



Bob and Charlee
Moore Institute for
Nutrition & Wellness

Annual Report 2024

Director's Message



This year the Moore Institute took important steps in meeting our mission to improve the health of this generation and the next through reducing chronic disease rates in Oregon and beyond.

Our statewide Nutrition Oregon Campaign network continued to thrive. Hubs focused on projects including rural Veggie Rx programs, DOHaD/nutrition curriculum for Community Health Workers and establishing a community food center. We hosted an annual retreat in McMinnville where members from hubs across the state could share and learn from one another. We have plans to rotate the retreat through hub communities in the coming years.

We announced a commitment to support the National Strategy to End Hunger and Increase Healthy Eating and Physical Activity. Our National Commitment will expand the Nutrition Oregon Campaign to engage with every county in Oregon by 2030. We continued our work at the national level by hosting our third Nutrition in Pregnancy Conference in Washington D.C., and from that combining forces with national organizations to establish the Hunger Nutrition and Health in Pregnancy Action Collaborative.

We more closely aligned the work of the Moore Institute with the Center for Developmental Health (CDH), part of the OHSU Knight Cardiovascular Institute, where much of the basic research around Developmental Origins of Health and Disease (DOHaD) takes place. We developed a shared vision and identified ways to support each other's work. In alignment with the CDH we hosted the DOHaD Summer Course for early career researchers and graduate students interested in pursuing a career in a DOHaD-related field. In 2025 we will combine our course with the U.S. DOHaD Society annual meeting, reaching an even larger audience.

As we prepare for another important year, we hope you will continue to support our work through financial contributions, attendance at our events like Oregon Nutrition Day and following our work through our quarterly newsletter. You can find out more on our website www.ohsu.edu/mooreinstitute.

Thank you for your continued support.

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



Moore Institute chosen to support national challenge to end hunger, improve nutrition and health, and reduce disparities

The Moore Institute answered the federal administration's call to end hunger and reduce diet-related diseases, all while reducing health disparities, by 2030. The Challenge to End Hunger and Build Healthy Communities is part of the National Strategy on Hunger, Nutrition and Health. The challenge called for bold commitments from public and private stakeholders to collectively achieve the vision. The Moore Institute's commitment to expand its Nutrition Oregon Campaign to every county in Oregon by 2030 is now part of the Hunger, Nutrition and Health Action Collaborative. Organized by the CDC Foundation, this collaborative fosters innovation, develops partnerships, and amplifies initiatives among National Challenge partners.

Commitment Specifics

Bring five additional counties into phase one of hub development while continuing to develop and sustain the four existing hubs.

Increase Nutrition Consortium community events, one day mini conferences introducing a community to DOHaD science while highlighting existing local nutrition work, to two per year in counties where we have not had a presence.

Secure invitations for Moore Institute leadership to present at existing community meetings or regional conferences in two counties per year to support their strategies to build programs that enhance community health.

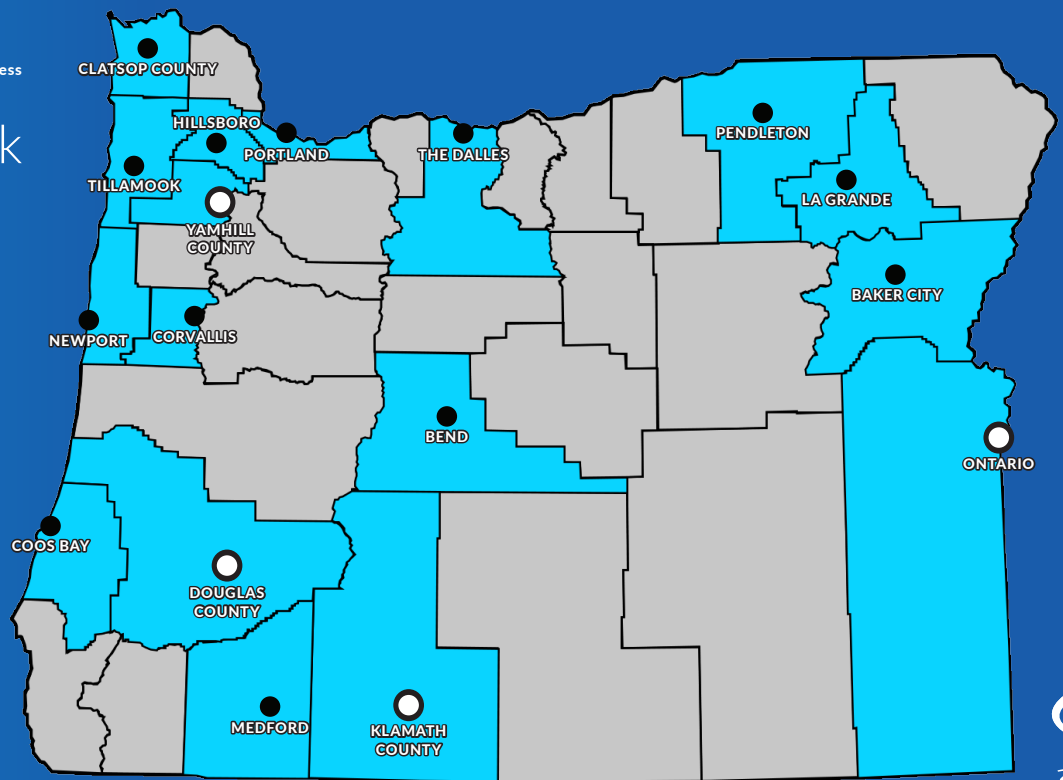
Develop and implement a statewide social marketing campaign to support the Nutrition Oregon Campaign (NOC) work, reinforcing the campaign's vision and reaching a greater number of people.

