringing the dietetics community and broader partners together to imagine what is possible.

The work ahead will involve listening, research, environmental scanning, and collaboration across the profession and beyond it. By engaging organizations and individuals who influence or are influenced by the future of dietetics, DC can help develop a compelling roadmap that reflects the realities of Canada's health system and the evolving role of dietitians.

Key projects and initiatives included:

Strengthening the Professional Practice Ecosystem
No single organization can advance dietetics alone. This year, DC strengthened collaboration across the profession, engaging dietetic educators and the Canadian Association of Professional Programs in Human Nutrition (CAPPHN) to better understand training and recruitment challenges.

We also continued working with regulatory bodies and the Alliance of Canadian Dietetic Regulatory Bodies to support alignment on professional standards and competencies. These partnerships help DC identify shared priorities, strengthen connections across education, regulation and practice, and advance the profession's contribution to patient and population health.

Connecting Canadians with Trusted Nutrition Information
DC contributed to Health Canada's Front-of-Package Labelling Awareness Initiative, helping ensure Canadians are aware of the new nutrition symbol that came into effect January 1, 2026.

Through national initiatives like this, DC brings the expertise of dietitians to public health conversations and helps Canadians access clear, credible nutrition information.

Building Better Health Workforce Data
DC joined Health Workforce Canada's National Data Strategy working group, contributing to the Pan-Canadian Health Workforce Data Strategy published in March 2026. The strategy aims to strengthen how health workforce data is collected, shared and used to support evidence-informed decision-making.

DC also engaged educators and employers across the dietetic workforce to better understand workforce challenges and identify opportunities to strengthen the profession's capacity to meet Canada's future health needs.

Advancing Public Health Nutrition
DC continued working with public health nutrition leaders from across Canada to explore opportunities and challenges facing the public health nutrition workforce.

This year, the group advanced a strategic analysis, literature review, and national environmental scan of public health nutrition workforce capacity. Together, this work is building a clearer picture of the current landscape and identifying opportunities to strengthen the role of dietitians in improving population health.

Advancing Digital Health in Dietetics
DC joined an International Advisory Committee of researchers and national dietetic associations exploring knowledge, attitudes and practices related to digital health in dietetics.

This international collaboration will contribute to a global position statement and help ensure Canadian dietetics is part of the conversation about how technology can support the future of nutrition care and professional practice.

Advocating for the Full Value of Dietitians
DC endorsed Arthritis Action Now's national plan to end arthritis in Canada, which recognizes the important role dietitians play on the arthritis care team.

The endorsement also highlighted the need to recognize the full scope of dietetic expertise. Dietitians support people experiencing malnutrition related to chronic inflammation, pain, fatigue, reduced food intake and medication side effects—not simply weight management.

We are grateful to DC member Kim Arrey for contributing her expertise during the review and feedback process.

Growing a Stronger Community

A strong profession begins with a strong and engaged community. Throughout the year, our efforts were guided by one objective: creating a connected community that supports professional growth today while building the profession of tomorrow.

As of June 30, 2026, DC closed the membership year with 3,755 active members. While professional associations across Canada continue to experience changing membership patterns, our focus remains on retaining our valued members, strengthening engagement, and creating new pathways for future growth.



One of our significant investments in building for the future has been reimagining our Networks and developing Chapters—the equivalent of provincial and territorial groups. This year, we continued developing a new approach to support volunteer leaders and create more opportunities for members to participate throughout the year through Networks, professional development, advocacy, and volunteer leadership.

A national Chapters Working Group, made up of DC members from across the country, helped guide the development of this new model and ensure it reflects the needs of dietitians in communities across Canada. Together, this work is creating stronger opportunities for local connection while strengthening the national DC community and ensuring members see meaningful value throughout their careers.

One of the most significant changes this year was the decision to introduce free student membership beginning in the 2026–2027 membership year. By removing financial barriers, DC is investing in the next generation of dietitians and creating earlier opportunities for connection, mentorship, professional development, and engagement with the national community.

Looking ahead, we will continue to focus on deepening member engagement, expanding relevant programs and opportunities, and responding to the diverse needs of our profession, including students, internationally educated dietitians, and professionals across all regions of Canada.

