



MOORE INSTITUTE FOR NUTRITION & WELLNESS

## FALL 2021 | MOORE REPORT



In this issue we're examining the social determinants of diabetes as part of our exploration of the intersection between the Developmental Origins of Health and Disease (DOHaD) and the Social Determinants of Health (SDOH). We've also included a report from Healthy Eating Research on feeding recommendations for kids ages 2-8 and our latest research brief on long-term lessons from the Dutch Hunger Winter.

Wishing you a happy and healthy end to 2021!

*~ The Moore Institute Team*

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## Feature articles



### **The social determinants of diabetes**

*Diet and exercise are only part of the issue*

People who have type 2 diabetes are often not seen as having done enough to eat right, exercise enough and keep their weight in check. There is a huge stigma attached to T2D that few other diseases carry. The negative stereotypes reflect the idea that they brought it on themselves or they are poor and uneducated. That's not only unfair, it's not true. The 442 million people worldwide who live with the disease can't *all* be failing on a personal level. There must be more to the story.

[Read more](#)

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## Research briefs

[The Dutch Famine Cohort: Lessons learned from 25 years of research into long-term consequences of prenatal exposure to the 1944-1945 Dutch famine](#)

The Dutch famine, also known as the Dutch Hunger Winter, occurred in The Netherlands at the end of World War II. The Nazis had cut off food supplies to the western part of The Netherlands in retaliation for the exiled Dutch government

supporting the Allies. Some twenty thousand people died and 4.5 million were affected by the direct and indirect consequences of the famine, which took place from November 1944 through May 1945. In addition to an exceptionally harsh winter, bad crops, and four years of brutal war, the population was forced to live on rations of 400-800 calories per day. People had to eat grass and tulip bulbs to survive

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## **Nutrition Oregon Campaign update**

The Klamath Hub is launching its first community project aimed at reducing the number of low birthweight babies born in the county. Currently 8% of babies born in Klamath County weigh less than 2,500 grams, higher than the statewide average of 6.1% according to the Centers for Disease Control and Prevention. Low birthweight is considered a marker for later life chronic disease risk because it indicates how a baby grew and developed before birth. The Klamath Hub leadership team created and tested a series of key messages to share with health care providers and service organizations that work with women of child-bearing age who also have stressed income. They are currently exploring additional distribution methods for the information.

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## **Moore Institute news and events**

### **Nutrition in Pregnancy Conference: Creating a Blueprint for Healthier Mothers and Children – June 2-3, 2022 Washington, D.C.**

Development before birth is now known to be a critical time period in establishing later life chronic disease risk. Nutrition plays a vital role in this development, but specific guidelines detailing nutritional needs of pregnant women are lacking. The OHSU Moore Institute will host its second Nutrition in Pregnancy Conference to spur these conversations among leaders in the field. [Look for registration to open soon.](#)

### **Leslie Myatt, Ph.D., FRCOG named OHSU Moore Institute Deputy Director**

Myatt has served as Associate Director for Pregnancy Complications since 2015, In this new role he will focus on building a more robust research program and strengthening community-based work.

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## What we're reading



### [Food insecurity's long-term health consequences](#)

*American Heart Association News* September, 22, 2021

Food insecurity is not the same as hunger - the dispiriting, debilitating sensation of an empty stomach - but experts say the two often are closely related. And the consequences can be stealthy, piling up over time.

### [Massively reducing food waste could feed the world](#)

*Scientific American* October 1, 2021

Reducing food waste has many co-benefits: Basic adjustments in how food is produced and consumed could help feed the world a healthy, nutrient-rich diet through 2050 and beyond - without clearing, planting, or grazing more land than is used today. It could also reduce greenhouse gases, avoid deforestation and save an enormous amount of energy, water, fertilizer, labor and other resources.

### [Ages 2-8 feeding recommendations](#)

*Healthy Eating Research* October 2021

This report from a national program of the Robert Wood Johnson Foundation presents evidence-based recommendations for promoting healthy eating behaviors in

children aged 2 to 8. Emerging research shows that it's not just WHAT we feed our kids that matters, but also HOW we handle feeding or eating that's really important in establishing lifelong healthy habits for our kids.

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

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