Package the NOC efforts into materials that are usable and replicable in other states, creating a model that can go beyond Oregon.

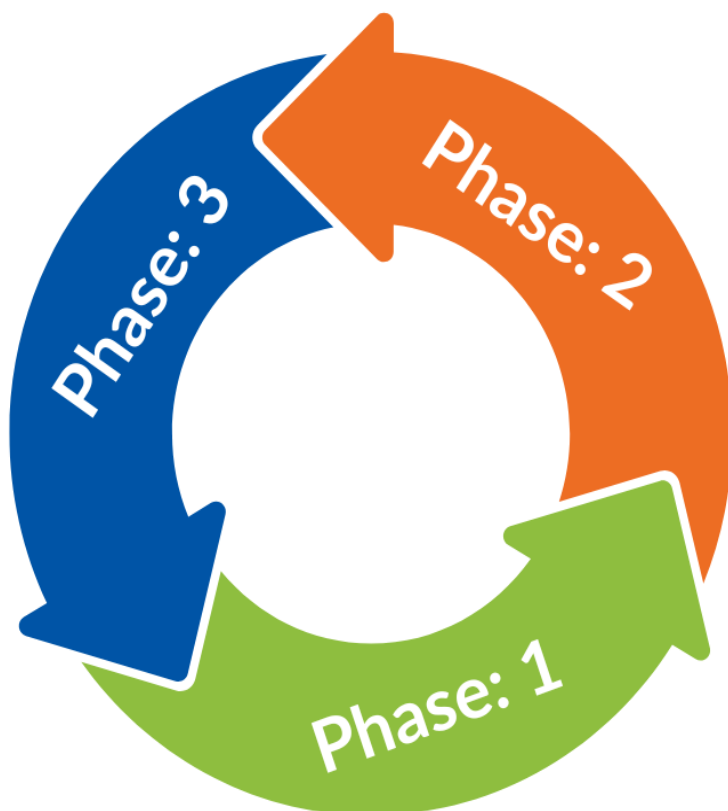
Building a network of connected communities

Community involvement

●	Nutrition Oregon Campaign Collaboration
●	Nutrition Oregon Campaign Visit
●	Nutrition Oregon Campaign Hub



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. As a hub becomes part of the Nutrition Oregon Campaign, they go through three different phases.



Phase 1: Pre-Launch

- Generate group alignment
- Generate understanding of the landscape
- Establish goal and strategic focus

