

NUTRITION IN PREGNANCY CONFERENCE 2024

Executive Summary

Improving nutrition before and during pregnancy is necessary for a healthier population, yet it hasn't been a national priority. It is not emphasized in most health care education programs, nor is it always included in prenatal appointments. Recent national collaborations have elevated work around food insecurity and nutrition, but work remains to improve nutrition during the critical windows of pregnancy, lactation and early childhood. We will not improve population health without this emphasis.

Objectives, design and structure

The OHSU Moore Institute for Nutrition & Wellness hosted the third Nutrition in Pregnancy Conference in Washington, D.C. May 22-23, 2024. This event was designed as a “think-tank” and aimed to answer the question: “Where are our best opportunities for collaborative action to improve nutrition in pregnancy and early childhood? The discussion began with a review of [“Barriers to implementing good nutrition in pregnancy and early childhood: Creating equitable national solutions”](#). This paper, published following the second conference in 2022, identified major barriers to improving nutrition during pregnancy and action goals to address these barriers.

Day 1 of the conference focused on delving into the top ten barriers and identifying the three options with the best opportunities for collaborative action. Day 2 focused on strategy, action planning, and opportunities for sustained collaboration.



Attendees included invited representatives from national and community-based organizations working to improve maternal and child health through programs, policy, healthcare, and education as well as community members with lived experience. A list of attendees is available in the full report.

Key Outcomes

After robust facilitated discussion and small group work on Day 1, attendees elevated the following **Top 3 Priorities** with the greatest potential for collaborative action:

1. Presence of food and nutrition security and access to healthy foods
2. People with lived experience co-create nutrition in pregnancy systems of care in partnership with organizations at all levels
3. Emphasis and resources devoted to nutrition education for all medical and health professionals

Where are our best opportunities for collaborative action?

Day 2 attendees delved further into the top three priorities. They aligned cross-cutting action goals with the priorities and identified organizations already working toward these goals. The final activity of Day 2 established initial actionable steps over the next six months that would lead to transformative impact and asked which individuals and organizations present could commit to partner for action.

All attendees noted the need to stay connected and identify other potential partners for collaboration.

Next steps

- The conference hosts and sponsors (OHSU Moore Institute, CDC Foundation, Vitamix Foundation) will provide **backbone support for the next six months** to get the work started. The larger group of **attendees will virtually reconvene** towards the end of the year to reassess and discern the best course of action moving forward.
- The CDC Foundation and the Moore Institute are **developing a plan for a shared learning network** to keep attendees connected. The first step is a **LinkedIn group** that will launch this summer.
- Attendees discussed the possibility of **becoming an 'action network'** in alignment with the [Hunger, Nutrition and Health Action Collaborative](#). The idea of an action network is to drive collaboration, foster innovation and amplify initiatives to create the conditions for successful collaborative action.

Stay involved

Anyone with dedicated time and interest in leading the development of the action network or offering backbone support should email MooreInstitute@ohsu.edu

