



MOORE INSTITUTE

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FEATURE ARTICLE



Veggie Rx: using food as medicine

It's not just about more food; it's about the right kind of food

Veggie Rx is just what it sounds like: a doctor-ordered vegetable and fruit prescription. Why would a doctor prescribe fresh produce? Because fresh food can be used like medicine to manage and prevent diseases caused by

eating an unhealthy diet. Diseases like heart disease, cancer, high blood pressure and type 2 diabetes.

[Read more](#)

RESEARCH BRIEF



Stress and the placenta

Why our social environment matters

The placenta provides all of the nutrient building blocks to create a new human being. Yet we actually know very little about it. It's usually an afterthought – the afterbirth – something discarded and forgotten about. It turns out that growing an entire organ during pregnancy reveals more than we previously knew. Most importantly it determines how well the baby grows and is nourished. But there are numerous factors that help or hinder its ability to do its job – and many of these are related to the social environment of the mother.

[Read more](#)

Statewide network continues to grow

The Nutrition Oregon Campaign continues to grow with the signing of a new hub in Yamhill County. They've developed an initial leadership team that met for the first time this month and are moving right ahead with developing a community-specific goal. We're excited to see what we can accomplish together as they become an integral part of this statewide network of individuals, organizations and communities working to eliminate chronic disease risk in Oregon.

Our other hubs, Ontario, Clatsop County, Klamath County and Eastern Oregon, which covers the 12 counties served by the Eastern Oregon CCO, continue to bloom even during these unpredictable times. Ontario recently held a webinar to help bring different groups together around the process of developing low-income housing and the important role housing plays in community and individual health. Klamath Falls is developing a social marketing program to highlight the need to decrease rates of low birth weight in their county. And Eastern Oregon recently applied for grant funding to expand a Frontier Veggie Rx program.

You can learn more by checking out the [Nutrition Oregon Campaign website](#), or dropping us an [email](#).



The Power of Nutrition: Chronic Disease, COVID-19 and Your Health

The OHSU Foundation and Kent Thornburg, Ph.D., Director of the OHSU Moore Institute for Nutrition & Wellness, presented The Power of Nutrition: Chronic Disease, COVID-19 and Your Health. This virtual webinar touched on the science of DOHaD, how this research helps explain disparities in groups more at risk for COVID-19 complications and how nutrition can provide a path to healthier communities. Thornburg specifically discussed some of the Moore Institute's statewide work, including the Nutrition Oregon Campaign.

[Watch now](#)

Annual report available

Our [2019-2020 annual report](#) is posted. Check it out to learn more about what we've accomplished over the past year and what we're looking forward to in the upcoming year.

[Unstable, unsafe housing harms children's brain development](#)

This is an older article that is still as relevant as ever.
Medium (via Build Healthy Places) | April, 2018

[Deadly Discrimination Series](#)

This six-part investigation shows how racist policies of the past and present have fueled high COVID-19 deaths in communities of color
USA TODAY | Fall 2020

[The impacts of climate change on Alaska Native maternal health \(Part 1 of 2\)](#)

New Security Beat (Woodrow Wilson International Center for Scholars
Environmental Change and Security Program) | October 2020