

OREGON HEALTH & SCIENCE UNIVERSITY

# OHSU Bob and Charlee Moore Institute for Nutrition & Wellness

Annual Report 2018-2019

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



# Director's Message



The reach of the Moore Institute has extended significantly in the past year, both close to home and beyond our borders. We've seen our message about the importance of nutrition before and during pregnancy and in early life woven into the

fabric of countless initiatives, policies and institutes.

Locally, the work of the Nutrition Oregon Campaign is growing swiftly across the state. Already three regional hubs in three distinct regions of the state are officially part of the campaign. We've had significant interest from additional communities we've visited, or that have heard about the campaign, and we expect to bring additional hubs on-board in the coming year. One intriguing development is a potential collaboration with the Eastern Oregon Healthy Living Alliance (EOHLA), a group supporting the community health development initiatives of the 12 counties part of the Eastern Oregon Coordinated Care Organization (EOCCO).

We've been exploring means of integrating the campaign with the work of Oregon CCO's. We met with former governor John Kitzhaber, M.D., whose vision aided in the creation of the CCO model and who still works closely with many of them, to share our goals for the campaign. We are in the process of mapping the work of the campaign to the CCO 2.0 metrics that were recently released. We're also developing a relationship with the Columbia Pacific CCO, which serves the campaign's hub in Clatsop County as well as Columbia County and Tillamook County.

We've held several events to share the science of DOHaD and learn from communities about how they see this research influencing existing work

in their areas. We've been calling these areas "activity sites." These are communities where we're developing relationships and exploring collaborations. Some of these include the Gorge, where we held a food and nutrition policy conference this winter; Pendleton where we are exploring hosting a Nutrition Consortium and recently presented at an event targeted toward K-12 educators; and Tillamook where recently hosted a Nutrition Consortium. We've seen our work expand on a national scale this past year as well.

Following our meeting with Gov. Kitzhaber, he submitted testimony to the American Medical Association urging them to pass a pregnancy intention screening resolution, citing epigenetics research conducted at OHSU showing how toxic stress and malnutrition before and during pregnancy impact the offspring's chronic disease risk. He asked the Moore Institute to submit a letter of support along with his testimony. The AMA ultimately adopted the resolution.

In May 2019, we held the Nutrition in Pregnancy conference in Washington, D.C. This conference brought together clinicians, researchers, policy advocates and funding organizations to discuss the latest research and the needs for specific nutritional guidelines for clinicians to recommend to their patients. The atmosphere of so many passionate and dedicated professionals who have worked on specific areas of this broad topic, but have rarely had the opportunity to come together, created an energizing atmosphere.

We came away from the conference with new relationships, new insights and a renewed passion to see this work move forward. In fact, we're exploring hosting a second conference in 2021. The results of the conference will be published as a consensus statement in the Journal of Obstetrics and Gynecology. In the meantime, we are working

with 1,000 Days and the Center for Science in the Public Interest (CSPI) to develop testimony based on the statement. This will be submitted to the advisory group working on developing the first ever section of the USDA Dietary Guidelines for Americans to include a section on nutrition needs during pregnancy and the first two years of life. Internationally, we brought a group of OHSU researchers and clinicians to Uzbekistan this fall. We shared the latest science and clinical initiatives surrounding the impacts of nutrition during pregnancy and early life on population health. A recent study found that Uzbekistan tops the list of European nations with the highest mortality from consuming an unbalanced diet.

We've translated David Barker's Nutrition in the Womb into Russian along with several other educational pieces, like the My Pregnancy Plate. We're now working with the Uzbekistan Ministry of Health to see how this science can have a lasting impact on the health of their country.

None of this work would be possible without the dedicated Moore Institute staff, committee members and countless volunteers. I would also be remiss if I did not mention the continuing support of Bob Moore and Bob's Red Mill. The initial gift from Bob and his wife Charlee, and their belief in this work, made all of our current successes and all of our future efforts possible.

Kent L. Thornburg, Ph.D.  
M. Lowell Edwards Chair  
Professor of Cardiovascular Medicine  
Director, OHSU Bob and Charlee Moore  
Institute for Nutrition & Wellness  
Director, Center for Developmental Health,  
OHSU Knight Cardiovascular Institute

## Table of Contents

Director's message	2
About the Moore Institute	4
In the community	5
Nutrition Oregon Campaign	6
Focus on education	8
Focus on research	10
International collaborations	11
Areas of emphasis	13
Spreading the word	16
Steering committee	17
Accomplishments	18
Financial overview	19
Organizational structure	20
Looking ahead	21





## 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 wholesome foods during 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.



## In the community

### • Oregon Nutrition Day 2019

The second annual joint conference between the OHSU Moore Institute and the OSU Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health focused on nutrition education, advocacy and interventions. Teri Hernandez, Ph.D., R.N. and Linda Barbour, M.D., M.S.P.H. from the University of Colorado provided keynote talks on nutrition therapy for gestational diabetes and the role of triglycerides in fetal overgrowth. Scarlett Hopkins, R.N., M.A., from the Moore Institute, gave a keynote talk on lessons learned from her community-based participatory research with Alaska Natives.

