

Yves-Deshaies Rising Stars Award of the CMDO Network and MyRoad Platform

Created in April 2012 by the Fonds de Recherche du Québec – secteur Santé (FRQ), the mission of the **CardioMetabolic Health, Diabetes and Obesity Research Network** is to pursue the development of research into metabolic and cardiovascular health, diabetes and obesity, and to transfer and mobilize knowledge to promote sustainable health among Quebecers.

The **MyRoad Platform (Maximize Your Research in Obesity and Diabetes)** offers unique opportunities for students at all levels and early-career researchers across the country to benefit from extensive research training and mentoring programs. MyRoad is helping to train the next generation of scientists to mobilize new and emerging evidence into practice and policy in the fields of obesity, diabetes and cardiometabolic diseases.

The CMDO Network is launching its **2025-2026 Yves-Deshaies Rising Stars Award of the CMDO Network and MyRoad Platform** for graduate students and postdoctoral fellows in Quebec. The aim of the award is to support high-potential candidates to optimize their chances of obtaining prestigious scholarships.

This Award of Excellence has three components:

- financial support of \$3,000 for participation in international conferences;
- financial support of \$1,500 for participation in one or more [MyRoad Platform](#) training activities;
- access to the 2026 CMDO Winter Camp and 2026 MetaboliQc Meeting (SQLNM/CMDO);
- access to a senior mentor who will act as advisor to ensure that your application meets the specific criteria of these prestigious competitions.

One prize per year will be awarded following an evaluation based on criteria of excellence.

The eligibility criteria and the evaluation method are described below. Candidates should have an excellent academic and research record as well as excellent potential to pursue a career in research.

The laureates will receive financial support of \$3,000 (CMDO) and \$1,500 (MyRoad) valid from October 1, 2025, to September 30, 2026, to cover the cost of attending international conferences.

Deadline for application submission is September 10, 2025.

Women, Aboriginal people, visible minorities, ethnic minorities, people with disabilities and people from the 2SLGBTQIA+ community are encouraged to apply for funding. For evaluation purposes, we strive to recruit a diverse committee that reflects the profiles of the applicants and ensure an evaluation process that takes into account the particular situations of the applicants, including atypical trajectories.

Requests submitted late, incomplete or that do not meet the eligibility criteria will not be evaluated.

Eligibility criteria of the proposed candidate:

- 1) **Only candidates wishing to apply for doctoral or postdoctoral scholarships may apply for the Rising Stars competition;**
 - *The selection of the winner by the CMDO does not guarantee the acceptance by your university to apply for the mentioned competitions.*
- 2) The candidate (graduate student (MSc and PhD) or postdoctoral fellow), affiliated with a Quebec research center, must be a student / trainee member of the CMDO Network before the final submission;
- 3) The candidate's research director must be a regular member of the CMDO Network before the final submission;
- 4) The candidate's research program must be related to the areas of cardiometabolic health, diabetes and / or obesity;
- 5) The candidate must have an excellent and complete record: academic, research potential, leadership, social involvement, etc.;
- 6) The candidate must provide a detailed CV in the CMDO format (*template available upon request at concours@rrcmdo.ca*);
- 7) The candidate must provide a letter of motivation;
- 8) The candidate must provide two letters of reference (research director and another researcher);
- 9) The recipient agrees to provide a brief report at the end of the funding period and to complete the follow-up survey a year later (scholarship competition results, status and plans for further education and career in research).

Who can apply:

The graduate student candidate (MSc and PhD) or postdoctoral fellow who is a member of the CMDO Network under the direction of a regular member of the CMDO Network is responsible for his application.

Required documents for the application:

- 1) Electronic application form completed (*online, see below*) by the applicant;
- 2) Curriculum vitae in CMDO format completed by the candidate (*PDF format, available on request from concours@rrcmdo.ca*);
- 3) Two letters of reference from established researchers: a letter from the research director and a letter from another researcher who does not participate in the candidate's leadership (*PDF format, see below*);
- 4) *Optional*: a page containing one or more figures and their respective captions.

The form must be completed online. All other documents must be submitted in PDF format to concours@rrcmdo.ca

Application evaluation process:

An evaluation committee will be set up to assess the excellence of all applications received, covering the fields of cardiometabolic health, diabetes and obesity. Anyone in a conflict-of-interest situation will be excluded from this evaluation. The winner of the competition will be announced in the weeks following the application deadline.

