

OREGON HEALTH & SCIENCE UNIVERSITY

OHSU Bob and Charlee Moore Institute for Nutrition & Wellness

Annual Report 2018

Changing the way we
think about food –
*the health of the next
generation depends on it.*





About the Moore Institute

The OHSU Bob and Charlee Moore Institute for Nutrition & Wellness was created 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 Moore Institute's central commitment is to reduce the prevalence of chronic diseases across the lifespan in current and future generations by promoting healthy, nutrient-rich diets based on pregnancy and lactation, and in infancy and early childhood.

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 includes the vital relationships between maternal prenatal diet, 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.

Mission Statement

At the OHSU Bob and Charlee Moore Institute for Nutrition & Wellness we believe that reducing the prevalence of chronic diseases throughout life starts by promoting healthy, nutrient-rich diets based on wholesome foods - before conception, during pregnancy and lactation, and in infancy and early childhood.

We support this in current and future generations by offering programs that:

- Educate through professional training and community outreach.
- Conduct research through human and community-oriented clinical, basic and translational science.
- Provide clinical care through the development of new preventive measures and treatments.
- Address public policy issues to promote improved nutritional health in the community.

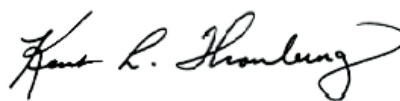
Director's message

As another year draws to a close, I've been reflecting on the progress we've made in our brief existence. This year we have continued to build on our commitment to share the message of the importance of early life nutrition in preventing chronic disease risk.

We've made great headway in curriculum development this year. We are very close to being able to share the innovative Nutrition In A Box curriculum with schools. This interactive, self-contained curriculum is designed for 10-14 year old students and aligns with the most current USDA Dietary Guidelines. We have also made progress on our online continuing education nutrition module for physicians. This will serve as a pilot project for OHSU and pave the way for additional maternal nutrition modules. We also joined forces with Familias en Accion to develop continuing education for Latina Community Health Workers. We just learned that our assistance with Familias helped them get a grant to begin work on the project. We recently made a decision to join forces with the OSU Moore Family Center to combine our annual nutrition conferences. The newly combined event will be called the Oregon Another year has come and gone. We've spent a good deal of time this year laying the groundwork for two major events that will take place in the next six months. The first is a national conference on nutritional needs during pregnancy. The Vitamix Foundation is generously supporting the planning of this conference in Washington, D.C. in May of 2019. We will be bringing together leading clinicians and scientists working in women's health. The planned result is a consensus statement agreeing on the most important factors providers need to know about the importance of nutrition during pregnancy in preventing

poor outcomes for the mother and child, both at birth and throughout life. This conference will help reinforce the Moore Institute as a leading national voice in the importance of nutrition during the first 1,000 days.

The second major event is a DOHaD conference in Uzbekistan. After the International Summit on the Nutrition of Adolescent Girls and Young Women that the Moore Institute hosted in 2015, Viola Artikova, M.D., M.S.P.H. noticed Russian speaking countries were noticeably absent. Artikova, who has been associated with the Moore Institute for many years through her husband Fred Gregory, Moore Institute Director of Global Development, decided to translate David Barker's book Nutrition in the Womb into Russian. She also helped the Moore Institute make connections with the Uzbekistan government. After building initial interest in how the science of DOHaD could improve population health in a country still dealing with the repercussions from the dissolution of the Soviet Union, we applied for and received funding from USAID. The small conference will bring international DOHaD scientists to Uzbekistan next fall to present on the topic to government and health officials.



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In the community

An essential part of the Moore Institute's mission is to engage the community in our work. We do this through direct outreach to community groups, by participating in community events, and by hosting our own events.

Here is a list of highlights from our community outreach:

• Oregon Nutrition Day 2018

The Moore Institute joined forces with the OSU Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health to combine our annual nutrition-focused conferences. The result was the first annual Oregon Nutrition Update, taking the place of the former Oregon Nutrition Day. The plan is for the conference to alternate between Portland and Corvallis. The first event in Portland had speakers talking about industrialized food and obesity correlations, a panel on the school food environment and another on food equity and insecurity. Plans for the 2019 conference in Corvallis are in the works.

• Brain Awareness Teachers Workshop

The Moore Institute once again partnered with the OHSU Office of Science Opportunities and the OHSU Brain Institute to offer this day-long event for teachers. OHSU Moore Institute steering committee member, Lynne Messer, Ph.D., spoke to the audience about the effects of toxic stress on lifelong health and chronic disease risk.

• OHSU Farmer's Market

We hosted a table at the OHSU farmer's market to showcase the completed Nutrition in a Box curriculum. We had lots of interest and words of encouragement from the OHSU community in displaying the curriculum and talking about the work of the institute.





Outreach in action: Nutrition Oregon Campaign

The Nutrition Oregon Campaign is a statewide nutrition education and outreach campaign, grounded in the science of Developmental Origins of Health & Disease, and geared toward community leaders to help them understand the importance of nutrition in improving community health.

In 2018, the Moore Institute continued to build a solid base for the campaign to build upon. We developed a Core Collaborators Group made up of representatives from organizations that have similarly-based missions of improving the health of Oregonians. These organizations represent the four key sectors we are targeting with the campaign: health care providers, traditional health workers, pre-k-12 education and food service and community, business and government leaders. Together we've refined the goal and vision of the campaign and identified possible areas of collaboration where our work intersects.