Membership highlights:

3,755
Active members
(as of June 9, 2025)

465
New members in 2025

591
Students in 2025

Improving and investing in Member Experience

Building a connected community means continually investing in the systems, tools, and technology that connect members with the resources and opportunities they need. Throughout the year, DC continued enhancing its digital infrastructure to create a more seamless, personalized, and engaging member experience.

Building on our investment in iMIS and Higher Logic, we continued refining our membership portal, making it easier for members to access their benefits through single sign-on, manage their memberships, connect with peers, and engage with professional resources. These improvements strengthen the foundation for future innovation while creating a more connected experience across DC's digital platforms.

This year also marked the launch of a refreshed member newsletter. Transitioning to the Higher Logic platform modernized our email communications through improved automation, segmentation, and reporting, while introducing a new bi-monthly cadence to provide members with timely and relevant updates throughout the year.

Behind the scenes, continued investments in data quality and analytics are helping DC better understand member needs, measure engagement, and make more informed decisions about future programs and services. Together, these investments ensure DC remains responsive, connected, and prepared for the future.



Impact at a Glance

- Member portal enhancements
- Higher Logic communities including a DC Community corner for all members
- New newsletter launched
- Improved member analytics
- Single sign-on experience across DC platforms
- Website enhancements
- Email automation

Stronger Networks, Stronger Communities

Meaningful professional connections are essential to a thriving profession. Throughout the year, DC continued strengthening the ways members connect, collaborate, and learn from one another through our Network Re-imagining Project—an initiative designed to create a more accessible, flexible, and sustainable model for member engagement.

Guided by feedback from members and volunteer leaders, we undertook a comprehensive review of our existing Network structure to ensure it continues to meet the evolving needs of dietitians across Canada. This work focused on reducing barriers to participation, increasing opportunities for collaboration, and creating spaces where members can connect around shared interests, practice areas, and emerging topics.

As a result of this work, the re-imagined model officially launched for the 2026–2027 membership year, creating a more focused and accessible approach to member engagement. The refreshed structure is designed to give our volunteer leaders more time to focus on what matters most: connecting with members and creating meaningful opportunities within their areas of interest.

- More time for member engagement: Network leaders and executives no longer need to balance administrative responsibilities—such as budgets and technology—with member programming. DC has introduced a staffing model to support these operational needs, allowing volunteer leaders to focus on specialized learning, leadership, and professional development opportunities within their areas of practice.
- More accessible Networks: The annual fee to join a Network was reduced to $10 per Network, lowering barriers to participation and creating more opportunities for members to connect and engage.
- New Community Groups: Community Groups were introduced as a new free member benefit, giving members opportunities to connect around shared interests and emerging topics without an additional fee. Members can join as many Community Groups as they wish, creating more opportunities to build relationships, exchange ideas, and strengthen professional connections across Canada.

While the new structure officially launched after the close of this reporting period, much of this year was dedicated to planning, consultation, governance updates, and implementation. Together with our volunteer Network leaders, we developed a more sustainable framework that positions these communities for continued growth while supporting DC's long-term strategic priorities.

Throughout the year, our 17 Networks continued to serve as vibrant communities of practice, delivering webinars, educational events, resource libraries, and networking opportunities that supported members across every stage of their careers. Led by dedicated DC volunteers and supported by staff, these communities remain one of the most valued benefits of DC membership, fostering collaboration, mentorship, and knowledge sharing across the profession.

We extend our sincere appreciation to our volunteer Network Chairs and leadership teams, including our Network Re-Imagining Working Group. Their passion, expertise, and commitment continue to strengthen the profession by creating welcoming communities where members can learn, lead, and connect.

For a list of our incredible Network leadership teams, please see page 14 in this report.

Network highlights:

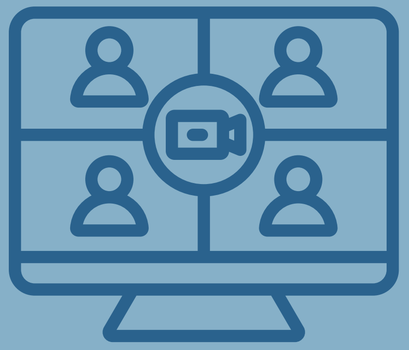
2,172

Network members in 2025



2,032

Network webinar attendees



Building a Connected Community

DC is more than an organization, it is a community built by members who give their time, expertise, and energy to strengthen the profession and support one another.