### • Nutrition Consortium

About 50 people attended the Astoria Nutrition Consortium at Clatsop Community College in January. Kent Thornburg, Ph.D. and Susan Bagby, M.D. presented on the science of DOHaD. An afternoon panel discussion included representatives from Yakima Valley Farm Workers Clinic, North Star Doula and the local WIC office. The day ended with group discussions about community-specific barriers and facilitators of nutrition and how the science of DOHaD can support local work.

### • Place Matters Clatsop County

Liana Haywood, M.P.H. presented at the first annual Place Matters Clatsop County event to share details about the Nutrition Oregon Campaign and announce that Clatsop County is an official hub of the campaign. The Moore Institute hosted an informational table at the event as well. The conference aims to build connections to address the leading preventable causes of death in Clatsop County, including poor nutrition.

### • Latino Healthy Equity Conference

A group of presenters from the Nutrition Oregon Campaign Core Collaborators Group presented a session at the Latino Health Equity Conference. The Moore Institute's long-time collaboration with Familias en Acción, who host the conference, influenced the theme which this year was The Power of Nutrition: Seeding Latino Food Equity.

### • PCC Nutrition in the Womb Series

This year, the joint PCC and Moore Institute event focused on Nutritional Resilience in the Face of Racism and Toxic Stress. Speakers included Susan Bagby, M.D. discussing biological pathways of toxic stress and routes to resilience. The event is targeted toward PCC Food and Nutrition students and instructors.



# Nutrition Oregon Campaign

## Addressing nutrition and chronic disease risk at the community level

Since 2016, the Moore Institute has been developing a statewide education, outreach and community-based intervention campaign designed to ultimately improve the health of all Oregonians. This past year has seen a rapid expansion of the campaign.

The Nutrition Oregon Campaign is grounded in the science of DOHaD. This research shows that the seeds of chronic disease are sown before we are even born based on the environment in which we develop and grow, including the nutrition we receive and the toxic stress to which we are exposed.

The campaign is a collaborative effort with communities to identify and address nutrition and toxic stress issues and intervene at multiple levels to halt risk for chronic disease before it takes root. While working with engaged community members, the campaign simultaneously works to educate leaders to help them see the role they play in supporting or combatting the systems that lead to increased chronic disease risk.

## Key sectors

We identified four key sectors that play a unique role in contributing to the health of communities. The campaign engages each of these sectors to identify how the campaign's objectives intersect with work already underway in communities.

- Health care providers
- Community health workers
- PreK-12 education
- Community, business and government

## Core collaborators group

We realize that no one group can successfully make this change. We put together a group of representatives from statewide organizations to help guide the direction of the campaign and identify areas of potential collaboration. Their involvement helps us expand our capacity more than we would ever be able to do on our own, while helping them see how their organizations' work can contribute to the campaign's vision of ending chronic disease in Oregon.

- Children’s Institute
- Doulas Latinas
- Familias en Acción
- Oregon Community Health Workers Association (ORCHWA)
- Oregon Food Bank
- OrgonASK
- Partners for a Hunger-free Oregon

## Current work

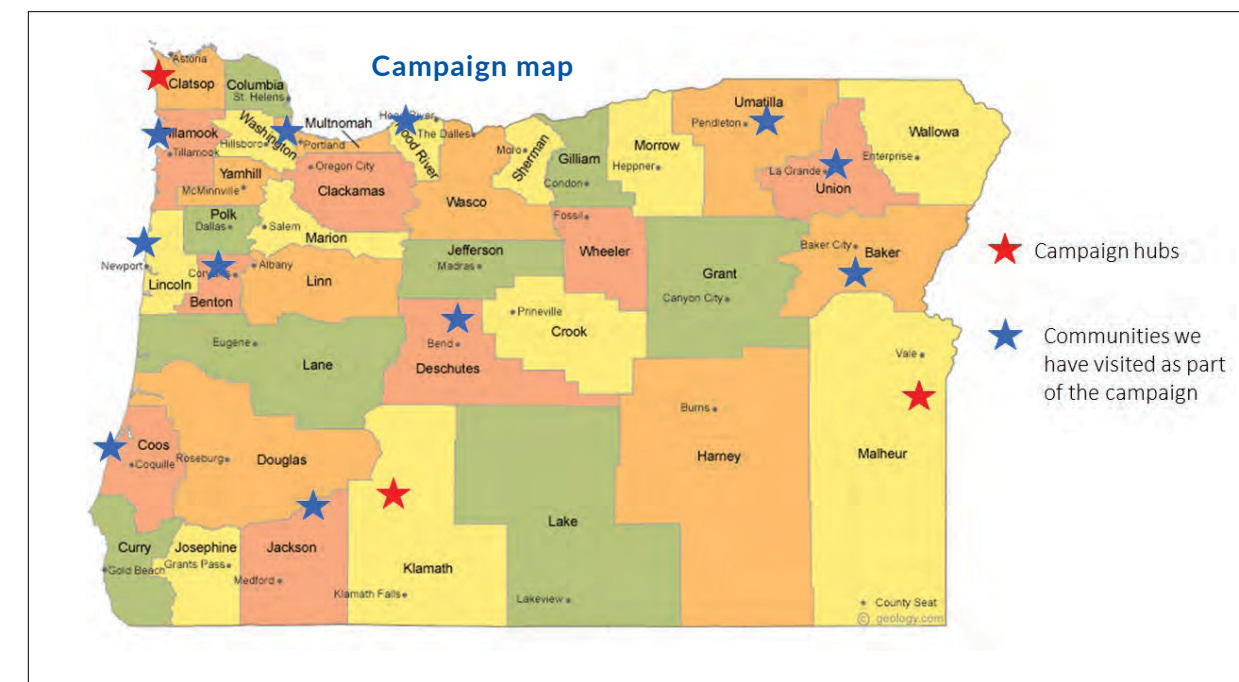
An essential part of the campaign is to ensure communities and leaders understand the science behind the campaign. Moore Institute representatives have been working across the state to engage groups by sharing information about the campaign and the science behind it. Some recent examples include:

- Association of Oregon Counties, Veterans/Health & Human Services Steering Committee: Salem
- Eastern Oregon CCO, Regional Community Advisory Committee: Baker City
- Place Matters Clatsop County: Astoria
- Wellness in School Environments workgroup: Portland
- Food policy and nutrition conference: The Dalles
- Healthy Klamath: Klamath Falls
- NW Tribal Food Sovereignty Coalition

## Campaign hub description

The campaign is establishing regional hubs throughout the state in communities that are interested in engaging on a deeper level with the campaign. These hubs have a campaign liaison and dedicated local leadership team working to develop relationships within the key sectors and to create an action plan and project specific to the needs and capacity of their community. The Moore Institute supports these hubs through access to resources, scientific information, coordination with other hubs and development of common evaluation measures. The Moore Institute plans to continue to add additional hubs in 2020 as funding allows. Current hubs:

- Ontario (2017)
- Klamath Falls (2019)
- Clatsop county (2019)



## Funding

The Moore Institute is continually raising funds for the management of the campaign. We also work directly with the regional hubs to support their efforts to raise funds for community-based projects and to support the organizational work they do for the campaign. The campaign's primary funding sources include:

- Ford Family Foundation
- Maybelle Clark MacDonald Foundation
- Bob's Red Mill



## 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 Moore Institute created this self-contained nutrition curriculum for students in grades four to eight. The four interactive stations lead students through educational games and activities that support the current USDA Dietary Guidelines. This year we've been working with the Oregon ASK program to develop a train-the-trainers model for afterschool programs. We're also working with the OSU SNAP-Ed program to conduct an evaluation, which includes using the curriculum in select schools across Oregon. The Moore Institute worked with a dietetic intern to map the curriculum to the latest health and wellness education guidelines for Oregon and promoted the curriculum through the Oregon Wellness in School Environments group.



### Abuela, Mamá y Yo

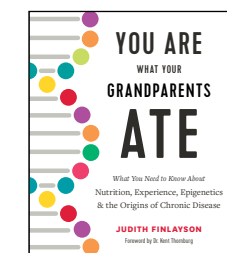
For many years we have worked with Familias en Acción to translate the science of DOHaD into tangible ways of reaching the Latinx community where it has been easy to see the rapid transition to westernized diets and the resulting increases in chronic disease. As part of our collaboration, they recently developed a nutrition and food equity program called Abuela, Mamá y Yo (AMY). The curriculum aims to build advocacy skills around the link between food justice and social determinants of health while building on cultural strengths of Latino families, including multiple generations of caregivers. The goal is to build communities that raise strong children who become healthy adults. The Nutrition Oregon Campaign is using the AMY curriculum as a key tool to offer communities interested in reaching Latinx communities.

### Online DOHaD Continuing Medical Education Curriculum

The Moore Institute recognizes that the science of DOHaD is only now being added into medical school curriculum. Most physicians who graduated more than five years ago had little to no training in nutrition and its role in chronic disease risk during pregnancy and early life. We're working to fill this gap in education through development of an online continuing education module. The module will be housed on the OHSU website and targeted toward internal and local providers first. We recently applied for grant funding for the technical development of the module.

### Nutrition in Pregnancy

The Nutrition in Pregnancy Conference the Moore Institute hosted in May 2019 started long-overdue discussions about the need for specific nutrition guidelines for women before and during pregnancy and during lactation. The conference will result in a published consensus statement, but will also be used as a catalyst to launch a broader conversation among attendees and others about the research that is missing, how to get nutrition included in Ob-Gyn curriculum and how to get it included in patient visits. We're also using this opportunity to work with advocacy groups like 1,000 Days and CSPI to submit testimony to the USDA advisory committee developing the first section of the USDA Dietary Guidelines for Americans to include pregnancy to 24 months.



