



# OHSU Bob and Charlee Moore Institute for Nutrition & Wellness

**ANNUAL REPORT 2020-2021**

## Director's message

The past 18 months have been difficult for everyone. Our work and home lives have been disrupted and we continue to face an uncertain future. Through it all, the Moore Institute has continued its important work with great enthusiasm. The Nutrition Oregon Campaign has continued to grow. We hosted our first virtual Oregon Nutrition Day conference. Our leaders gave lectures across the state and across the globe, albeit from their home offices rather than in-person. We named a new deputy director to expand our community outreach and research work. All this while finding ways to stay connected when contact is limited. None of this work would have been possible without our dedicated team. I am an optimist by nature. I expect that next year will hold brighter days and the resumption of some sense of normalcy. Thank you for being a supporter of the OHSU Moore Institute.



### **Kent Thornburg, Ph.D.**

**M. LOWELL EDWARDS ENDOWED CHAIR  
PROFESSOR OF CARDIOVASCULAR MEDICINE  
DIRECTOR, OHSU BOB AND CHARLEE MOORE  
INSTITUTE FOR NUTRITION & WELLNESS  
DIRECTOR, CENTER FOR DEVELOPMENTAL HEALTH,  
OHSU KNIGHT CARDIOVASCULAR INSTITUTE,  
SCHOOL OF MEDICINE  
INTERIM DIRECTOR, OHSU KNIGHT CARDIOVASCULAR  
INSTITUTE, SCHOOL OF MEDICINE**



# News at the Moore Institute

## **We have a new deputy director!**

We are happy to announce Leslie Myatt, Ph.D., FRCOG, has accepted this additional leadership role. Myatt has served as Associate Director for Pregnancy Complications at the Moore Institute since 2015. As deputy director he will focus on building a more robust research program and strengthening community-based work.

## **Global Pregnancy Collaborative (CoLab) now housed within the Moore Institute**

With new Moore Institute Deputy Director Leslie Myatt as director of CoLab, this international consortium is now an official outreach program of the Moore Institute. CoLab is dedicated to improving the health of mothers and their infants worldwide by developing collaborative global research, increasing the number of trained researchers in low- and middle-income countries and creating a system of accessible standardized data related to women's health.

## **Nutrition Oregon Campaign**

Addressing nutrition and chronic disease at the community level

The Nutrition Oregon Campaign has continued to grow during the past year, including the addition of a fifth hub in Yamhill County. This past year has seen innovative collaborations in eastern Oregon exploring the links between housing and nutrition, including a USDA grant for developing a community kitchen within a low-income housing development in Ontario. We've also created DOHaD educational modules, and provided additional funding to increase participation in and expand the Eastern Oregon Frontier Veggie Rx program. The Klamath County Hub has begun developing key messages and communication materials to launch their initiative to decrease rates of low birthweight.

**"My reason for participating is to educate the community of women I serve, thus improving the opportunity for children in [my community] to have a healthy start to a healthy life."**

Nutrition Oregon Campaign member

## Communications and outreach

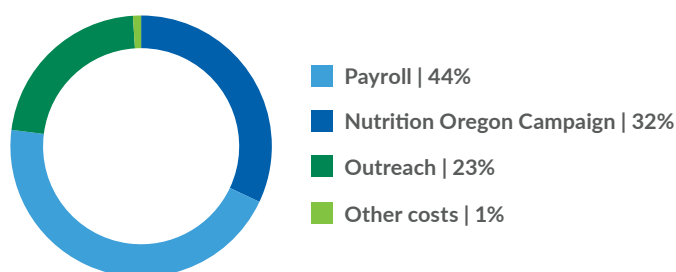
A primary objective of the Moore Institute is to translate Developmental Origins of Health and Disease (DOHaD) science into easily understood concepts and stories to share on a variety of platforms. Here are a few highlights from this year:

- + Created a new focus area, concentrating on the intersection of DOHaD and the social determinants of health. We began writing articles that make the connection on how social inequality causes biologic harm.
- + Continued to translate technical journal articles into smaller, understandable articles we call “research briefs.”
- + Published the quarterly Moore Report newsletter, sharing articles, briefs, and grant and educational opportunities with over 2,800 friends, colleagues and supporters.
- + Maintained our social media presence to increase awareness of our events, the impact of nutrition, and newly published blog articles—as well as to share and support the work of our colleagues.
- + Updated the Better the Future blog. On the new platform we’ve continued to post lay-friendly articles on DOHaD-related topics tailored for women of child bearing age and nutrition-focused community members. We share the articles through the Nutrition Oregon Campaign newsletter as a tool for building an engaged statewide network.

**“We are what we eat! Food can help level the playing field for other factors that determine success.”**

Ontario Hub member

## Financial Overview



Total costs are \$569,956. This total does not include funds acquired by investigators for Moore Institute related research.



## Events

Events and learning opportunities have continued to be held virtually because of the COVID-19 pandemic. Although we prefer the in-person experience of connecting with others, the virtual platform has allowed us to keep each other safe as well as engage more easily with people in other parts of the country and the world. Here are the highlights from 2021:

### **Oregon Nutrition Day: “Diverse Nutrition for Diverse Communities”**

This year we heard from an inspiring group of leaders who are supporting the health and well-being of Black, Indigenous, Latinx and low-income communities. Speakers presented on programs, policies and food sovereignty initiatives in ways that incorporate culturally affirming foods and practices that support the health of their communities. Our keynote speaker was public health nutritionist and medical anthropologist Joel Gittelsohn, Ph.D., from Johns Hopkins Bloomberg School of Public Health.