Across Canada, members contribute through the Board of Directors, committees, Networks, Community Groups, working groups, and other volunteer opportunities. Their collective contributions help DC remain connected to the realities, experiences, and priorities of dietitians working across the country.

Building a National Chapters Model

This year, a dedicated Chapters Working Group brought together members from across Canada to help shape a national Chapters structure designed to better connect and support members in every region.

The group brought together perspectives from across the country, helping DC explore how a national Chapters model could create stronger local connections while maintaining a sense of belonging within the broader national profession. This work reflects DC's commitment to creating more opportunities for members to connect locally while remaining part of a strong national community.

For a list of our dedicated Chapters Working Group, please see page 14 in this report.



Amplifying our Voice

Championing the Expertise of Canadian Dietitians.

Dietitians are among Canada's most trusted health professionals, bringing evidence-based nutrition expertise to communities, healthcare teams, research, education, public policy, and beyond. As the national association for dietitians, DC plays an important role in ensuring that expertise is heard, valued, and recognized.

Throughout the year, we worked to strengthen the profession's collective voice through advocacy, public awareness campaigns, member recognition, and the continued development of trusted evidence-based resources. By creating opportunities for dietitians to share their expertise, influence public conversations, and advocate for meaningful change, we are helping elevate both the profession and the impact dietitians have on the health of Canadians.

Whether advancing policy priorities, celebrating member achievements, supporting lifelong learning, or engaging the public during Nutrition Month, every initiative contributes to a stronger, more visible profession and reinforces DC as the trusted voice for dietetics in Canada.



Advancing the Profession Through Advocacy

Dietitians of Canada strengthened its advocacy voice this year by listening to members, building strategic relationships, and advancing priorities that support the profession and improve access to nutrition care.



Listening to Our Members

To ensure DC's national advocacy reflects the lived realities of dietitians across Canada, we launched a comprehensive advocacy priority survey in fall 2025. More than 400 Registered Dietitians shared their perspectives on the challenges shaping their daily work. Four key themes emerged:

1. Recognition of the Profession: Dietitians consistently reported feeling undervalued by the public, healthcare colleagues, and government decision-makers.

2. Compensation Alignment: Current compensation structures do not always reflect the workload, specialized expertise, and clinical outcomes delivered by dietitians and can lag behind comparable health professions.

3. Access to Nutrition Care: Gaps in public healthcare and private extended health insurance coverage continue to limit access to essential dietetic services.

4. Systemic Workload & Workforce Pressures: Understaffing, chronic underfunding, heavy workloads, and a strained dietetic education pipeline present ongoing challenges to quality care and the long-term sustainability of the profession.

These insights are helping shape DC's advocacy priorities and will inform the development of an action plan for 2026–2027. As we continue to refine our focus, we are strengthening relationships with partners and creating more opportunities to engage Network and Chapter leaders in advocacy.

418

# of survey participants

64%

Members of DC

Advocacy in Action

Throughout 2025–2026, DC advanced a broad range of advocacy and professional practice priorities:

2026 Pre-Budget Submission:
Submitted recommendations for the 2026 federal budget cycle, advocating for federal investments in dietetic care and food security.

Strategic Perception Audit:
Evaluated awareness, perceived value, and reputation of Registered Dietitians among federal and provincial decision-makers.

Private Insurance Advocacy:
Developed DC's advocacy position on private insurance coverage and participated in the Canadian Health and Life Insurance Association (CLHIA) conference with targeted advocacy materials. These efforts contributed to changes in some insurance policy coverage for dietitians.

Stakeholder Engagement Map:
Mapped key federal Members of Parliament, public servants, and political staff to prioritize relationship-building and advocacy opportunities.

Targeted Engagement Strategy:
Developed a structured roadmap for engaging key federal decision-makers and aligning DC's priorities with the government's mandate.

Government Engagement:
Began direct engagement with federal government officials to strengthen relationships and identify opportunities for advocacy alignment in 2027.