### You are What Your Grandparents Ate DOHaD book

Judith Finlayson, a former reporter, wrote a book about nutrition, experience, epigenetics and the origins of chronic disease for a lay audience. The Moore Institute collaborated with her to ensure the science included was relevant and her interpretations correct. Kent Thornburg, Ph.D., Moore Institute Director, wrote the foreword for the book. The two of them will present a few public discussions of the book this fall, including an OMSI Science Pub. The hope is for this to be a comprehensive and easily understandable review of the latest DOHaD science for a lay audience.



## Focus on research

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

### Alaska research center established

The Alaska Native Health and Wellness Research Center was officially created this year within the Moore Institute. The interdisciplinary center, led by Bert Boyer, Ph.D., and Scarlett Hopkins, RN, M.A., engages faculty and students in culturally respectful research. It integrates traditional and scientific knowledge to benefit the health and wellbeing of present and future generations of Yup'ik Alaska Native people and to understand developmental origins of health and disease.

Dr. Boyer and Hopkins' work adheres to a community-based participatory research (CBPR) framework. They work in partnership with Yup'ik communities to develop research questions, spend time getting to know community members and share what they learn in ways communities can benefit from the results.

Historically, Yup'ik people relied exclusively on locally harvested foods including fish, marine mammals, berries, game, and wild greens. However, the traditional diet is transitioning toward a more market-based diet rich in carbohydrates and processed foods.

While obesity rates among the Yup'ik population are similar to other areas of the U.S., type 2 diabetes rates are less than half. Boyer and Hopkins are interested in understanding the protective factors associated with a Yup'ik diet and how this may prevent chronic diseases in future generations. This is the first research center to be created and housed within the Moore Institute.

### Medical school curriculum and weight management counseling skills

More than two-thirds of adults are currently overweight or obese, putting them at increased risk for diabetes, heart and vascular disease, and cancer. Fortunately, physicians are an effective resource for helping patients manage their weight and treat obesity. Given that, the U.S. Preventive Services Task Force now recommends that physicians screen all adult patients for obesity and offer counseling and behavioral interventions. Physicians, however, have little training during medical school or elsewhere in providing weight management counseling and a comprehensive, medical school curriculum has not been developed. Diane Stadler, Ph.D., R.D., Moore Institute Associate Director for Nutrition, is leading the MS Weight study at OHSU. This is a five-year National Institutes of Health (NIH) and National Cancer Institute (NCI) funded trial to evaluate a more intensive weight management curriculum in eight medical schools. It is designed to test the effect of such training on students' weight management counseling skills and attitudes using a randomized controlled trial comparing a multi-modal curriculum intervention to traditional education.



## International collaborations

### Healthy Nutrition, Healthy Nation

Following the Moore Institute's International Summit on the Nutrition of Adolescent Girls and Women, Viola Artikova, M.D., M.S.P.H., noticed Russian-speaking nations were absent and she began working to bring the science of DOHaD to her home country of Uzbekistan. Working with her husband, Fred Gregory, Moore Institute Director of Global Development, they began reaching out to contacts in the Uzbekistan Ministry of Health and working with a local nonprofit called For Healthy Generation. The result is the Healthy Nutrition, Healthy Nation conference held in Tashkent, Uzbekistan. The U.S. Embassy in Tashkent provided funding for the conference. Several OHSU clinicians and researchers presented on the impacts of early life nutrition on chronic disease rates, the science of DOHaD and how this research could influence population health in Uzbekistan. Artikova worked with the Moore Institute to translate several communications and educational resources into Russian, including the My Pregnancy Plate and David Barker's book *Nutrition in the Womb*.

### Lao National Institute of Nutrition

OHSU has been working with the Lao Ministry of Health, Lao University Health Sciences, the U.S. Department of Defense, and others to address malnutrition in the Lao People's Democratic Republic. Nearly one in two children under the age of five in Lao are stunted. OHSU had been providing technical support to train local Lao health providers in nutrition education and inpatient and outpatient medical nutrition interventions. Diane Stadler, Moore Institute Associate Director has been leading the efforts from OHSU. Thus far, four local providers have completed the nutrition education training program, with a new cohort to begin in February of 2020. Once trained, these providers return to their work throughout the country better able to address severe malnutrition issues, and develop innovative local solutions to addressing this national need to improve the health of all Lao citizens.





## Areas of emphasis

### Community Education and Outreach

**Lead:** Susan Bagby, M.D.

**Charge:** Work with Oregon community leaders and existing health-oriented programs to motivate and empower young children, adolescents, pregnant mothers, parents and their children to choose balanced whole-food nutrition for themselves, their families and their communities.

**Recent Activities:**

- Working with OSU SNAP-Ed Program to develop a professional evaluation of the Nutrition in a Box curriculum. Teachers in several SNAP-Ed programs implemented the curriculum during summer and fall of 2019.
- Presented an overview of the Nutrition in a Box curriculum components at several events where educators and health providers were present.
- Distributed 17 curriculum boxes.

**Looking ahead:**

- Apply for inclusion in the SNAP-Ed list of approved curricula once evaluation is complete.
- Develop a train-the-trainer module for the curriculum.

