



MOORE INSTITUTE FOR NUTRITION & WELLNESS

SUMMER 2021 | MOORE REPORT



Hang in there

We've all been through a difficult 18 months. We are emotionally and physically depleted from the continual uncertainties of work and home. And now we are facing yet another surge of COVID-19 due to the delta variant. We know this is hard, but please hang in there.

OHSU is working on all fronts to care for patients, contribute to research, and protect people from COVID-19. The [OHSU COVID-19 Resources for Oregon webpage](#) has the latest forecasts, FAQs and shareable resources for the public. Stay informed, and stay safe.

In this edition of the Moore Report we are exploring health care access, specifically among pregnant women in rural areas as the next part in our series on the intersection of Social Determinants of Health (SDoH) and Developmental Origins of Health and Disease (DOHaD).

~ The Moore Institute staff

Feature article



Giving birth in rural America

Critical supports for women and babies are lacking

Pregnancy is a time to celebrate the joy of bringing a new life into this world. The profound changes a woman undergoes during this time are nothing short of miraculous. Yet every year, tens of thousands of women need emergency treatment to save their lives or their babies' lives during or immediately after birth. In the last 25 years the number of women who needed blood transfusions and interventions for heart failure, stroke or eclampsia rose dramatically. At the same time, maternity care doctors and hospitals in rural areas were slowly disappearing. These two trends have increased the risk for women living in rural and underserved communities.

[Read more](#)

Research brief



Breastfeeding, maternal asthma & wheezing in the first year of life: a longitudinal birth cohort study

This study shows that babies are less likely to wheeze when moms breastfeed longer, especially moms who have asthma themselves. Early life wheezing is a risk factor for asthma and chronic obstructive pulmonary disease later in life. Even transient wheezing is associated with reduced lung function and increased asthma risk in adolescence. Finding ways to prevent or reduce early wheezing is an important public health priority. [Read more](#)

Nutrition Oregon Campaign update

The Nutrition Oregon Campaign is building a network of connected communities across the state working collaboratively to challenge the systems that lead to chronic disease risk. Each of the hub communities have a goal related to the campaign's vision to end chronic disease.

The Klamath County hub's goal is to reduce the number of low birthweight babies born in the county. The hub recently developed key messages around the importance of nutrition for women of child-bearing age and tested them with key health care providers and community-based organizations who work with pregnant women and young families. Next up is a coordinated campaign to ensure all these groups are using similar language.

Moore Institute news and events

Oregon Nutrition Day

The Moore Institute held its annual Oregon Nutrition Day virtually this year. The theme was *Diverse Nutrition for Diverse Communities*. Speakers presented on programs, policies and food sovereignty initiatives that incorporate culturally affirming foods and practices that support the health of Black, Latinx and Tribal communities. [Each presentation is available individually on our website.](#)

Nutrition in Pregnancy Conference

Due to COVID-19 projections, we moved the second national Nutrition in Pregnancy conference to spring of 2022. We have an exciting line-up of speakers. Look for more details in the coming months.

What we're reading

[Nowhere To Go: Maternity Deserts Across the U.S.](#)

March of Dimes: Healthy Moms. Strong Babies. 2020 Report

This report shows the maternity care desert status of all counties in the U.S. Counties with no maternity health care services are considered maternity care deserts.

[Where Americans Live Far From the Emergency Room](#)

The New York Times April 26, 2020

One summary sentence. As the coronavirus outbreak spreads into rural parts of the United States, more people who live far from a hospital are increasingly likely to need one.

[Pregnant and Far from Home, a Sisterhood of the Expecting](#)

The New York Times August 24, 2017

Because of health care shortages in rural southwest Alaska, expectant mothers must leave their homes and families a month before their due date to live in a prematernal home in Bethel, Alaska until their baby arrives.

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