Regulatory Policy Scan:
Developed a comprehensive scan of federal and provincial regulations affecting dietetic practice to inform advocacy strategy.

Government Meeting Documents:
Created concise advocacy materials outlining key dietetic issues and proposed solutions for use in meetings with decision-makers.

Monitoring and Tracking:
Monitored parliamentary committee activity and federal health policy developments to identify emerging priorities and opportunities for advocacy.

Professional Practice Engagement:
Continued engagement with key partners, including the Canadian Association of Professional Programs in Human Nutrition (CAPPHN) and the Alliance of Canadian Dietetic Regulatory Bodies.

Federal Student Loan Forgiveness:
Participated in the Extended Healthcare Professionals Coalition advocating for federal student loan forgiveness for newly graduated Registered Dietitians.

Health Canada Nutrient File:
Successfully advocated for the restoration of the search function for Health Canada's 2015 Nutrient File following its removal.

Front-of-Package Labelling:
Contributed to Health Canada's Front-of-Package Labelling Awareness Initiative, supporting efforts to ensure Canadians understand the new nutrition symbol that came into effect January 1, 2026.

Health Workforce Data:
Joined Health Workforce Canada's National Data Strategy working group contributing to the development of the Pan-Canadian Health Workforce Data Strategy.

Household Food Insecurity:
Building on DC's 2024 Position Statement on Household Food Insecurity, the DC Household Food Insecurity Network developed a specialized series of infographics to support awareness and advocacy.

Public Health Nutrition:
Worked with public health nutrition leaders from across Canada to advance a strategic analysis, literature review, and national environmental scan of the public health nutrition workforce.

Digital Health:
Joined an International Advisory Committee bringing together researchers and national dietetic associations to explore knowledge, attitudes, and practices related to digital health in dietetics.

Expanded Insurance Access:
Through strategic dialogue, DC supported significant progress with Sun Life, which expanded its eClaims services to include Registered Dietitians.

Arthritis Advocacy:
Endorsed Arthritis Action Now's national plan to end arthritis in Canada, which recognizes the important role dietitians play as members of the arthritis care team.

Marketing to Children:
Collaborated with the Heart & Stroke Foundation on advocacy efforts supporting federal policy related to marketing to children.

School Food:
Continued active participation in the School Food Coalition, working with partners to advance a universally accessible, nutritious national school food program.

The work accomplished this year provides a strong foundation for DC's long-term advocacy strategy. In the coming year, we will continue targeted government and industry engagement, track policy and pre-budget outcomes, and advance priorities identified by our members—including fair compensation, expanded insurance coverage, improved access to nutrition care, and support for a sustainable dietetic workforce.

Celebrating the Expertise of Dietitians

Dietitians are making their mark far beyond their individual practices. Through volunteer leadership, national and international working groups, research, education, advocacy, and knowledge sharing, DC members contribute their expertise to initiatives that shape how nutrition care is understood and delivered.

Throughout the year, DC continued to recognize and amplify members who generously shared their time, knowledge, and professional expertise to advance the profession. These contributions demonstrate the depth of knowledge within our community and the important role dietitians play in shaping standards, resources, and conversations across Canada and around the world.

Members Making an Impact: DC Working Groups

We extend our thanks to the members of the Network Chair Working Group, Chapters Working Group, and the Extended Health Benefits Working Group for their leadership and collaboration throughout the DC projects. Your perspectives, experience, and commitment have been instrumental in shaping the future of DC and strengthening connections across our community.

Extended Health Benefits Working Group:

- Elahe Askari
- Mandy Megan Conyers Smith
- Renita Lam
- Mandeep Uppal
- Dana Weber
- Alexis Williams
- Kristen Yarker

Chapters Working Group:

- Amy Chow
- Wendie Larocque
- Natasha Lawlor
- Lesley Macaskill
- Jennifer Ong Tone
- Robyn Turner-Klopper
- Jill Wheaton

Network Chair Working Group:

- Karie Cassell
- Geneviève Grenier
- Jennifer House
- Brianne McVeigh
- Bob Moulson

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
- Katheryn Iu
- Christina Seely