### DOHaD Epidemiology Group

**Leads:** Janne Boone-Heinonen, Ph.D., M.P.H. and Lynne Messer, Ph.D., M.P.H.

**Charge:** Conduct public health research on strategies to prevent or mitigate adverse early life developmental processes and translate biological and clinical research findings into novel hypotheses for population health research as well as providing clinical biological researchers feedback as to the exposures and health outcomes that are most critical for human health and vulnerability.

**Recent Activities:**

- DOHaD Epidemiology course offered through OHSU-PSU School of Public Health for masters and doctoral students. The course has been offered for two years and is expected to be offered annually. The course hosts guest lectures from Moore Institute leadership.
- Several undergraduate and graduate level classes have included regular lectures on DOHaD, including Health and Social Inequalities, Chronic Disease Epidemiology, Current Issues in Public Health, Nutrition Epidemiology and Public Health Nutrition.



**Looking ahead:**

- Continue to offer DOHaD education in stand-alone classes as well as incorporated into other epidemiology and maternal and child health classes at OHSU and PSU.
- Continue to build collaboration and research activities
- Contribute epidemiologic expertise to the development of an Oregon Birth Cohort.

**Provider Education**

**Lead:** Lisa Rhuman

**Charge:** Develop DOHaD curriculum materials to educate physicians and health care providers who care for pregnant women; develop supporting DOHaD patient handouts; and develop strategic action plan for educating OHSU physicians and health care providers who care for pregnant women; develop supporting DOHaD patient handouts; and develop strategic action plan for educating OHSU physicians and health care providers.

**Recent Activities:**

- Developed three lectures for health care providers: Why Nutrition Matters, Nutrition and Chronic Disease, DOHaD Interventions.

- Grant submitted to Rose E. Tucker Charitable Trust to fund development of web-based CME lectures.

**Looking ahead:**

- Develop existing lectures into web-based CME modules.

**Latino Outreach**

**Lead:** Partnership with Familias en Acción

**Charge:** Develop relationships with organizations statewide that work to improve the health of the Latinx community in order to share the concepts of intergenerational nutrition and the role of nutrition and stress before and during pregnancy on chronic disease risk.

**Recent Activities:**

- Collaborated with Familias en Acción to create the Abuela Mama y Yo curriculum to increase knowledge of health practices, increase advocacy skills about the link between food justice, social determinants of health and health equity for Latinx families. The train-the trainer model curriculum is used as one of the tools offered through the Nutrition Oregon Campaign.

**Looking ahead:**

- Familias received funding to build on the success of the AMY curriculum to develop a Know Your Food Rights class. This class will emphasize what Latinx community members can expect when applying for WIC, SNAP or other food benefits. This class will be offered to AMY trainers first.

**Communications and Marketing**

**Lead:** Liana Haywood, M.P.H.

**Recent Activities:**

- Completed a redesigned and updated Moore Institute website.
  - Developed Nutrition Oregon Campaign communication plans, tools and messaging.
  - Developed a First Foods brochure and included it in layettes to all new parents delivering babies at OHSU.
  - Placed multiple Moore Institute and DOHaD articles in internal and external media sources.
- Looking ahead:**
- Tie together the multiple Moore Institute outreach and communications projects, including the Nutrition Oregon Campaign and Better the Future into a strategic, comprehensive approach.
  - Share First Foods brochure with additional internal clinics and external partner agencies.

**Nutrition Consortium**

**Lead:** Joanne Rogovoy

**Charge:** Bring nutrition-oriented groups together as partners of the Moore Institute in order to share knowledge and resources, to seek new collaborations and to use our collective voices to improve maternal and infant nutrition in the state of Oregon.

**Recent Activities:**

- Hosted a Nutrition Consortium in Astoria in January, 2019.
- Hosting a Nutrition Consortium in Tillamook in November, 2019.

**Looking ahead:**

Explore contacts and community health indicators in Pendleton, Newport and Burns for hosting future consortiums.

**Public Health and Policy**

**Lead:** Julia Goodman, Ph.D., M.P.H.

**Recent Activities:**

- Hosted a master's student to develop a strategic plan for the Moore Institute DOHaD policy work.
- Provided testimony or met with legislators on multiple 2019 house bills, including expanding WIC to children five year of age or older who have not begun attending school, and universal home visits for new mothers.

**Looking ahead:**

- Implement the system outline in newly developed strategic plan to determine level of support for legislation, policies and programs.
- Develop a working group to advance DOHaD/Health in all policies at the state level.





## Spreading the word

Moore Institute leaders are acknowledged experts in their fields and are asked to speak at scientific conferences across the globe as well as community meetings closer to home.

Here are a few recent 2018-2019 selected events:

**Innovative partnerships: how collaboration leads to stronger global dietitians**

Wimpfheimer-Guggenheim International Lecture, Academy of Nutrition and Dietetics Foundation Award Academy of Nutrition and Dietetics Food & Nutrition Conference & Exhibition Washington, D.C.  
Diane Stadler, Ph.D., R.D.

**Expand your horizons: nutrition and dietetics experiences in low-resource international settings**

Oregon & Washington State Academy of Nutrition and Dietetics 2019 Educational Conference Seattle, WA  
Diane Stadler, Ph.D., R.D.

