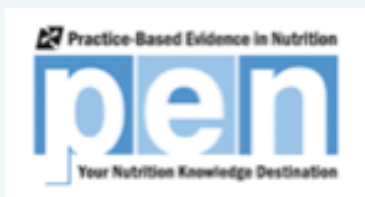# 20 PEN SYSTEM FUN FACTS (2005-2025)



## THE PEN SYSTEM WAS LAUNCHED IN 2005!

It contained 12 knowledge pathways and became the foundational database for BC Dial-A-Dietitian call centre and then EatRight Ontario in 2007 (until to 2018).

**1**

**2**

## PEN SYSTEM EVALUATIONS WERE PUBLISHED

Developing an Interview Guide to evaluate practice-based evidence in nutrition: use of the delphi technique (2011) and Phase II - Practice-based Evidence in Nutrition (PEN) evaluation: interviews with key informants (2012).

## CUSTOMIZABLE PEN SYSTEM CLIENT HANDOUTS

In 2009 users became able to add their own company / agency logo and could email handouts out to their clients.

**3**

**4**

## PEN SYSTEM LOGO WAS UPDATED

The PEN System logo was updated in 2010. Now the PEN System contained 100 knowledge pathways!

## PEN SYSTEM EXPANDED ITS REACH

The PEN System began to increase its global reach by collaborating with Australia and the UK (2010), South Africa (2012), Ireland (2013), Japan (2014), Spain (2016), and Pakistan (2018).

**5**

**6**

## PEN SYSTEM NEWSLETTER WAS LAUNCHED

The inaugural issue of PEN eNews was in May 2011.

# 20 PEN SYSTEM FUN FACTS (2005-2025)



## PEN SYSTEM WENT SOCIAL — 7

The PEN System joined Facebook and Twitter communities in 2012. Later, accounts for LinkedIn and Instagram were added.

## 8 — EVIDENCE-BASED COURSE OFFERED

The PEN System teamed up with Canadian Health Evidence to offer an Evidence-based Decision-Making course / tutorial in 2012.

## PEN SYSTEM HELPS EDUCATORS & STUDENTS — 9

The PEN Student Assignment Guide was created in 2012, targeted for classroom and practicum use. In 2023, it was updated and moved online and added to DC's Educator Hub.

## 10 — ADDED TRENDING NEWS-MAKING EVIDENCE

Evidence Clips and Article Analyses replaced DC's Current Issues (2004-2012). In 2016, they were replaced by open access Trending Topics.

## PRACTICE TOOLKITS LAUNCHED IN 2013 — 11

Practice Guidance Toolkits were created based on focus groups to provide easy access to practice information, structured around Nutrition Care Process Terminology (NCPT).

## 12 — PEN SYSTEM GETS A MASCOT!

Our mascot, the PEN Penguin (PENny), and our PEN Storyboard were created in 2014. PEN Tours and Video tutorials were developed in collaboration with DA in 2016.

# 20 PEN SYSTEM FUN FACTS (2005-2025)

## PEN SYSTEM TRAINING MODULES LAUNCHED

Author's Guide (2014) then had revisions in 2021 & 2024 including the addition of Evidence Grading Checklist. Rapid Incorporation of Systematic Reviews (RISR) was developed in 2020 to quickly update content in the PEN System.

**13**

**14**

## THE PEN SYSTEM TURNS 10 YEARS OLD!

PEN @ 10 years was celebrated in Montreal in 2015 at the 2015 DC conference!

## RAISING OUR HEALTHY KIDS VIDEOS CREATED

Developed (2015) for parents, teachers and health care providers to help Canadian families live healthier lives. Updates in 2025 with grant funding from the Calgary Health Foundation.

**15**

**16**

## GRADE ADDED TO THE PEN SYSTEM

The PEN Team implemented Grading of Recommendations, Assessment, Development and Evaluation (GRADE) recommendations for eligible Practice Questions in 2015.

## PEN ACHEIVER AWARD CREATED

The 1st PEN Achiever Award was offered in 2016 and awarded to Dr. Doris Gillis.

**17**

**18**

## PEN CONTENT MANAGEMENT SYSTEM CREATED

The PEN Content Management System (PCMS) was developed in 2016 as an online database for author and reviewer assignments.

# 20 PEN SYSTEM FUN FACTS (2005-2025)

## PEN SYSTEM BECOMES A DC MEMBER BENEFIT

**19**

Unlimited PEN membership access was included in the DC membership for the first time in 2024.

## NEW MESSAGE TO OUR READERS

**20**

The PEN System's 'Message to Our Readers', introduced in 2022, are used for specific knowledge pathways to acknowledge diversity and / or limitations of our content.

## PEN SYSTEM BEYOND 2025

Stay tuned for updates on the re-envisioning PEN 2.0 in 2025 and beyond!