



Bob and Charlee Moore Institute for  
Nutrition & Wellness

**2022 - 2023 ANNUAL REPORT**





## Director's Message

In my first year as director of the Moore Institute, I've spent time in a very profitable pursuit, that of listening and learning. Listening to the experiences of our community partners and to our dedicated staff. Learning about the history of current initiatives and the deep relationships the Moore Institute has with community groups across the state.

I am extremely impressed by the work that has been done over the Institute's first decade, but also humbled by the work yet to be tackled.

This past year our Nutrition Oregon Campaign got to hold its first in-person retreat, bringing members from each of the hubs to central Oregon for two packed days of sharing and learning. I'm looking forward to this becoming a regular annual event. In addition I can't wait to get on the road myself and travel to each of the hubs and learn more about my adopted home.

I am a basic scientist by training and still am involved in many active research projects. Becoming Director of the Moore Institute has helped me see the benefit of helping other researchers understand the value of how their work can improve community health. I look forward to being able to weave together the work of our DOHaD researchers in the OHSU Center for Developmental Health with the community-facing education and science translation work of the Moore Institute.

Over the next few years I would like to see the Moore Institute develop stronger partnerships with internal OHSU groups, providers and researchers with intersecting interests; to reach new audiences with the DOHaD message, including college students and young adults; and continue to grow our national reputation as leaders in translating the science of DOHaD.

I'm excited about the work ahead and I hope you are too.

**Leslie Myatt, Ph.D., FRCOG**  
**Director, Moore Institute for Nutrition & Wellness**





## Nutrition Oregon Campaign

The Moore Institute serves as the backbone of the Nutrition Oregon Campaign (NOC), a statewide network of connected communities with a vision of ending chronic disease in Oregon. The NOC is composed of four active hubs and other areas of developing collaboration.

### Douglas County Launch Event

The Nutrition Oregon Campaign hub in Douglas County hosted a community launch event May 9. The event hosted almost 40 people at Aviva Health in Roseburg. Attendees represented schools, health care, public health, nutrition education and community service. The group heard an overview from Monica Cuneo, M.P.H., Nutrition Oregon Campaign Director, followed by a presentation from Moore Institute Director Emeritus Kent Thornburg, Ph.D., on the link between low birthweight and adult chronic disease risk. Jess Hand, M.P.H., Executive Director of Thrive Umpqua led the group in grounding the proposed goal and aligning it with Douglas County work.

Proposed goal: We commit to improving the lifelong health and well-being for this generation and the next by increasing rates of healthy birth weight babies to 100% in Douglas County by 2033.

Small groups spent the rest of the time identifying contributing factors to babies not being born at healthy birth weights, existing work in the county that could support the proposed goal and barriers to meeting the goal.

The resulting information will be used to lay the groundwork for developing the hub collaboration and to help identify the critical shifts that are needed to reach the goal. Overall, attendees participated in robust discussions, enjoyed being together and sharing a delicious meal of locally sourced vegetables, fruits, soup and bread. The Moore Institute team in attendance felt the deep connections already existing in the community and shared love among attendees active in improving the health of their community.





## Nutrition Oregon Campaign



### Annual Retreat

The first Nutrition Oregon Campaign retreat offered space for hub members to share their work, their challenges and their successes, and for all to learn from one another. It also built on the NOC's commitment to including racial equity as a unifying concept in all the work. Familias in Acción, a long-time Moore Institute community partner, attended the retreat to share their work in translating and communicating DOHaD research directly to Latino families through programs like their Abuela, Mama y Yo (AMY) nutrition curriculum. The retreat strengthened existing relationships, but also created new ones. The stories shared during our time together inspired participants and the Moore Institute team as well. We couldn't be prouder of the work each of these communities are doing across the state to improve the health of all Oregonians.



### Oregon Nutrition Day Panel

This year we hosted a panel featuring the Nutrition Oregon Campaign hub leaders at the Oregon Nutrition Day in May. Monica Cuneo, M.P.H., Nutrition Oregon Campaign Director, provided an overview of the campaign and its vision, followed by leaders of each hub discussing their current work. The panel showcased the different stages of development of each hub from Douglas County's work to generate community alignment around a shared goal, to Yamhill County's work to begin their pilot project, to Klamath County's project implementation and Western Treasure Valley's accelerated growth and advanced project implementation.