**Nutrition and the health of future generations**

NW Tribal Food Sovereignty Coalition Gathering Suquamish, WA  
Kent Thornburg, Ph.D.

**Maternal drivers of offspring disease risk**

Women's Cardiovascular Health Across the Lifespan Symposium Pittsburgh, PA  
Kent Thornburg, Ph.D.

**Epigenetics and its influence of health of future generations**

March of Dimes, Stronger Together: Health and Hope for Native American/Alaskan Native Mothers and Families Portland, OR  
Kent Thornburg, Ph.D.

**Do I carry an epigenetic burden?**

Partners in Science National Conference San Diego, CA  
Kent Thornburg, Ph.D.

**Early life epigenetics and later life health**

Catendra Fulbright: Environment, genetics and the health of the older adult Manizales, Colombia  
Kent Thornburg, Ph.D.

**Mechanisms of Hypertension in Preeclampsia: A Clue to Subtypes**

CoLab Oxford, UK  
Kent Thornburg, Ph.D.

**The good and the bad: fats, carbohydrates, and shifting the dialog to better eating patterns to improve health, weight and inflammation**

OHSU 42nd Annual Pacific NW Update of OB-Gyn & Women's Health Portland, OR  
Jonathan Purnell, M.D.

**Advanced strategies in anti-obesity medicines**

Harvard Medical School, Blackburn Course in Obesity Medicine Boston, MA  
Jonathan Purnell, M.D.

**Placental mitochondrial function with obesity and GDM**

No Name Meeting Astoria, OR  
Leslie Myatt, Ph.D., FRCOG

**Sexual dimorphism in the placenta**

International Society for the Study of Hypertension in Pregnancy Amsterdam, The Netherlands  
Leslie Myatt, Ph.D., FRCOG

**Facilitation of worldwide research on adverse pregnancy outcomes: the CoLab experience**

Human Placenta Project Meeting, NICHD Bethesda, MD

## Steering committee membership

**Susan Bagby, M.D.**

Professor of Medicine, Division of Nephrology and Hypertension, OHSU School of Medicine

**Irene Barhyte, C.P.A., C.T.P**

Senior Associate Dean for Finance and Administration, OHSU School of Medicine

**Janne Boone-Heinonen, M.P.H., Ph.D.**

Assistant Professor, OHSU-PSU School of Public Health

**Bert Boyer, Ph.D.**

Professor of Obstetrics and Gynecology; Director, Alaska Native Health and Wellness Research Center, Moore Institute

**Aaron Caughey, M.D., Ph.D.**

Professor of Obstetrics and Gynecology, OHSU School of Medicine

**Julia Goodman, M.P.H., Ph.D.**

Assistant Professor, OHSU-PSU School of Public Health

**Sergio Fazio, M.D.**

Professor of Medicine and Physiology and Pharmacology; Director, Center for Preventive Cardiology, Knight Cardiovascular Institute

**Mary Heinricher, Ph.D.**

Professor of Neurological Surgery; Associate Dean, Basic Research, OHSU School of Medicine

**Lynne Messer, Ph.D., M.P.H.**

Assistant Professor, OHSU-PSU School of Public Health

**Leslie Myatt, Ph.D., F.R.C.O.G.**

Professor of Obstetrics and Gynecology, OHSU School of Medicine; Associate Director for Pregnancy Complications, Moore Institute

**Jonathan Purnell, M.D.**

Professor of Medicine, Knight Cardiovascular Institute, Division of Endocrinology, Diabetes and Clinical Nutrition, OHSU School of Medicine; Associate Director for Obesity and Diabetes, Moore Institute

**David Robinson, Ph.D.**

Professor of Physiology and Pharmacology and Ophthalmology, OHSU School of Medicine; Executive Vice Provost

**Robert Schelonka, M.D.**

Professor of Pediatrics, Division of Neonatology, OHSU School of Medicine

**Lori Sobelson**

Director, Corporate Outreach, Bob's Red Mill

**Diane Stadler, Ph.D., R.D.**

Associate Professor of Medicine, Division of General Internal Medicine, Health Promotion & Sports Medicine; Director, Graduate Programs in Human Nutrition, OHSU School of Medicine; Associate Director for Nutrition, Moore Institute

**Kent Thornburg, Ph.D.**

Professor of Medicine, OHSU School of Medicine Director, OHSU Moore Institute for Nutrition & Wellness Director, Center for Developmental Health, OHSU Knight Cardiovascular Institute



## Accomplishments

### Nutrition in Pregnancy conference

The Moore Institute brought together 85 researchers, clinicians and policy advocates in Washington, D.C. to discuss the unique nutritional needs of women before and during pregnancy and lactation and how those needs impact the lifelong health of the mother and her offspring. A consensus statement will be published this fall, the results are being turned into public testimony for the USDA dietary guidelines process and plans are being made for a second conference in 2021.

### Alaska Center formed

The Alaska Native Health and Wellness Center became the first official center as part of the Moore Institute. The center will build on the work of Bert Boyer, M.D. and Scarlett Hopkins, M.A., RN who came to OHSU from the University of Alaska Fairbanks.