Phase 2: Launch Event

- Determine targets for change
- Develop concepts and ideas; prioritize

Phase 3: Community Implementation

- Prototype, test and pilot
- Implement solutions and evaluate impact

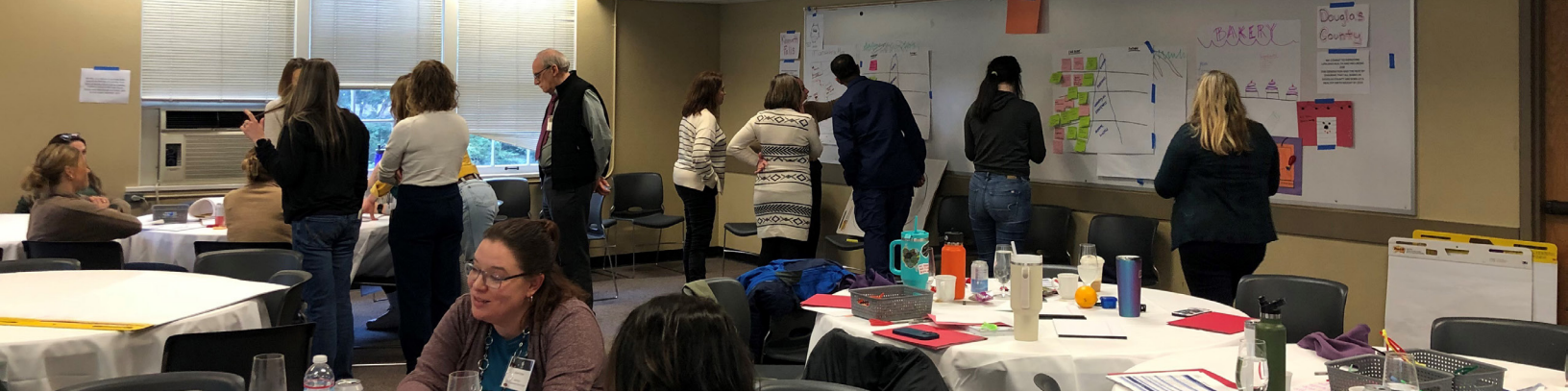


The **Western Treasure Valley Food Systems Partnership Hub** achieved significant milestones, including developing an official charter signed by 14 community partners. Through a USDA grant, the partnership has advanced long-term food system sustainability in rural eastern Oregon and Idaho. A key focus has been planning the Ontario Community Food Center (OCFC), which will provide wrap around services alongside the Oregon Food Bank, Valley Family Health Care, and River Bend Place in an underserved Ontario neighborhood. The Partnership has strengthened collaboration, inclusivity, and coordination across state lines, addressing barriers for vulnerable community members.

The **Yamhill County Hub** continued to explore ways to improve food access in Yamhill County. They received a grant to plan and begin implementing the first iteration of a Veggie Rx program in Yamhill County. They are partnering with Yamhill County Public Health's Home Visiting Nurses to recruit participants and Meals on Wheels People to provide the meal ingredient boxes. They have also visited and interviewed local food pantries to learn more about what's going well/where more resources could help improve operations. From these meetings the pantries were connected with OSU Extension Services to provide cooking classes in both English and Spanish to locals using ingredients they received in their food pantry boxes.

The **Douglas County Hub** focused on two primary initiatives: the Protect the Heart Health of Future Generations and the Breastfeeding Awareness Campaign. The Protect the Heart Health of Future Generations empowers local health care professionals, with DOHaD insights through educational events, ongoing training opportunities, and the creation of collaborative resources to share with patients. The Breastfeeding Awareness Campaign promotes the benefits of breastfeeding through culturally inclusive murals throughout the county and collaborates with medical providers to create educational materials. Together, these initiatives enhance community health and knowledge through collaborative efforts and focused education.

The **Klamath County Hub** made significant strides in promoting maternal and infant health. A notable achievement was the completion and launch of the "Healthy Body, Healthy Baby, Healthy You" curriculum, designed to educate groups such as doulas and community health workers on nutrition during pregnancy and postpartum. This initiative aims to reduce the county's high rates of low birthweight, a known indicator of future chronic disease risk. Additionally, the Hub welcomed new members from the Oregon State University Extension Service and the Sky Lakes Medical Center Foundation, enhancing community engagement and resource sharing. These developments underscore the Hub's commitment to improving health outcomes in Klamath County through education and community partnerships.



Nutrition Oregon Campaign Annual Retreat

This year the NOC Retreat was hosted in McMinnville with support from our hub community in Yamhill County. The retreat focused on applying systems thinking and building leadership capacity to address complex health and social issues. The retreat served as a platform to deepen understanding of systems change, foster cross-hub collaboration, and equip NOC Hub members with practical tools like causal mapping and root-cause analysis. It also included presentations facilitated by hub members, covering topics like collaboration in health care systems, DOHaD through a trauma-informed lens, and ecological approaches to learning and teaching. The event emphasized the NOC's commitment to building a shared learning network, advancing its mission of creating transformative, equitable change.



Moore Institute leads national nutrition in pregnancy conversation

Improving nutrition before and during pregnancy is necessary for a healthier population, yet it hasn't been a national priority. The Moore Institute has hosted three national Nutrition in Pregnancy Conferences. These events bring together researchers, clinicians, policy and education leaders, community-based organizations, and community members with lived experience.

The third conference in May 2024 focused on the best opportunities for collaborative action to improve nutrition in pregnancy and early childhood. From this event, the Moore Institute, CDC Foundation and Vitamix Foundation and others created the Hunger, Nutrition and Health in Pregnancy Action Collaborative to drive collaboration, foster innovation and amplify initiatives

In December 2024 attendees from the previous conference virtually reconvened to share updates and identify areas of potential collaboration. Future reconvening's are planned. One of the first projects to come out of this work is alignment around the need for increased nutrition education for all health care professionals, both during training programs and through continuing education.



The **Oregon Nutrition Day** conference is held in spring and showcases research at OHSU and abroad, as well as connecting the science directly to work that is taking place at the community level. Every year a theme is selected of which presentations revolve around. It's an event meant to attract both researchers, students and practitioners who are interested in hearing more about ongoing projects, but also community members who want to hear about how the science connects to themselves.