We received funding from the Maybelle Clark Foundation to begin implementation of parts of the campaign. This work includes identifying communities around the state that may be interested in becoming a "hub" for the campaign.

These communities will be responsible for the on-the-ground implementation of the campaign. Thus far, Ontario is operating as a hub with a local organizing committee and campaign liaison in place. Their community is in the process of identifying school-based nutrition intervention programs and applying for funding.

We traveled to Medford to meet again with a packed house for the Great Start, Eat Smart group and identify possible areas of collaboration. We are also exploring plans to collaborate with groups in Klamath Falls, Astoria and Hood River.

Realizing that many community groups are interested in developing a project, but oftentimes overwhelmed with where to begin, we developed a list of evidence-based programs and policies related to DOHaD. The interactive list is culled a list created by the Robert Wood Johnson Foundation.

Looking forward we will continue to build relationships, identify hub communities, create sector-specific communication tools and develop methods for sharing success stories throughout the state.

Focus on research

The strong base of research at OHSU into the biological and physiological origins of chronic disease helped launch the Moore Institute. Now, the Moore Institute is involved in carrying research from the bench into the community.

New recruits bring focus on Alaskan native research

Bert Boyer, Ph.D. and Scarlett Hopkins, R.N., M.A., joined OHSU this summer from the University of Alaska Fairbanks. Bert was the Director of the Center for Alaska Native Health Research, a collaborative research center working with Yup'ik communities in Southwest Alaska to reduce and prevent health disparities among indigenous peoples. Scarlett directed the Community Engagement and Clinical Support core of the center. In moving to Portland, they plan to continue their work with Yup'ik people, focusing on protective factors in the Yup'ik diet and lifestyle and how these behavioral factors modify the epigenome and reduce type 2 diabetes risk. Their work is done using a community-based participatory research (CBPR) framework to ensure the people with whom they work have an active voice in the work and that any research or interventions developed from the work are culturally relevant.

Boyer and Hopkins had been working with the Moore Institute and OHSU researchers for a number of years on a joint research study in Alaska looking at the change in chronic disease risk among the native Yu'pik population. Their research is a an ideal fit with ongoing work at OHSU and their CBPR knowledge will be valuable to the Moore Institute and beyond.

In moving to Oregon, Boyer and Hopkins worked with OHSU to ensure extra precautions were in place to store, access and utilize any samples given by Native Alaskans. A tribal council of leaders from the Alaskan Native communities came to Portland to meet with OHSU and Moore Institute leaders in person to hear about how their work with us may help their own communities as well as others across the globe.

Eventually, Boyer and Hopkins would like to establish a center within the Moore Institute similar to the one they helped create in Alaska.



Focus on education

A key part of the Moore Institute's mission is to share the science of DOHaD. We do this through developing curriculum for individuals of all ages, working to incorporate the science into required educational standards and by inspiring the next generation to carry the message forward.

Nutrition in a Box

The Nutrition in a Box curriculum, designed for students in grades four – eight, is complete. Moore Institute outreach and education committee members are working to develop a marketing plan to get the box used in more Oregon schools. The Oregon Boy Scouts of America used the curriculum as part of their summer camps and several schools have ordered a box. The curriculum can now be purchased directly from the Moore Institute website.

The Health of Gen Z

The Moore Institute once again collaborated with Portland Community College to present a morning dedicated to the latest nutrition and DOHaD science for students and faculty. Susan Bagby, M.D., Joyanna Hansen, Ph.D., and Diane Stadler, Ph.D., R.D., L.D. presented.

OHSU absorbs Marylhurst graduate program

Moore Institute Associate Director Diane Stadler, Ph.D., R.D.N., L.D., led the charge to absorb Marylhurst University Food Systems & Society graduate program students into OHSU when Marylhurst announced plans to close. The program encourages students to identify societal factors that impact food system equity and develop critical thinking skills on how to engage with social change to the food system. It will be housed within the Graduate Programs in Human Nutrition in the OHSU School of Medicine.

Culinary medicine elective

Physicians need to be able to talk to their patients about the importance of nutrition in preventive care and for treatment of chronic conditions. For this, they need to understand not only the science of nutrition, but the common barriers to healthy eating and basic cooking skills as well. The OHSU School of Medicine adopted a culinary medicine elective this year held during enrichment week between preclinical course blocks. The class was so popular, the first offering filled within minutes. More than half of the Med21 class will be able to participate in the class. Moore Institute Associate Director for Nutrition, Diane Stadler, Ph.D., R.D., L.D. is one of the driving forces in establishing the class.



Accomplishments

Uzbekistan conference

Viola Artikova, M.D., M.S.P.H., who has been associated with the Moore Institute for many years through her husband Fred Gregory, Moore Institute Director of Global Development, translated David Barker's book *Nutrition in the Womb* into Russian where it will be published in 2019. A native Uzbek, she helped the Moore Institute make connections with the Uzbekistan government. After building initial interest in how the science of DOHaD could improve population health, the Moore Institute received funding from the U.S. Embassy in Tashkent to host a conference. The small conference will bring OHSU DOHaD scientists to Uzbekistan in September of 2019 to present on the topic to government and health officials. The entire conference will be translated into Russian.

Nutrition in Pregnancy Conference

The Moore Institute received a \$100,000 grant from the Vitamix Foundation to organize and host a national conference in Washington, D.C. to bring together leading scientists and clinicians to discuss the need for specific nutrition guidelines for pregnant women. The conference will be held May 2-3, 2019, with an additional day for invited leaders to draft a consensus statement to be published in a peer-reviewed journal.



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