### First foods brochure to all new moms

In conjunction with the OHSU School of Medicine Alliance, the Moore Institute created a brochure about the importance of introducing babies to healthy foods when transitioning to complementary feeding. The brochure is now included in the layette's provided to every woman who delivers a baby at OHSU. The brochures will also be delivered to relevant clinical departments.

### Stadler receives international award

Diane Stadler, Ph.D., was awarded the Wimpfheimer-Guggenheim Award for International Exchange in Nutrition, Dietetics and Management-2017 from the Academy of Nutrition & Dietetics Foundation for work done through the Lao-American Nutrition Institute in Vientiane, Laos.

### Myatt receives recognition

Leslie Myatt, Ph.D., FRCOG, Moore Institute Associate Director for Women's Health, received the Senior Award in Placentology from IFPA, the International Federation of Placenta Associations.

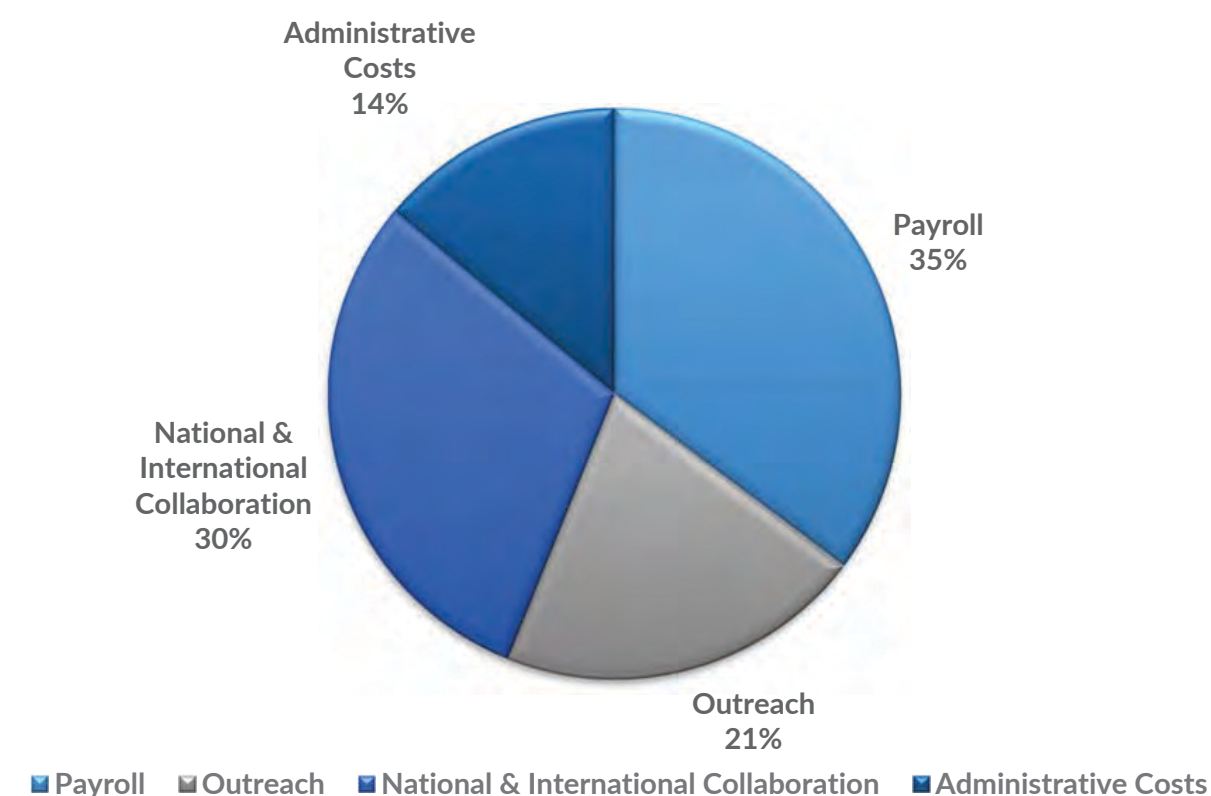
### Thornburg receives Barker Medal

The International Society for Developmental Origins of Health and Disease present the David Barker Medal, their highest honor, every two years to a scientist who has made an outstanding contribution to the scientific development and broader leadership of the DOHaD field. Kent Thornburg, Ph.D., Moore Institute Director is the 2019 recipient.



