
Collaborating for Impact!

CardioMetabolic Research Network (CMRN) Newsletter

June 15, 2021 Issue # 1

Welcome to our first newsletter

The **CardioMetabolic Research Network (CMRN)** is an emerging, international network of researchers, clinicians and implementation specialists interested in improved prevention and management of cardiometabolic conditions, with a focus on non-pharmacological approaches. A wide range of academic and professional expertise is needed in areas such as nutrition, kinesiology, psychology, sociology, behaviour change and implementation science, social work, family medicine, public health medicine, nursing, epidemiology, data science, political science, policy analysis, digital communications, project management, and health economics (and others!) to find the best mix of services for different health system contexts.

Our goal is to support member success in driving progress. We are pleased, therefore, to bring our members the first issue of a **quarterly newsletter planned for mid February, May, August, and November**. The value of the newsletter will be sharing from our different communities with other members. We would like to profile all members over time – see below for example. You will receive an invitation to submit a 75-150 word bio (photo if you wish). We also plan to send an email 2 weeks before each issue to get your contributions and successes. To avoid overlap with your traditional disciplinary resources, we will focus our efforts on items that fit within possible joint interest to CMRN members.

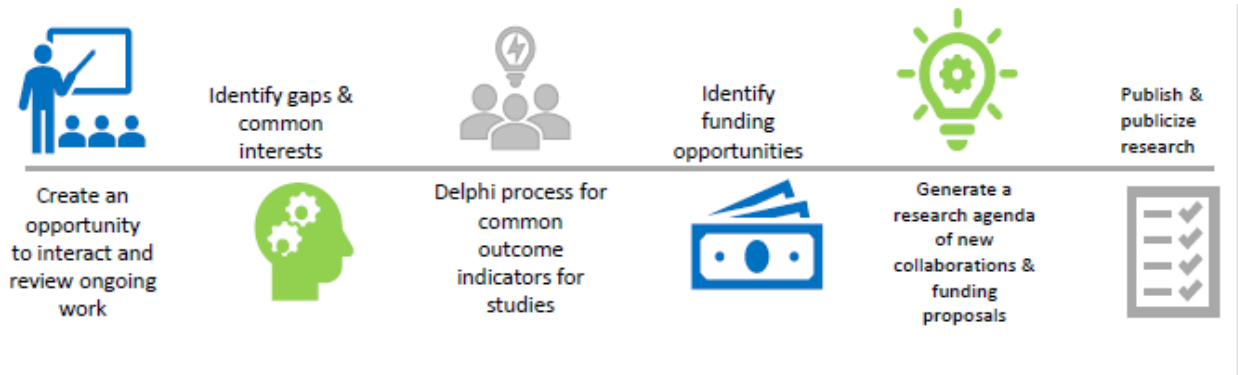
Please send news items, suggestions, etc. any time to Paula Brauer pbrauer@uoguelph.ca

CMRN Highlights

Website

We are delighted to inform you that, in collaboration with the Canadian Nutrition Society, we now have a presence online [CLICK HERE](#)
Learn about CMRN membership benefits [here](#) and our work to date [here](#)

Goals of CMRN



Upcoming Funding Opportunities

We will be scanning mainly Canadian CIHR opportunities that seem applicable to joint work in the topics of interest to this group, with a focus on early career opportunities. The timing of release of Funding Opportunities remains variable at this time. The recent release of the CIHR 10-year Strategic Plan has several positive messages for our joint interests. Read it here:

https://cihr-irsc.gc.ca/e/52331.html#s_1

For our next newsletters, members are invited to contribute to this section by submitting suggestions of upcoming funding opportunities for team grants that would fit within CMRN collaborative endeavor. Send to pbrauer@uoguelph.ca for inclusion in the next issue.

Upcoming Conferences

14th Annual Conference on the Science of Dissemination and Implementation in Health.
DATE & TIME December 14-16, 2021 LOCATION Online | Virtual.

<https://academyhealth.org/events/site/14th-annual-conference-science-dissemination-and-implementation-health>

For our next newsletters, members are invited to contribute to this section by submitting suggestions of upcoming conferences that would fit within CMRN mission.

Recent Publications of Interest

Diet and Exercise

Ramírez-Vélez R, Castro-Astudillo K, Correa-Bautista JE, González-Ruiz K, Izquierdo M, García-Hermoso A, Álvarez C, Ramírez-Campillo R, Correa-Rodríguez M. The Effect of 12 Weeks of Different Exercise Training Modalities or Nutritional Guidance on Cardiometabolic Risk Factors, Vascular Parameters, and Physical Fitness in Overweight Adults: Cardiometabolic High-Intensity Interval Training-Resistance Training Randomized Controlled Study. [J Strength Cond Res. 2020 Aug;34\(8\):2178-2188.](#)