## 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 2023:

- The Tribal Oversight Committee visited OHSU in August, during which they heard about research outcomes and current progress on some of the projects they've been involved with as well as discussing future research opportunities and meeting senior leadership at OHSU.
- Scarlett Hopkins, R.N., M.A., Director of Clinical Research at the center and Amy Valent, D.O., Assistant Professor of Obstetrics and Gynecology, OHSU, continued to work closely with Yukon-Kuskokwim Health Corporation nurses and staff to collect research data from pregnant women in the Yukon-Kuskokwim who have volunteered to be in our study of diet and health outcomes of mother and baby.
- Recently there was an effort to understand Tribal views about "Precision Medicine Research" (PMR), which is a type of research that involves collecting data such as, physical activity data, social determinants of health and cultural practices, environmental exposures and medical health record information. Participants stressed the importance of traditional knowledge, tribal oversight and local control of data collected, and building trusting partnerships with Tribes.

### Looking Ahead

Several years ago, the Center conducted a small "pilot" study to work with women in two of the local communities to see if they would be interested in interventions such as providing healthier food choices in local stores, promoting more subsistence foods and maintaining an active lifestyle. There was a lot of support for an intervention and this led to visiting other Tribal Councils and store managers to discuss these ideas, which led to them providing support letters for the discussed interventions. The Center is hoping to receive funding for this exciting intervention project in 2024.



## Events

### Nutrition Consortium

In March, The Moore Institute held a Nutrition Consortium in Hillsboro to meet with community groups and leaders and provide a brief glimpse into DOHaD as well as hear directly from the community about the issues they faced. The Nutrition Consortium's are part of a continued effort to connect the science of DOHaD with health needs of communities across Oregon.



### Oregon Nutrition Day

Each year we put together a program around a unifying theme and bring together speakers from a different backgrounds and organizations to share their work with us. This year the theme was "When is Food Medicine?" We learned about nutrition programs for incarcerated women, how climate change is impacting food sustainability and how gestational diabetes is a marker for later life heart disease risk, plus many more. We were also very excited to have representatives from each of the NOC hubs together for the first time to discuss their community-based work. In 2024 we will be looking at the past, present and future of DOHaD work.







## DOHaD Summer Course

In August the Center for Developmental Health hosted the 2023 DOHaD Summer Course, “First Principles and Future Directions”. Participants viewed presentation from nationally recognized experts with subjects including social determinants of DOHaD; epidemiological models and gaps in knowledge; DOHaD mechanisms impacting pathophysiology; and the promise of prevention and intervention. This year participants were also given the opportunity to present their own DOHaD research to the speakers and their peers, where they were given feedback on their presentations and received insightful questions. The 2024 course will have an additional day and more opportunities for speakers and participants to interact.

## Teacher’s Workshop

The OHSU Office of Science Education Opportunities, the Moore Institute and the OHSU Brain Institute hosted the annual Teacher’s Workshop in April. This unique opportunity gives teachers insight into the role neuroscience and early life nutrition play in the classroom. This year the workshop revolved around two themes, the COVID pandemic’s persistent effects on our children and ourselves, and how we can build systems to promote children’s nutrition health with a focus on equity.





## Speaking Events

Every year our leadership team continues to make an impact in the field of DOHaD by speaking at different events both nationally and internationally. Here's a brief list of some of the events that our leadership team was a part of this year.

### Leslie Myatt, Ph.D., FRCOG, Director

- ◇ **Ottawa, Canada** – 56th Annual Meeting, Society for the Study of Reproduction, “Adaptation of Placental Function to Maternal Metabolic Disease; Sexual Dimorphism”
- ◇ **Medford, Oregon** – Leightman Maxey Foundation, Nutrition Education Meeting, “Maternal Nutrition, the Placenta and Developmental Programming”
- ◇ **Fairfax, Virginia** – 17th Biennial Meeting of the Diabetes in Pregnancy Study Group of North America, “Placental Adaptive Responses and Fetal Programming”