Community & Public Health Network
- Lesley Andrade
- Brianne McVeigh

Consulting Network
- Kristen Yarker

Diabetes, Obesity and Cardiovascular Network
- Maria Baranowski
- Piraveena Piremathasa

Dysphagia Assessment and Treatment Network
- Deidre Burns
- Owennie Lee

Food and Culinary Network
- Marie Eve Capelette
- Carol Harrison

Gerontology Network
- Karrie Bedford
- Bob Moulson

Household Food Insecurity Network
- Erica Cahill
- Nina Trask

Indigenous Nutritional Knowledge Information Network
- Deyowidron't Teri Morrow
- Cordelia Sheppard
- Paige Scott

Integrative Functional Nutrition Network
- Mandy Megan Conyers-Smith
- Taryn Hoffmann

Le regroupement des diététistes francophones
- Geneviève Grenier
- Chloé Le Quéré

Media Network
- Poonam Dattani

Oncology Network
- Sarah Buchanan
- Denise Gabrielson

Pediatric Network
- Susan Hui

Sport Nutrition Network
- Michael Fouts
- Kara Marshall
- Lisa Mina
- Stephanie Small

Student Network
- Zeel Gohill
- Kate Williams

Sustainable Food Network
- Amelia Mathany
- Samira Zarghami

Nutrition Month 2026 - Nourish to Flourish

Every March, Nutrition Month provides an opportunity to celebrate the important role nutrition plays in supporting the health and well-being of Canadians while showcasing the expertise of dietitians from coast to coast to coast. It is one of DC's largest national awareness campaigns and serves as a powerful platform to amplify the profession, provide evidence-based nutrition information, and equip members with practical resources to engage their communities.

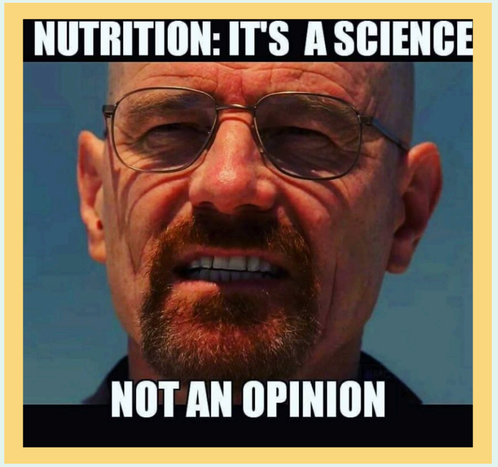
The 2026 campaign, Nourish to Flourish, explored the many ways food supports physical health, mental well-being, emotional resilience, and social and cultural connection. Through a combination of educational resources, professional development, advocacy, and member-driven storytelling, the campaign encouraged Canadians to view nutrition through a broader lens while empowering dietitians to bring these conversations into their own workplaces and communities.

Throughout the campaign, members were supported with a comprehensive suite of resources, including planning guides, downloadable posters, social media toolkits, webinars, and educational materials. A particular highlight was the launch of the DC Member Cookbook, which featured recipes, stories, and nutrition insights submitted by DC members across Canada. The cookbook celebrated the diversity of our profession while bringing this year's theme to life through authentic, community-driven storytelling.

Nutrition Month also served as an opportunity to strengthen collaboration across the organization. Working alongside DC Networks, the Canadian Foundation for Dietetic Research (CFDR), sponsors, and volunteer leaders, we delivered webinars, educational events, and social media campaigns that extended the reach and impact of the month.

The results demonstrate the value of continuing to invest in national awareness initiatives that elevate both the profession and the expertise of dietitians. Survey findings showed that members felt more connected to the profession, better prepared with practical tools to engage clients and communities, and increasingly recognized DC as the national voice of dietetics. These outcomes reinforce the important role Nutrition Month plays in strengthening professional pride while helping Canadians access trusted, evidence-based nutrition information.











220,800

Campaign Impressions

119

Pieces of Content Produced

4.7%

Average Social Media Engagement Rate

88%

Average Email Engagement Rate

Advancing Evidence-Based Practice

Evidence is at the heart of dietetic practice. For more than two decades, DC has invested in creating, curating, translating, and sharing trusted evidence that helps dietitians make informed decisions and deliver high-quality care.