Applications will be evaluated according to the criteria of eligibility of the competition and excellence in the following criteria:

- 1) **Candidate excellence (30%)**: academic excellence, scholarships, awards, leadership and involvement;
- 2) **Candidate research potential (30%)**: Quality of research training, scientific achievements, publication history, personal qualities and social skills that foster a career in research, career plan;
- 3) **Quality of the research program (20%)**;
- 4) **Potential eligibility to apply for scholarship competitions it wishes to apply (10%)**;
- 5) **Support letters (10%)**.

Any request for additional information may be sent to the Research Network on CardioMetabolic health, Diabetes and Obesity (CMDO), Université Laval, École de Nutrition, email: info@rrcmdo.ca.

Description of the electronic form - See next page

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Instructions for the application form

[THE APPLICATION FORM MUST BE COMPLETED ONLINE, CLICK HERE](#)

The form can be saved in order to complete it later.

ATTENTION:

- To save your application in order to complete it later, you must click on the *Finish Later* icon (a username will be asked for you, as well as a password), then exit by closing the program.
- If you have saved your application and click *Exit and delete your answers*, all saved data will be erased.

1. GENERAL INFORMATION

Principal Applicant (CMDO Network Graduate Student / Postdoctoral Fellow):

Name of Principal Applicant: *max. 100 characters including spaces*

Affiliation of the Principal Applicant: *max. 240 characters including spaces*
current degree (MSc, PhD or postdoctoral fellow)

Start date of current university program: *max. 100 characters including spaces*

Research Director (Regular member of the CMDO Network):

Number of research directors: *choose 1, 2 or 3*

Name of the research director: *max. 100 characters including spaces*

Affiliation of the research director: *max. 120 characters including spaces*

Status of Director or Co-Director: *choose.*

Main theme of the candidate's research project (only one choice):

- ☐ Cardiometabolic health
- ☐ Diabetes
- ☐ Obesity

Secondary theme (s) of the candidate's research project (multiple choices possible):

- ☐ Cardiometabolic health
- ☐ Diabetes
- ☐ Obesity
- ☐ Not applicable

In which axis (s) of research is classified the research project of the candidate (multiple choices possible):

- ☐ Fundamental and preclinical research
- ☐ Nutrition, Physical Activity and Human Pathophysiology (Clinical Research)
- ☐ Life habits, risk factors and population interventions across life cycles (Population Health)
- ☐ Organization of Care (Health System), sharing and use of knowledge (Knowledge Transfer)
- ☐ Hypertension and vascular diseases
- ☐ Heart disease through the cycles of life
- ☐ Metabolic liver diseases

Provide information on the elite competition planned for 2026 in connection with this CMDO Rising Stars Contest. (Include the competition title, the granting agency, the web link (if available) and the reasons why you will apply. max. 1500 characters including spaces

For which degree of study will you apply (Doctorate or Postdoctorate):

What is the deadline to apply to this competition (if known):
max. 100 characters including spaces

Indicate any special circumstances that may have affected your career path (Candidate).
max. 2800 characters including spaces

2. IN-PROGRESS RESEARCH PROGRAM OF THE CANDIDATE

Provide a summary of your in-progress project including scientific rationale, objectives and hypotheses, methodology and potential benefits. Please also include a paragraph describing the originality of your project (potential for creating new knowledge, originality of hypotheses and research questions, novelty of the approach, new methodologies or new application of existing methodologies).
max. characters spaces included: masters 1500 characters, doctorate 2000 characters, post-doctorate 2500 characters (spaces included).

3. MOTIVATION LETTER AND CAREER PLAN

The participant must provide a description of the reasons for participating in this competition, in connection with their next study cycle or career plan. max. 4000 characters including spaces.

The text must contain the following information:

1. The candidate's research roadmap and the impact of his activities to date in his area of expertise;
2. Description of the importance of not more than two research contributions;
3. Description of the importance of not more than two contributions in terms of leadership;
4. Personal qualities, social skills and motivations related to pursuing a career in research.