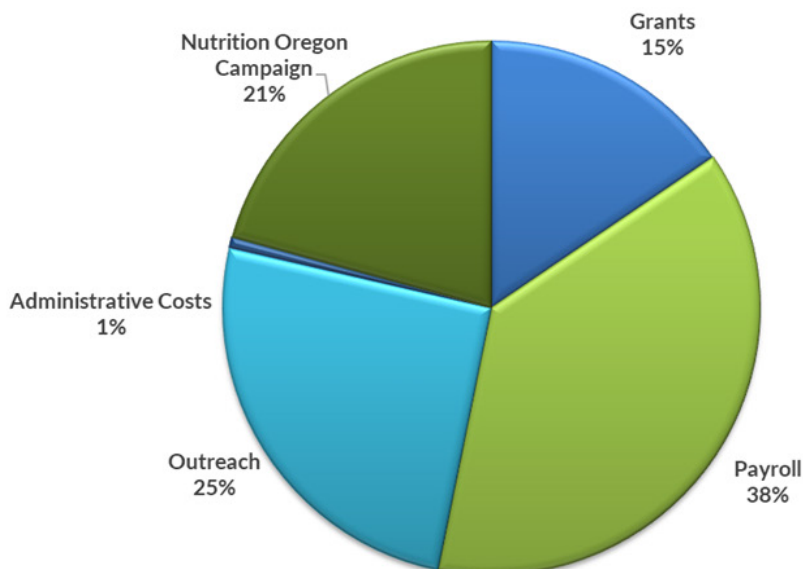
### Kent Thornburg, Ph.D., Emeritus Director

- ◇ **Toronto, Canada** - World Non-Communicable Diseases Conference, “The Epigenetic Burden driving Cardiovascular Disease begins before Birth.”
- ◇ **Portland, Oregon** - Society for Epidemiologic Research, “Epidemiology and Basic Science Underlie Developmental Disease Research.”
- ◇ **Chicago, Illinois** - Access to Care - Annual Luncheon, “Epigenetic Roots of Chronic Disease.”

### Jonathan Q. Purnell, M.D., Associate Director for Obesity and Diabetes

- ◇ **Boston, Massachusetts** – Boston Course in Obesity Medicine, “Anti-Obesity Medicines: Advanced Strategies in Special Populations.” and “Anti-Obesity Medicines: Strategies for Non-responders.”
- ◇ **Mumbai, India** – Endocrine Society Dimensions in Diabetes Conference, “Thinking Outside the Glycemic Box: SGLT2i and Cardiorenal Protection.”
- ◇ **Salem, Oregon** – ACP Oregon Chapter Scientific Meeting, “Obesity Management in Primary Care: A Therapeutic Call to Arms.”

Moore Institute Expenses - FY23







## Looking Ahead

### Nutrition in a Box

We are working with the MIKE Program to do an update of our nutrition curriculum. The updated lessons will be targeted to middle school students in grades 6-8. We've decreased the reading level and amount of material per page, added more culturally specific foods and updated the look and feel. We will be rolling out the updated curriculum with a statewide marketing and implementation plan in 2024.

### Nutrition in Pregnancy

We are working on the third Moore Institute-hosted Nutrition in Pregnancy Conference in Washington, D.C. in 2024. This will be a smaller group of government and industry leaders and policy-makers focused on developing an implementation plan based on the work that came out of the last conference.

### White House Commitment

The White House hosted a Conference on Hunger, Nutrition and Health in 2022. The Moore Institute was asked to submit a commitment in alignment with the national strategy to end hunger and improve health that was developed following the conference. The Moore Institute submitted a commitment to grow our statewide Nutrition Oregon Campaign to reach every county in Oregon by 2030. We look forward to the next steps in moving this commitment forward.

### DOHaD Documentary

Thanks to generous donor funding, we are developing a documentary exploring the field of Developmental Origins of Health and Disease (DOHaD). The documentary will examine how DOHaD principles can provide a solution to the growing pandemic of chronic disease. Kent Thornburg, Ph.D., director emeritus of the Moore Institute and an international leader in the DOHaD field will be a primary voice in the documentary, along with other influencers who have been translating this science into programs and policies to benefit future generations.

The film is in development with Aurora Productions and is directed by Portland-based filmmaker Andrew Hinton. As filming wraps, post-production is beginning. We'll continue to share details as we get close to a completed project.



## 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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