## Financial overview

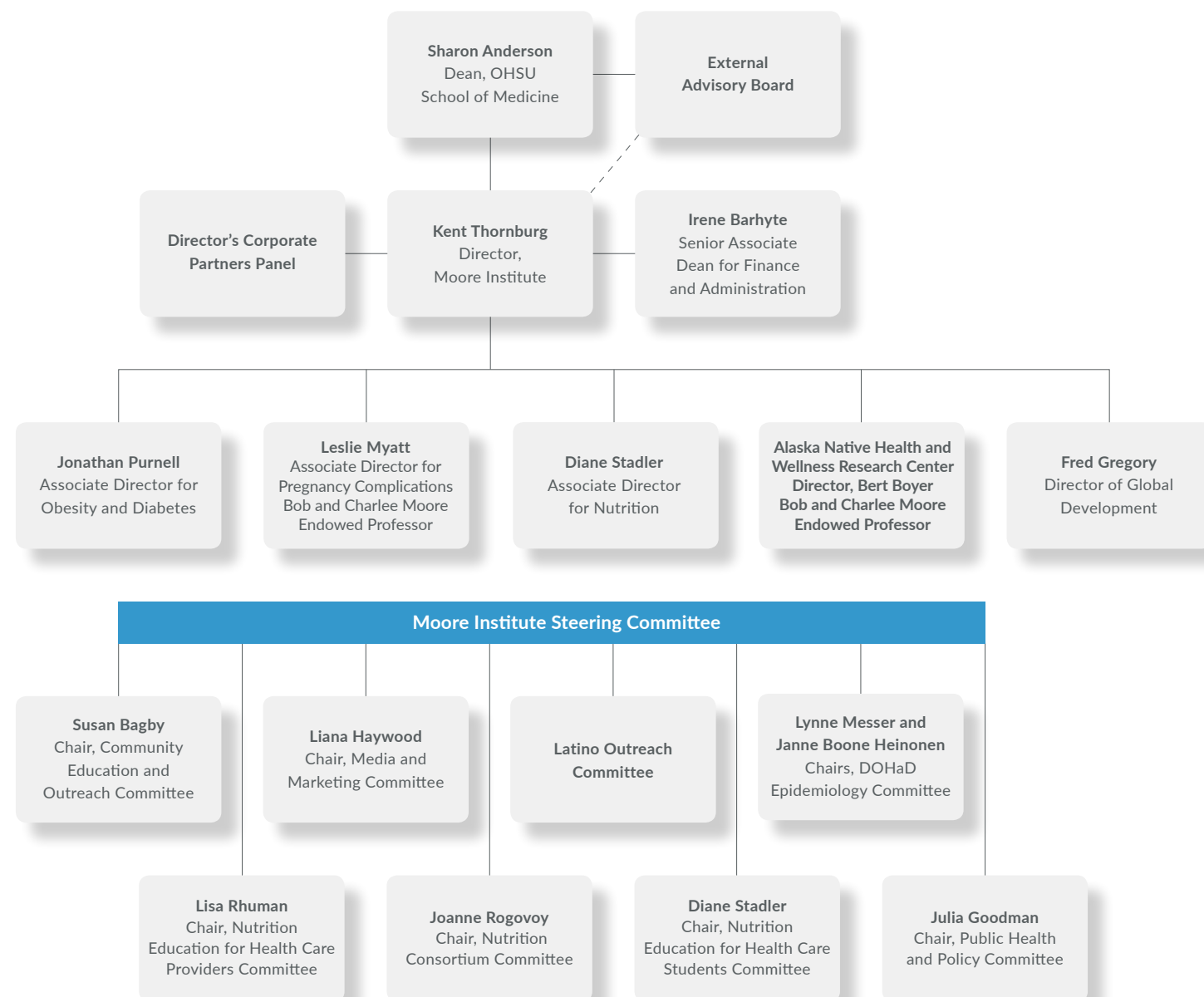
### Moore Institute Expenses – FY19



Total costs are \$683,402. this total does not include funds acquired by investigators for Moore Institute related research.



## Organizational structure



## Looking ahead

### Nutrition in Pregnancy

The Nutrition in Pregnancy Conference in spring 2019 highlighted a need for this discussion to continue. The Moore Institute plans to bolster this work by heavily promoting the publication of the consensus statement, connecting advocacy organizations with the resources need to lobby for nutrition in pregnancy guidelines and planning to host a follow-up conference in 2021.

### Nutrition Oregon Campaign statewide expansion

The past three years has seen a steady growth in the Moore Institute's statewide outreach. The next three years will see the Moore Institute's reach continue to expand statewide with the growth of current Nutrition Oregon Campaign hubs and the addition of new hubs.

### The Moore Institute serves as an example to other states

Universities in other states have expressed interest in translating the science of DOHaD into community-based initiatives similar to the work the Moore Institute is doing with the Nutrition Oregon Campaign. The Moore Institute will continue to develop these relationships and jointly look for federal funding opportunities to spread the work we are doing nationwide.

### Oregon Nutrition Day

The Moore Institute will return to hosting its own annual conference for the local community. In 2020, Tessa Roseboom, Ph.D., from the University of Amsterdam will be the keynote speaking about the Dutch Hunger Winter.







Bob and Charlee Moore Institute for Nutrition & Wellness

Mail code: MDYMI

3030 S.W. Moody Avenue

Portland, OR 97201

503-494-4238

[mooreinstitute@ohsu.edu](mailto:mooreinstitute@ohsu.edu)

[www.ohsu.edu/mooreinstitute](http://www.ohsu.edu/mooreinstitute)

[www.betterthefuture.org](http://www.betterthefuture.org)

*OHSU is an equal opportunity, affirmative action institution.*