4. FINANCIAL INFORMATION:

In the event that your project is funded, please provide us with the mailing address and contact details of the person responsible for financial transfers (e.g. administrative technician):

- Name; max. 120 characters including spaces
- Email; max. 120 characters including spaces
- Phone number; max. 120 characters including spaces
- Postal address; max. 250 characters including spaces

5. SELF-IDENTIFICATION (To be completed by the Principal Applicant only)

As with tri-council agency, the purpose of the self-identification form is to collect information so our network can monitor the equity performance of our programs and design new measures to achieve greater equity, diversity and inclusion in our research endeavours

Membership Type (one choice only):

- ☐ Regular Member.
- ☐ Student, postdoctoral fellow or resident member
- ☐ Other

If Regular member: Position as a researcher: What is the start date of the first career position as an researcher in a research center (e.g. Researcher since December 2018 at INAF)?

Research areas (multiple choices possible):

- ☐ Basic Science/Preclinical
- ☐ Clinical
- ☐ Health care organization/health system
- ☐ Population-based

Gender (one choice only):

- ☐ Female
- ☐ Male
- ☐ Trans woman
- ☐ Trans man
- ☐ Two-spirited person
- ☐ Gender fluid
- ☐ Non-binary
- ☐ Other
- ☐ I don't identify with any of these options
- ☐ I prefer not to answer.

Aboriginal People: Aboriginal people in Canada is a generic term used to refer to Inuit, Métis or First Nations people who live within the boundaries of the territory now known as Canada. We encourage all persons belonging to these nations and communities to indicate their affiliation below.

I belong to one of the following Aboriginal peoples of Canada (one choice only):

- ☐ First Nations or First Peoples
- ☐ Métis
- ☐ Inuit
- ☐ No
- ☐ I prefer not to answer

Minority affiliation

I belong to the following ethnocultural or racialized community (You may choose the option that best describes your ethnic or regional origin or choose more than one if you consider yourself to be of mixed origin):

- ☐ Canadian Aboriginal Community (First Nations, Métis or Inuit)
- ☐ White community or community of European descent
- ☐ Central Asian or North Asian community
- ☐ Afro-descendant (or Black) community
- ☐ Latin American community
- ☐ Middle Eastern or North African community

- ☐ South Asian community
- ☐ Southeast Asian community
- ☐ East Asian community
- ☐ Aboriginal community outside of Canada
- ☐ None of the above
- ☐ I prefer not to answer

If you selected "None of the above" for the previous question:

Specifically, I prefer to identify myself using the following terms
max. 500 characters including spaces

Native Language

The native language I learned and still understand is (please select all that apply)

- ☐ French
- ☐ English
- ☐ Other(s)
- ☐ I prefer not to answer

If you selected "Other(s)" for the previous question:

You may indicate your native language here:
max. 200 characters including spaces

Commonly used language

The language I most commonly use at home is (please select all that apply)

- ☐ French
- ☐ English
- ☐ Other(s)
- ☐ I prefer not to answer

If you selected "Other(s)" for the previous question:

You may indicate your commonly used language here:
max. 200 characters including spaces

Comments or questions about the self-identification questionnaire
max. 1000 characters including spaces

DOCUMENTS TO BE TRANSMITTED IN PDF FORMAT:

1. CV of the candidate, format CMDO (*request the model word at concours@rrcmdo.ca*). This document should not exceed 5 pages excluding the *List of Publications and Presentations* section.

This resume includes:

- a. Identification of the candidate;
- b. University education (university, program, grade point average, director, project title) *max. 1/2 page;*
- c. Scholarships and awards (academic and others) *max. 1/2 page;*
- d. Work experience (research and others) *max. 1 page;*
- e. Academic participation (mentoring, teaching, supervision, councils / committees, project management, event / course organization) *max. 1 page;*
- f. Personal achievements (associations, entrepreneurship, travel / international studies) *max. 1 page;*
- g. Social, community or civic participation and achievement *max. 1 page;*

- h. List of publications and presentations (articles, oral or poster presentations, scientific popularization activities or for the general public) *no maximum*.
2. A letter of support from the research director.
3. A letter of support from a researcher who is not involved in the direction of the candidate.
4. *Optional*: a page containing one or more figures and their respective captions.
5. Submit all documents by email to concours@rrcmdo.ca.