20 Years of the PEN System: From Evidence to Action

In September, DC celebrated the 20th anniversary of the PEN System, marking two decades of advancing evidence-based nutrition practice.

Founded in 2005 with just 12 knowledge pathways, the PEN System has grown into a globally recognized nutrition knowledge translation platform, now offering more than 100 knowledge pathways and supporting dietitians and other health professionals in turning the best available evidence into practical nutrition guidance.

The PEN System fills an important gap between research and practice. The PEN team identifies and appraises the best available evidence, translates that evidence into practical recommendations, and develops tools that dietitians can use in their day-to-day practice. By bringing evidence closer to the point of care, the PEN System helps dietitians save time, build confidence in their decisions, and deliver high-quality nutrition care.

The impact of the PEN System extends well beyond Canada.

Through partnerships with organizations in Australia, the United Kingdom, South Africa, Ireland, Japan, Spain, and Pakistan, the platform has become the global resource for evidence-based nutrition practice.

Partnerships have shifted over the years, and this year brought changes in the nature of two key partnerships: the British Dietetic Association has transitioned from being a managing partner of the PEN System to offering access to its members at a preferred price and HealthLink BC has removed the collaborative aspect of the partnership but retains the use of the PEN System to support its provincial dietetic contact centre. These changes affected the program's reach and required adjustments to how the team engaged with these partners.

The PEN System has also expanded its educational offerings to support learners and professionals at different stages of their careers, including practice toolkits, training modules, student assignment guides, and other educational resources.

For DC members, the PEN System remains an important member benefit. In FY26, 50% of DC members accessed the PEN System as part of their membership.

Re-envisioning PEN for the Future

While celebrating 20 years of the PEN System, the team was also looking ahead. Much of the year was dedicated to an internal, external, and strategic assessment of the PEN System. The team engaged users, partners, and stakeholders to better understand how the PEN System could continue to evolve and meet the changing needs of the profession.

These conversations are helping shape PEN 2.0.

Based on what was heard, work began on a new PEN website designed to create a more modern and accessible experience for users. The new platform is scheduled to launch in FY27, marking the next chapter in PEN's evolution and ensuring this important resource continues to serve the profession for years to come.

Keeping Evidence Current

The PEN System's value depends on its commitment to continuously evaluating and updating the evidence that informs practice. This year, the team updated knowledge pathways covering topics including:

- Pediatric obesity
- Sports nutrition
- Melatonin
- Menopause and perimenopause
- Cancer and nutritional implications
- Household food insecurity

Background resources were also updated for cancer and celiac disease, while nine new Trending Topics articles explored emerging nutrition questions ranging from emulsifiers and the microbiome to seed oils, lead levels in protein powders and infant formulas, and the carnivore diet.

The Raising Our Healthy Kids video collection was also reviewed and updated. The collection includes 61 short, evidence-based videos designed to support parents and caregivers in nurturing the healthy growth and development of children up to age 12. The English videos were reviewed in 2025 to ensure accuracy, reflect the current Food Guide, and strengthen language inclusivity, with contributions from original stakeholders, new contributors, and Toronto Public Health. The work was again supported by the Calgary Health Foundation.





PEN® Highlights

291,000
Users (90% increase)

26K
eNews Subscribers

2M
Page Views (20% decrease)

464,000
Sessions (28% increase)

Championing Canadian Dietetics Research

The Canadian Journal of Dietetic Practice and Research continued to provide an important platform for Canadian and international research, perspectives, reviews, and practice-based knowledge.

In 2025, Volume 86 featured 26 articles across four issues, including 13 research articles, four Perspectives in Practice, three Short Reports, five Reviews, and one Invited Commentary. More than 60 peer reviewers, including both DC members and non-members, contributed their expertise to the peer-review process.

The Journal also introduced a refreshed, modernized PDF article format in April, improving readability and optimizing page space so that more articles could be published within the annual page allocation.

The Journal's reach and influence continued to grow. Its Impact Factor increased to 0.9, while the five-year Impact Factor reached 1.3 and the H-index increased to 39.



