



## About the Moore Institute

The OHSU Bob and Charlee Moore Institute for Nutrition & Wellness was created in 2012 after an extraordinary act of generosity from Bob and Charlee Moore who pledged \$25 million to form a partnership with OHSU to confront one of the biggest contributors to the rise of chronic disease: poor nutrition.

The scientific cornerstone of the Moore Institute is a discipline in which OHSU has been internationally recognized for decades: the Developmental Origins of Health and Disease, or DOHaD, which illuminates the vital relationships between maternal prenatal diet, toxic stress, fetal health and adult onset disease.

The Moore Institute is intended to exert a far-reaching and long-lasting impact on the health and well-being of people of all ages by addressing the complex clinical and social factors related to and arising from poor nutrition.



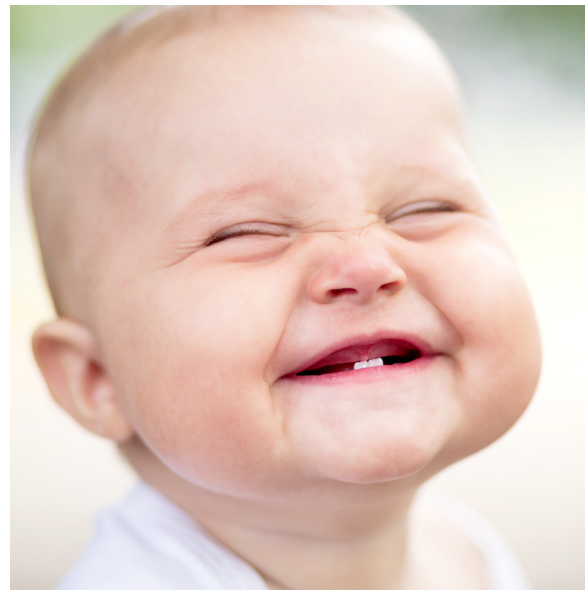
### Current projects

- *Nutrition Oregon Campaign* - statewide education and outreach campaign targeted toward leaders
- *Nutrition In A Box* - middle school curriculum
- *Nutrition in Pregnancy Coalition* - gathering scientists and clinicians to establish consensus nutrition standards for pregnancy
- *Nutrition Consortium* - bringing together communities to discuss nutrition, DOHaD science and form collaborations
- *Mama, Abuela y Yo* - Latinx family nutrition curriculum
- *Alaskan Research Study* - research project looking at how changing diets of native Yup'ik Alaskans have impacted chronic disease
- *Medical Education* - developing nutrition and DOHaD curriculum for health care students and professionals

# Chronic disease risk is established before birth

Oregonians, along with the rest of the U.S. have seen steadily increasing rates of obesity, diabetes and heart disease since the 1990s. The scientific evidence for why this is happening is now overwhelming.

Over the past 20 years, Developmental Origins of Health and Disease (DOHaD) research has shown that the seeds of chronic disease are planted much earlier than we once realized. We now know that our risk for developing chronic disease is established before we are even born as a result of poor nutrition and toxic stress during pregnancy that inhibits the growth of the fetus and “programs” the baby for disease in later life. These same stressors impact preterm birth, adverse birth outcomes and cognitive development.



Nutrition and stress exposure during the first 1,000 days, the time period from conception to about age two, affects how robustly organs and bodily systems are built, and ultimately sets long-term risk for developing most chronic diseases. While the mother provides the environment for the developing child, the environment the mother lives in affects the nutrition and stress she experiences. To have a lasting impact on healthy communities, it is absolutely necessary to address the nutrition and stress of women of childbearing age.



## Reducing health disparities

Significant health disparities exist between and within Oregon communities. To truly have an impact on reducing rates of chronic disease in Oregon, we must close the health gap among communities of color.

For this reason, the Moore Institute is committed to partnering with communities of color to identify and address specific social determinants impacting poor nutrition and toxic stress among women of child bearing age.

### CONTACT INFORMATION

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