The Moore Report

A QUARTERLY UPDATE FROM THE OHSU BOB AND CHARLEE MOORE INSTITUTE FOR NUTRITION & WELLNESS
The time is now to spread the message of better nutrition

Over the past 25 years, there has been a steep rise in the number of people living in Oregon who have become obese or diabetic. Diabetes prevalence has more than doubled among Oregon adults during the past two decades with rates currently ranging from 4 to 15.7 percent in Oregon counties. In addition, thousands of Oregonians have prediabetes, a precursor to the disease, or have undiagnosed diabetes. The twin scourges of obesity and diabetes will lead to increased suffering of Oregonians, hugely increased needs for medical care and unprecedented increases in medical expenses over the next two decades.
The Moore Institute Nutrition Consortium brings together nutrition-oriented groups around the state to share knowledge and resources, find methods for collaboration and use our collective voices to improve maternal and infant nutrition in Oregon. Thus far, the Nutrition Consortium has hosted forums in Portland, Corvallis, Medford and LaGrande, with the most recent one in Bend last month.
The American diet

What's wrong with the average American diet? Too much and too little. We consume too much salt, fat, sugar and calories and too little nutrients from fresh whole fruits and vegetables.

Three-quarters of Americans don’t eat the recommended five to nine daily servings of fruits and vegetables. More than half exceed the recommendations for protein and grain consumption, but this is made up of red meat, high-fat dairy and refined carbohydrates, not the low saturated fat proteins like nuts and legumes, and the whole grains that are recommended.
What we’re reading

Check out a few of the articles we’ve been perusing

A GIF guide to epigenetics, the little-understood partner to our DNA
dailydot.com

Framing strategies to avoid mother-blame in communicating the origins of
chronic disease American Journal of Public Health

Welcome to Brazil, Where a Food Revolution Is Changing the Way People
Eat The Nation

Big Food Strikes Back: Why did the Obamas fail to take on corporate
agriculture? The New York Times
Moore Institute rallying cry

Want to know why we are driven to work for change to our food culture? Check out our short anthem video to find out why we do the work that we do.

Developmental origins podcast

Imprinted Legacy created a new podcast series exploring current research in the field of developmental origins of health and disease. Moore Institute director Kent Thornburg, Ph.D. and Susan Bagby, M.D., who leads the Moore Institute Education and Outreach Committee, were each interviewed. You can find the download the podcasts from iTunes or Stitcher, or listen directly from the Imprinted Legacy website.

Demystifying medicine: developmental origins video

Students at Canada’s McMaster University produced a short video as part of the Demystifying Medicine Seminar Series on the Developmental Origins of Health and Disease. You can watch it on YouTube.

Moore Institute director at National Academy of Medicine

Kent Thornburg, Ph.D., Moore Institute director, spoke at the recent National Academy of Medicine annual meeting about the key drivers of obesity and type 2 diabetes and promising new directions to reduce risk. You can watch his presentation here.

What’s Next

We received a six-month planning grant from the Ford Family Foundation to develop a statewide nutrition education campaign directed toward community leaders. As part of the planning, we’ve been heading out across the state to host
listening sessions in various communities. We wanted to hear directly from Oregonians about barriers to nutrition in their communities, what nutrition work is already being done, and what parts of the DOHaD message resonate best with them. We'll share more information as we gather it, in the meantime you can learn more on our website.

Questions? Comments? Drop us an email, we'd love to hear from you.