



MOORE INSTITUTE FOR NUTRITION & WELLNESS

## SPRING 2021 | MOORE REPORT



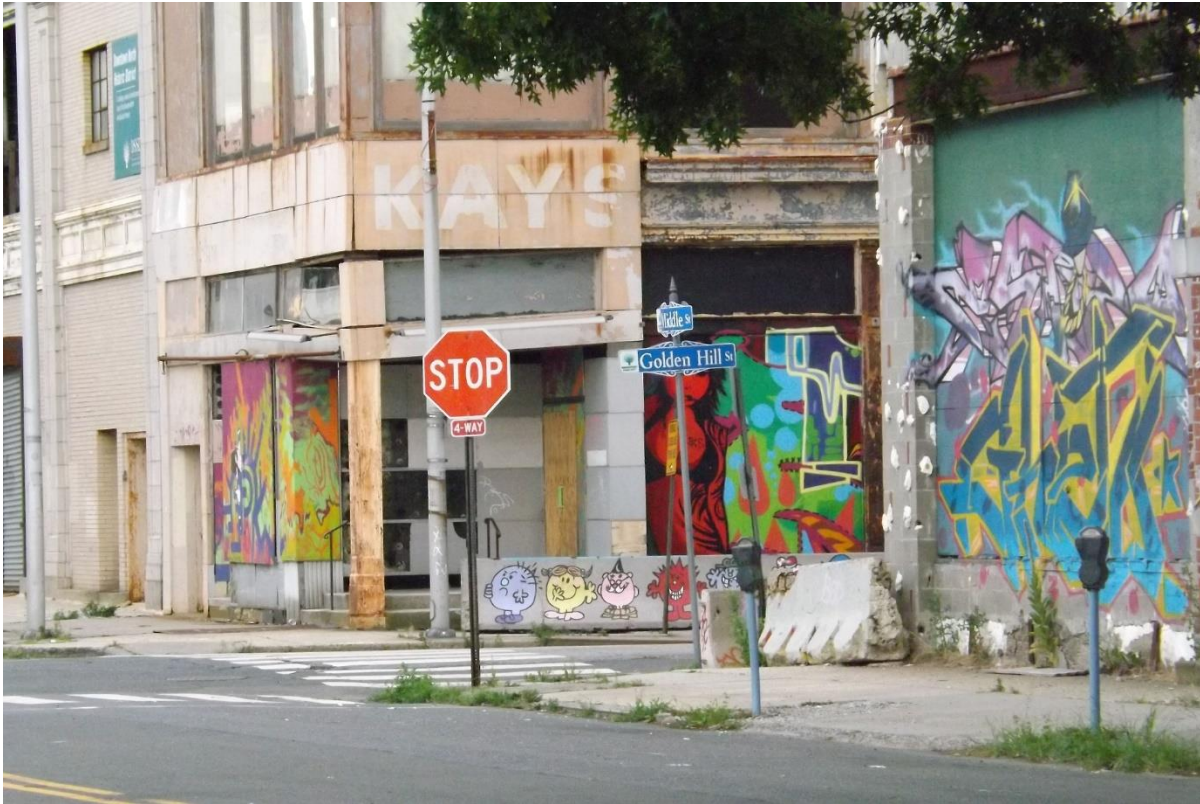
### Overview

We've started a new series that will explore the intersection between the **Developmental Origins of Health and Disease (DOHaD)**, the science at the heart of the Moore Institute's mission, and the **social determinants of health (SDOH)**. Each quarter we will dig into one social, economic or environmental factor and explore how these cause biologic changes that affect chronic disease risk, and how those changes can be passed from one generation to the next.

Our first effort explores how neighborhood and physical environment impacts health, including pregnancy. We'd love to [hear your ideas](#) of topics, resources or stories to include in our next issue, which will focus on the health care system.

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## Feature articles



**It's a beautiful day in the neighborhood**  
*if you live in the right zip code*

Where we live is the framework for our lives. It defines our daily options, exposures, opportunities and connections. Our neighborhoods and physical environments are powerful [health determinants](#). Where you live determines your access to fresh foods, clean air, educational and economic opportunities, and the quality of your schools and housing. These daily factors affect how long you live, and in some extreme cases, it can mean the difference of up to 30 years! Researchers call this the longevity gap, and it is linked to your zip code.

[Read more](#)

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### Success story: A place where affordable housing and nutrition meet

*Northwest Housing Alternatives is working to include a community kitchen in a new rural housing development*

When you think of low-income housing do you picture a bustling city? What about when you think of hunger and food insecurity? The fact is that hunger and housing needs don't stop at a city's boundaries. Many people are unaware that rural residents struggle to access affordable housing and healthy food as much as those in urban areas.

[Read more](#)

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## Research briefs

### [Location during pregnancy affects fetal growth](#)

Where a woman lives during her pregnancy can have consequences for her baby. At the OHSU Moore Institute, we often say, “while the mother is the environment for the baby, society is the environment for the mother.” In essence, the mother’s surroundings have a profound effect on her stress levels and her ability to access healthy opportunities, as she carries and grows the next generation.

### [Bidirectional relationship between food insecurity and housing instability](#)

The authors of a recent study found that families who experience food insecurity are at increased risk of experiencing housing instability, and vice versa, which they refer to as a bidirectional relationship. They also found that families who experienced both food insecurity and housing instability were more likely to be racial/ethnic minorities and more socioeconomically disadvantaged.

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## Nutrition Oregon Campaign update



The Nutrition Oregon Campaign continues its work to build a statewide network of connected communities, organizations and individuals working to end chronic disease in Oregon for all. We currently have regional "hubs" in Ontario, Klamath County, Yamhill County, Clatsop County and Eastern Oregon. Each hub has a goal specific to

their local needs and a local leadership team to develop projects and support needed to meet their goal. [Email us](#) if you would like more information or check out our [website](#).

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## Moore Institute news and events

### Oregon Nutrition Day 2021

The theme for this year's virtual mini-conference is Diverse Nutrition for Diverse Communities. Speakers will present on programs within various communities supporting nutrition through traditional foods and cooking. Information on speakers is available on our [website](#).

**date:** Thursday, June 17 2021

**time:** 9 a.m. - 12:15 p.m.

**cost:** \$25 (free to students)

[Register here](#)

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### Intro to DOHaD video

We've put together a short video featuring "Professor Patti" leading viewers through the top 12 points a lay audience should know about Developmental Origins of Health and Disease research. The video is part of the educational component for the Frontier Veggie Rx program that the eastern Oregon hub of the Nutrition Oregon Campaign is leading in Malheur, Lake and Harney counties.

[View here](#)

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## What we're reading

*The New York Times* April, 17, 2021

[One way to get people off the streets: buy hotels](#)

For homeless people, a place to live is life changing to a degree that almost no other intervention can provide.

*The Guardian* February 2018

[Roads to nowhere: how infrastructure built on American inequality](#)

From highways carved through thriving 'ghettoes' to walls segregating black and white areas, U.S. city development has a long and divisive history.

*Center for American Progress* July, 2020

[The nature gap](#)

Confronting racial and economic disparities in the destruction and protection of nature in America.

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[Email us](#) if you have information you would like to see in this newsletter.

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