Volume 86 • Issue 4 • December 2025
Pages: 158 - 207



Volume 86 • Issue 3 • September 2025
Pages: 109 - 159



Volume 86 • Issue 2 • June 2025
Pages: 56 - 108



Volume 86 • Issue 1 • March 2025
Pages: 1 - 55

CJDPR Highlights

58,618
Article Downloads

93,000
Users

117,000
Sessions

60+
Peer Reviewers

26
Articles Published

Top three articles from last year

1. Balakrishnan S et al. Exploring the Social Determinants of Health in Nutrition Care for South Asian Communities: A Narrative Review
2. Simms C et al. Experiences of Food, Gardens and Farming While Attending Indian Residential Schools in Canada: A Scoping Review
3. Lam P et al. Exploring Dysphagia Assessment and Management in Canadian Primary Care: A Clinical Practice Survey

Nurturing an Inclusive Community

A stronger profession is one where everyone belongs.

DC is committed to creating a professional community where members feel welcomed, respected, represented, and able to contribute. Throughout the year, we continued to strengthen our work in Truth and Reconciliation, equity, diversity and inclusion, and connection across Canada's diverse dietetic community.

Our commitment to inclusion is reflected not only in policies and organizational priorities, but in the opportunities we create for members to learn from one another, participate in meaningful conversations, and help shape the future of the profession.



Advancing Truth and Reconciliation

Truth and Reconciliation is an ongoing responsibility and an important part of building a more inclusive profession and organization.

This year:

Dietitians of Canada continued to build awareness and understanding of the Truth and Reconciliation Commission's Calls to Action across the organization. All DC staff, Board members, and Network leaders participated in a two-part virtual Truth and Reconciliation training, creating a shared foundation for understanding Canada's history and the responsibilities that come with advancing reconciliation.

The training was an important step in supporting our leaders and staff as they consider how Truth and Reconciliation should inform their work, decisions, and relationships within the organization.

During September, in recognition of the National Day for Truth and Reconciliation, DC also shared educational resources and learning opportunities from Indigenous organizations and trusted public sources, including the Assembly of First Nations, the National Centre for Truth and Reconciliation, and the Government of Canada.

As we look ahead, DC will continue working with the TRC Committee to identify meaningful actions and opportunities to embed reconciliation into our policies, practices, education, and organizational culture.

National Indigenous History Month

#NIHM2025



Looking Ahead

Our commitment to Truth and Reconciliation is not defined by a single initiative or training session. It is an ongoing journey of learning, listening, reflection, and action. Through continued work with our TRC Committee and the broader DC community, we will continue to identify meaningful ways to advance this commitment.

Embedding Equity, Diversity and Inclusion

Creating an inclusive community requires ongoing conversation, learning, and action. Throughout the year, DC continued to advance its commitment to equity, diversity, and inclusion through organizational planning, education, and opportunities for members to engage with one another.

The EDI Committee continued to provide guidance and leadership, championing EDI efforts and surfacing priorities from within the membership community as DC works toward developing a more comprehensive EDI strategy for the organization. This work is helping identify opportunities to strengthen inclusion across our policies, practices, programs, and member experience.

A key development for the 2026–2027 membership year is the launch of the EDI Community Group as a free community for all DC members. The new model creates an accessible space for members to recognize systemic inequities, learn, ask questions, share perspectives, and engage in conversations related to equity, diversity, and inclusion. Members of the EDI Committee hope to share resources, facilitate discussions, and promote reflexivity within the group, helping bring the Committee's expertise and leadership into a broader member community.

By removing the cost to participate, the EDI Community Group reflects DC's broader commitment to making opportunities for connection and learning accessible to all members.

Looking Ahead

The work of advancing equity, diversity, and inclusion is ongoing. In the coming year, DC alongside the EDI Committee will continue developing its EDI strategy while creating more opportunities for members to participate in learning and dialogue. The EDI Community Group will provide an important space for this work to continue while empowering members to learn from one another and help transform dietetic profession.