Papadaki A, Nolen-Doerr E, Mantzoros CS. The Effect of the Mediterranean Diet on Metabolic Health: A Systematic Review and Meta-Analysis of Controlled Trials in Adults. *Nutrients*. 2020 Oct 30;12(11):3342. <https://pubmed.ncbi.nlm.nih.gov/33143083/>

Obesity

Wharton S, Lau DCW, Vallis M, Sharma AM, Biertho L, Campbell-Scherer D, Adamo K et al. Obesity in adults: a clinical practice guideline. CMAJ. 2020 Aug 4;192(31):E875-E891. doi: 10.1503/cmaj.191707. PMID: 32753461; PMCID: PMC7828878. <https://pubmed.ncbi.nlm.nih.gov/32753461/>

Vas P, Hopkins D, Feher M, Rubino F, B Whyte M. Diabetes, obesity and COVID-19: A complex interplay. Diabetes Obes Metab. 2020 Oct;22(10):1892-1896. doi: 10.1111/dom.14134. Epub 2020 Jul 28. PMID: 32627299; PMCID: PMC7362013. <https://pubmed.ncbi.nlm.nih.gov/32627299/>

Popkin, B.M., Du, S., Green, W.D., Beck, M.A., Algaith, T., Herbst, C.H., et al. 2020. Individuals with obesity and COVID-19: A global perspective on the epidemiology and biological relationships. Obesity Reviews **21**(11). doi:10.1111/obr.13128. <https://dx.doi.org/10.1111/obr.13128>

Implementation/Knowledge Translation

Sanchez-Flack JC, Herman A, Buscemi J, Kong A, Bains A, Fitzgibbon ML. A systematic review of the implementation of obesity prevention interventions in early childcare and education settings using the RE-AIM framework. Transl Behav Med. 2020 Oct 12;10(5):1168-1176. doi: 10.1093/tbm/ibz179. PMID: 33044537; PMCID: PMC7549410. <https://pubmed.ncbi.nlm.nih.gov/33044537/>

Chan CB, Popeski N, Fatehi Hassanabad M, Sigal RJ, O'Connell P, Sargious P. Virtual care for glycemic management in people with types 1 and 2 diabetes and diabetes in pregnancy: a rapid review. Can J Diabetes. Published online May 25, 2021. DOI: 10.1016/j.jcjd.2021.02.007 <https://pubmed.ncbi.nlm.nih.gov/34045146/>

For our next newsletters, members are invited to contribute to this section by submitting suggestions of relevant recent publications that would fit within CMRN research focus.

Interesting Links and Groups

[SPOR Evidence Alliance](#) The SPOR Evidence Alliance is a partnership between researchers, patients, healthcare providers, policymakers, and other decision-makers who are committed to building a Canadian health system that is increasingly informed and improved using best available evidence and innovations uncovered by the health research community.

The Alliance is jointly funded by the Canadian Institutes of Health Research and 41 public agencies and organizations across Canada to create a collaborative research environment that is centred around patients and health system decision-makers as part of the Strategy for Patient-Oriented Research initiative.

[CardioMetabolic Health, Diabetes and Obesity Research Network](#) The CMDO Research Network aims to develop research in cardiometabolic health, diabetes and obesity, to translate knowledge and to promote evidence for improving the health and quality of life of Quebecers.

[Knowledge Translation Canada](#) Knowledge Translation Canada is a network of Canadian experts in knowledge translation joining forces to tackle the greatest challenge in health care today: the fact that although there is a great deal of health research being conducted, there is a gap in applying the results at the patient's bedside and in everyday health decisions.

For our next newsletters, members are invited to contribute to this section by submitting suggestions of interesting links and groups that would fit within CMRN research focus.

Members Section

Member Profile - Rupinder Dhaliwal



Rupinder Dhaliwal is the Program Manager of the Canadian Malnutrition Task Force-Canadian Nutrition Society. In this role, she has been assisting with advancing the national agenda for addressing malnutrition. She is the former Director of Operations, Metabolic Syndrome Canada where she led the development and implementation of an evidence-based diet and exercise program in over 1000 community participants across five provinces in Canada. In her past positions at Queen's University, she played a key role in the implementation of multicenter randomized trials and the development of Clinical Practice Guidelines for Nutrition in the Critically ill.

She also facilitated the advancement of research in areas of critical care nutrition and exercise. Rupinder is a Registered Dietitian, she has written numerous scientific publications and presented at many national and international conferences, including the Dietitians of Canada Coast to Coast series. In 2016 she was awarded the "Fellow of Dietitians of Canada" for her professional growth, excellence and achievements throughout her career and the "Allied Health Award in Nutrition Care" from the Canadian Nutrition Society in 2019.

Member Grants Received

From the Canadian Foundation for Dietetic Research

Informing evidence-based practice in nutritional genomics: an educational needs assessment of dietitians and development of an evidence summary prototype Sophie Desroches Université Laval.

Plant-based dietary patterns and coronary artery calcification in adults with heterozygous familial hypercholesterolemia Jean-Philippe Drouin-Chartier Université Laval.

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