



MOORE INSTITUTE FOR NUTRITION & WELLNESS

Fall 2022 | MOORE REPORT



Happy fall!

You searched and we answered. In this issue of the Moore Report we're highlighting the magical, mysterious placenta - the most searched term that leads people to our website. We feature two articles on the placenta - an oldie but goodie from our Better the Future blog, and a 'research brief' on stress and the placenta - plus some interesting facts about the placenta you may not know about and links to additional research.

We've also included a synopsis of the White House Conference on Hunger, Nutrition & Health that took place last month, and share the news about the expansion of the Nutrition Oregon Campaign and the addition of new Mamava pods at OHSU to support breastfeeding and pumping moms.

~ The Moore Institute Team

But first, we'd like to introduce the newest member of our team, **Mandy Burns**. As the new Moore Institute Director of Operations, she takes over for Lisa Rhuman who retired this summer. Mandy brings 16 years of knowledge and experience with her, from her time as operations manager for the OHSU Knight Prostate Cancer Research Program. We are very excited she has joined the Moore Institute - welcome Mandy!



Feature Articles



[The magical, mysterious placenta](#)

What does it have to do with chronic disease?

This article from 2015 is still relevant and references the [Human Placenta Project](#), an initiative funded by the National Institutes of Health to understand more about the role of the placenta in health and disease.

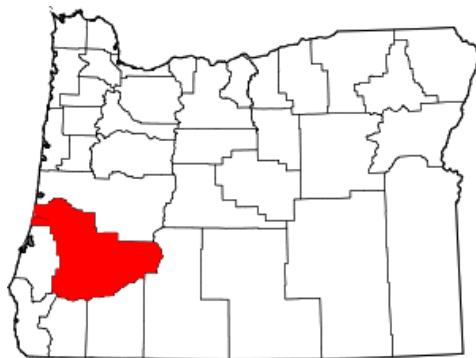
[Fun facts about the placenta](#)

Did you know that the size and shape of the placenta are important markers for predicting chronic disease later in life? The good news is that most of that risk dissipates over the life course in people who have healthy diets and lifestyles.

[Stress and the placenta: why our social environment matters](#)

At the moment of fertilization, an embryo immediately begins sensing for nutrients in the surrounding environment. As it makes its way to the womb, big structural changes are already occurring in order to create the only organ to last just nine months. But there are numerous factors that help or hinder its ability to do its job - and many of these are related to the social environment of the mother.

Nutrition Oregon Campaign Update



Douglas County shown in red

The Nutrition Oregon Campaign is growing!

In 2020, the Moore Institute hosted a Nutrition Consortium in Douglas County. That event led to the development of a professional book club in early 2022 discussing David Barker's book "Nutrition in the Womb." This piqued the interest in exploring establishment of a Nutrition Oregon Campaign hub in Douglas County. We recently received funding to expand Nutrition Oregon Campaign work into additional communities. We're currently working with key community partners in Douglas County to form a hub leadership team and develop a community-specific goal in line with the campaign's vision to end chronic disease.

We look forward to deepening our connection with the Douglas County community and building on the tremendous work they've already begun.

News and Events



Biden administration addresses inequitable distribution of chronic disease due to nutrition access

This White House Conference on Hunger, Nutrition & Health last month was the first White House conference on nutrition in more than 50 years. It was meant to be a launching point for a national discussion around nutrition. The work has a vision of ending hunger and increasing healthy eating and physical activity by 2030 so that fewer Americans experience diet-related diseases like diabetes, obesity and hypertension.

The Moore Institute submitted testimony to conference planners from our recent Nutrition in Pregnancy Conference on:

- the need to focus on nutrition before pregnancy and during the First 1,000 Days, from conception to age two, and
- the need for more nutrition education for current and future health care providers.

Following the conference, the White House released a strategic plan. Much of the work is dependent on public and private organizations stepping-up to commit resources to achieve the strategies listed and on increased funding from state and federal legislatures. Accomplishing the goals of this strategic plan will go a long way toward improving the health of Americans.

The Moore Institute applauds the federal government for acknowledging that diet-related disease is not distributed equally in the U.S., and for identifying the Social Determinants of Health as a key contributor to poor nutrition. We were pleased to see that the strategic plan briefly mentions nutrition during pregnancy and highlights the need to increase nutrition education for health care providers. It also highlights the need for prevention and not just individual-level lifestyle changes and increased health care access to treatment programs.

The Moore Institute will continue working toward our goal of increasing nutrition before and during pregnancy, during lactation and in early life, and will continue to advocate for the federal work to focus on this same time period. [Review the full strategy statement.](#)



New support for breastfeeding moms and employees at OHSU

The OHSU Gender Equity in Academic Medicine and Health committee identified a need for additional private breastfeeding and pumping locations near the Neonatal Intensive Care Unit (NICU). Diane Stadler, Ph.D., R.D., Moore Institute Associate Director and committee member, brought the need to Moore Institute leadership. Through a donation from Bob Moore, the Moore Institute provided funding for one Mamava pod. Hospital administration then provided funds for an additional four pods. The small enclosed pods offer a secure, private space to express milk or breastfeed a baby. The pods are available to staff, patients and visitors. They are located near the NICU so moms with infants staying at the hospital can continue to express milk to feed their babies. Breastmilk is the best food for babies, but women committed to breastfeeding often face obstacles to expressing milk if they return to work or if their infant is hospitalized. Providing a private, convenient space is key to supporting women and their babies to have a healthy start.

Moore Institute represented at International DOHaD Conference

The Moore Institute was a sponsor at this year's DOHaD World Congress, held in Vancouver, British Columbia. The theme for the August, 2022 Congress was *Social and Environmental Disruptions in DOHaD: Successful Interventions for a Healthy Future*. Moore Institute Director, Kent Thornburg Ph.D., moderated a panel discussion titled *Placental Development and Life-Long Consequences*. We also hosted a booth and were very excited to meet so many young DOHaD scientists!

What We're Reading



[Voices from the White House Conference on Hunger and Nutrition](#)

Civil Eats, September 29, 2022

The first conference of its kind in half a century brought together hundreds of anti-hunger advocates, nutritionists, researchers, farmers, and policymakers to hammer out a set of shared goals. Read what people were saying on the ground.

[The First 1,000 Days -- A Missed Opportunity for Pediatricians](#)

American Journal of Public Health, June 1, 2022

The first 1,000 days - from pregnancy to age two - are critical for young children. This time period builds the foundation for all future learning, behavior, and health. In a pre-released paper, Dr. Kofi Essel, Community Pediatrician at Children's National Hospital and PHA Veggies Early & Often partner, highlights the importance of nutrition in the first 1,000 days and how pediatricians must play a role.

[How going hungry affects children for their whole lives](#)

Mosaic Science, April 2019

Scientists have shown that hunger isn't just something transient. Hunger during childhood can have a ripple effect that we are only just beginning to understand. The long-term physical and psychological consequences of hunger are serious and have implications for the health of society itself. Food insecurity may be a ticking time-bomb for today's hungry generations – just how dangerous is it?

[Medical Care Alone Won't Halt the Spread of Diabetes, Scientists Say](#)

The New York Times, October 5, 2022

Medical advances have improved care for diabetics, but without improving access to housing, better food and walkable communities, the U.S. will not be able to stem its rise.

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