Equity, Diversity, and Inclusion Committee

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



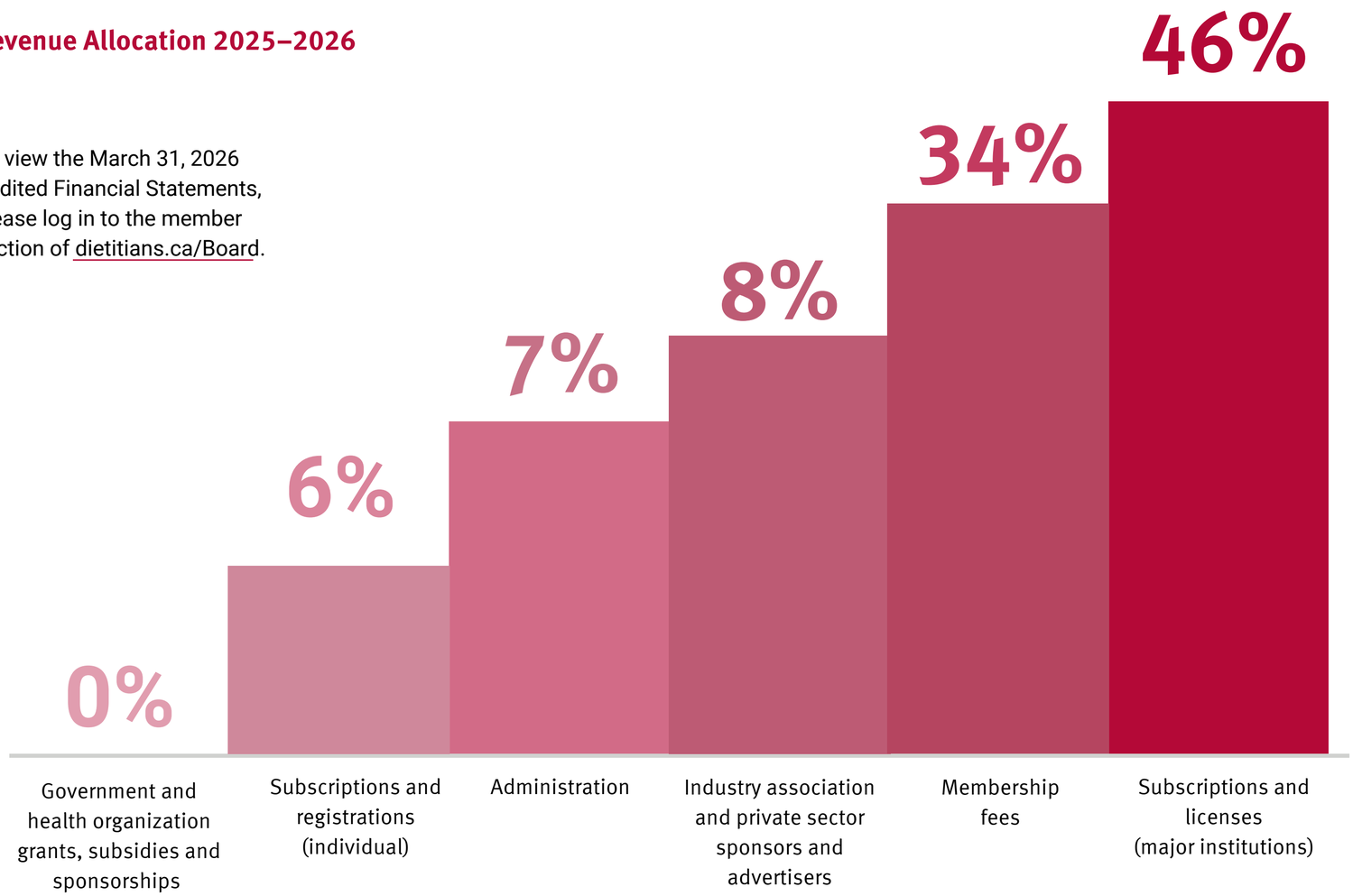
Financial Summary



Financial Summary

Revenue Allocation 2025–2026

To view the March 31, 2026 Audited Financial Statements, please log in to the member section of dietitians.ca/Board.



Revenues and Expenses ($ Millions)

	2026	2025
Revenue	$2.78	$3.85
Expenses	$2.60	$4.23

Balance of Funds ($ Millions)

	2026	2025
Unrestricted	$0.97	$0.80
Contingency	$0.89	$0.89

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.

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