### **DOHaD Summer Course: The New Frontier of Science**

The Moore Institute is dedicated to ensuring the next generation of scientists and health care providers have a robust understanding of the role development plays in long-term health. This year we teamed up with the OHSU Center for Developmental Health to host a virtual DOHaD mini course for graduate students, post-docs, healthcare trainees and early-career scientists. We drew participants from all over the U.S., Canada and Argentina.



## 2021 speaking events (virtual)

Moore Institute leaders are acknowledged experts in their field and are asked to speak at community meetings, as well as at national and global scientific conferences. Virtual platforms allowed us to safely continue reaching a broad range of audiences. Some highlights:

- + **Director Kent Thornburg, Ph.D.** spoke to audiences from Oklahoma to Chicago, to the Ukraine and back home in Oregon. He gave talks on the developmental roots of heart disease, the power of nutrition, the early life origins of metabolic disease, the effects of toxic stress in early life, and how and why the placenta predicts our chronic disease risk.
- + **Deputy Director Leslie Myatt, Ph.D., FRCOG.**, continued sharing his expertise on the placenta, adverse pregnancy outcomes and long-term consequences for cardiovascular health—as well as on the effect of maternal diet on placental programming and preeclampsia prediction.
- + **Associate Director Jonathan Purnell, M.D.**, gave virtual talks in a number of professional contexts, focused on his area of expertise: obesity prevention, treatment and strategies—to advance the scientific understanding of obesity.
- + **Associate Director Diane Stadler, Ph.D., R.D.**, participated in an international discussion of cultural differences and the digital divide in nutrition education and cooking classes for family and children. She also moderated the Moore Institute’s annual Oregon Nutrition Day conference and presented her work promoting food security for our students by creating a culturally affirming and welcoming student food resource center.





## Alaska Native Health and Wellness Research Center

The Alaska Native Health and Wellness Research Center is a major center within the Moore Institute. It conducts a broad range of medical and scientific research, explicitly for the health and well-being of present and future generations of Alaska Native people. Some highlights from 2021:

- + A new research program designed to learn more about the effects of diet transition on the health of pregnant mothers and babies has been funded by the M.J. Murdock Charitable Trust.
- + COVID-19 has prevented researchers Bert Boyer, Ph.D. and Scarlett Hopkins, RN, M.A., from traveling to the region since the pandemic began. However, Dr. Boyer and Ms. Hopkins have continued working on data analysis from their existing grants as well as developing new grant applications to expand their studies in southwestern Alaska.
- + Boyer and Hopkins remain in regular contact with the Tribal Oversight Committee and the Community Planning Group to discuss their research and future grant opportunities, and they are planning an in-person meeting later this year when COVID-19 cases have declined.

## Looking ahead

### Provider education

Many health care providers do not have a deep understanding of nutrition or DOHaD because it has only recently become emphasized in medical education. To address this knowledge gap, the Moore Institute developed an online learning module that provides Continuing Medical Education. The first module is complete and we will begin marketing it soon.

## **Social and Environmental Exposures and DOHaD Disparities (April 2022)**

OHSU School of Nursing Senior Associate Dean for Research, and Moore Institute steering committee member, Hector Olvera Alvarez, Ph.D., P.E., along with a group of national researchers, is developing a conference to be held at OHSU. This conference is dedicated to research advancements that highlight the interrelationships between social and environmental factors and their impact on health and wellbeing. Moore Institute Director Kent Thornburg, Ph.D., will be hosting a plenary session and the Moore Institute is a conference sponsor.

## **Oregon Nutrition Day (May 2022)**

We are looking forward to hosting the seventh annual Oregon Nutrition Day, live and in-person next spring. Our keynote speaker will be Moore Institute Senior International Fellow, Tessa Roseboom, Ph.D., Professor of Early Development and Health at the University of Amsterdam, The Netherlands.

## **Visiting Senior International Fellow Tessa Roseboom, Ph.D. (May 2022)**

The Moore Institute and OHSU Knight Cardiovascular Institute will welcome Dr. Roseboom for the annual David Barker Memorial Lecture. She is known internationally for her work investigating the effects the Dutch Hunger Winter had on babies who were in utero during the famine. Her work has contributed significantly to the understanding of how malnutrition in utero and in early life has lasting consequences for the later health of the child, persisting for generations afterwards.

## **Nutrition in Pregnancy (June 2022)**

The 2nd national Nutrition in Pregnancy conference, planned by the Moore Institute, had to be postponed twice because of Covid-19 restrictions. It is now planned for June 2–3, 2022 and will be held in Washington, D.C.

The theme is “Creating a Blueprint for Healthy Mothers and Children.” Speakers will address racial disparities in maternal health, barriers to nutrition, current and needed policies and policy implementation.

## **DOHaD World Conference (August 2022)**

The 2022 international conference will be held in Vancouver, B.C., where the Moore Institute is sponsoring a symposium, titled “Placenta and DOHaD: Placental nutrient transport and influences on fetal growth.”

# About us

The OHSU Bob and Charlee Moore Institute aims 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 the Developmental Origins of Health and Disease, a discipline in which OHSU has been internationally recognized for decades. DOHaD illustrates the important relationships between maternal diet, fetal health and adult-onset disease.

Read about our mission and find us online at [www.ohsu.edu/mooreinstitute](http://www.ohsu.edu/mooreinstitute).

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# Thank you

Thank you for your continued support of the Moore Institute. Our successes are a collaborative effort and could not be achieved without the support of our many funders, collaborators and supporters.



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