



MOORE INSTITUTE FOR NUTRITION & WELLNESS

## Spring 2022 | **MOORE REPORT**



Hello from Washington, D.C.! The Moore Institute team is here in hot and muggy D.C. to host the 2022 Nutrition in Pregnancy Conference. In honor of that, we are focusing this issue on health before and during pregnancy. We have a research brief on the comprehensive review article that resulted from the 2019 Nutrition in Pregnancy Conference and an article from our Social Determinants of Health and DOHaD project focusing on prenatal nutrition. We also have a success story featuring the innovative work of the Rogue Valley Farm to School Program and links to the talks from Oregon Nutrition Day. Enjoy!

*~ The Moore Institute Team*

## Feature articles



### Success Story: Bringing Students to the Farm, and Farm Fresh Produce to Students

*Rogue Valley Farm to School is growing a culture of health in southern Oregon*

[Rogue Valley Farm to School \(RVF2S\)](#), a community-based nonprofit organization located in Ashland, Oregon, is boldly working to change local food systems and redefine what healthy learning environments and flourishing communities look like.

They partner with schools and farmers across Southern Oregon's Rogue Valley region to incorporate nutritious foods into school meals and bring hands-on garden education to students.

[Read more](#)



## Nutrition Before Pregnancy is Critical for Fetal Development and Lifelong Health

As soon as conception occurs, the rapidly developing embryo uses the mother's nutrient stores to support its growth. If there are not adequate stores of nutrients, including micronutrients like zinc and iron, to meet the high metabolic demands of early pregnancy, fetal growth and organ development will be compromised.

Babies born at the low or high ends of the birthweight scale have high risks for type 2 diabetes, obesity and heart disease as adults.

[Read more](#)

## Research brief



### The Importance of Nutrition in Pregnancy and Lactation: Eat Better, Not More

In a new paper, three OHSU researchers, along with 12 other national and international researchers, came to consensus about nutrition in pregnancy and during breastfeeding. The paper was birthed, so to speak, out of the 2019 Nutrition in Pregnancy Conference, hosted by the OHSU Bob and Charlee Moore Institute for Nutrition & Wellness.

The paper, *The Importance of Nutrition in Pregnancy and Lactation: Lifelong Consequences*, was published May 6, 2022 in the American Journal of Obstetrics and Gynecology.

Read a [brief review](#) of the article, or read the open-access [article in its entirety](#).

## Moore Institute news and events



### First in-person Oregon Nutrition Day since 2019 is a success!

The Moore Institute hosted its seventh annual Oregon Nutrition Day Friday, May 13. The theme this year was "Nutrition now for a healthier future." We had an amazing line-up of speakers and topics, including our two keynote speakers:

**Tessa Roseboom, Ph.D.**, University of Amsterdam, whose talk "Building Human Potential From the Very Beginning" focused on her research following multiple generations affected by the Dutch Hunger Winter of 1944-45.

**Priya Fielding-Singh, Ph.D.**, University of Utah, whose talk "How the Other Half Eats: The Untold Story of Food Inequality in America" highlighted portions from her book of the same name that followed families of varied education and income to better understand how and why we eat the way we do.

All of the [talks are available on our website](#), each individual talk is linked within the speaker's bio.



# **NUTRITION** *in pregnancy*

## **CREATING A BLUEPRINT FOR HEALTHY MOTHERS & CHILDREN**

### Nutrition in Pregnancy Conference: Creating a Blueprint for Healthier Mothers and Children

June 2-3, Washington, D.C.

As you read this, we will be busy hosting the second Nutrition in Pregnancy Conference. We'll be discussing community health and pregnancy outcomes, racial disparities and health, lactation and first foods, current and future programs and policies to improve nutrition, and much more. Leading experts will be joining us from NIH, Yale, National WIC Association, Johns Hopkins, OHSU and many others.

View the [full program](#) with speakers and bios. We'll share updates from the conference in the summer Moore Report.

## What we're reading



### [Expectant Dads' Diet During Pregnancy has Lasting Impact on Future Health of Unborn Child, Study Finds](#)

*ABC News Australia* | April 11, 2022

Researchers in Australia studied the self-reported eating habits of almost 200 couples, recruited during pregnancy, and found that women were more likely to meet the recommended daily dietary guidelines if their partners also did.

### [Biden-Harris Administration and U.S. Department of Agriculture Establish New Program to Support Rural Health Care Providers, Invests \\$43 Million](#)

*USDA* | April 13, 2022

Awardees include 93 rural health care organizations and community groups across 22 states, including the Blue Mountain Hospital District in John Day, OR.

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