This year the conference did a retrospective on the field of DOHaD, viewing its history, current research, and future objectives. The conference also highlighted the long and impactful history of Kent Thornburg, Ph.D., the founding director of the Moore Institute.

Events



The **DOHaD Summer Course** is designed for graduate students, post-doctoral fellows and early-career faculty who are interested in the long-term consequences of developmental programming. This four-day course takes place in August and introduces participants to different perspectives within the field of DOHaD through a series of lectures by nationally recognized researchers. Participants get the opportunity to ask questions directly to the researchers conducting the science and learn from other participants by giving presentations of their own work.

This year participants were paired with a faculty mentor throughout the course. They also conducted an Experimental Design group presentation and participated in career development opportunities to refine scientific writing, research aim development and presentation skills.

| Alaska Native Health and Wellness Research Center

Intervention Project Approved

Bert Boyer, Ph.D. and Scarlett Hopkins, RN, M.A. have spent their career developing a community-based participatory research partnership with the Yup'ik Alaska Native people. They currently lead the Alaska Native Health and Wellness Research Center housed within the Moore Institute.

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.

Their partnership found that the diabetes risk in this population is lower than the general U.S. population, though obesity rates are similar. In 2024 they received funding for a project with interventions including introducing healthier food choices in local groceries, promoting more subsistence foods and more active lifestyles.



DOHaD documentary nears completion

Over the past two years, the Moore Institute has been working with Aurora Productions and a local director to develop a documentary about the science of DOHaD and how it could be used to improve the health of this generation and the next. The film will heavily feature the work of Kent Thornburg, Ph.D., Moore Institute founding director. Filming has taken place around the state, as well as with researchers and community groups in The Netherlands, England, Chicago and New York City.

Filming should wrap in Spring of 2025, followed by Aurora Productions developing a plan for film distribution and marketing. The Moore Institute will support development and implementation of a social marketing campaign to support the film in having a broader impact on community health.

Nutrition in A Box Overhaul

Over the last two years we partnered with the MIKE Program to revamp our Nutrition in a Box curriculum. Originally intended for grades four through eight, the updated curriculum focuses on middle school students, where there was a greater need for these resources. The updated design is streamlined, with less information per page and more culturally inclusive with the addition of different foods.

We are making the final changes and preparing for an awareness campaign about the NIAB project to ensure that local educators are aware of the curriculum. We hope to continue partnering with the MIKE Program to see the curriculum used within their work to educate and mentor underserved students to lead healthy lives. We are excited to share more about the changes and implementation this upcoming year.

Moore Institute Team 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

- ♦ **Santa Clara, CA** – Precision Medicine World Conference 2024 “Fetal sex influences pregnancy and long-term outcomes”
- ♦ **Maceio, Brazil** – 10th Meeting Latin-American Society for Maternal-Fetal Interface and Placenta “Sexual dimorphism in placental adaptive responses to maternal metabolic disease”
- ♦ **Santa Fe, NM** – No Name Meeting “Photo-responsive Nanoparticles for Diagnostic Imaging and Treatment of Ectopic Pregnancy.”



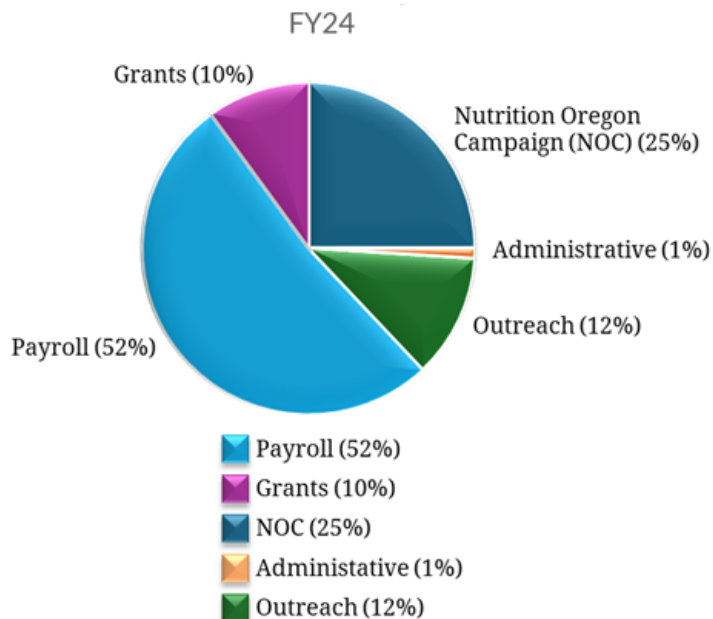
Kent Thornburg, Ph.D., Emeritus Director

- ♦ **Kenmore, WA** - INM 2024 Fall Semi-Annual Symposium, “Poor Nutrition in Early Live and Lifelong Health Outcomes”
- ♦ **Sioux Falls, SD** - Sanford Annual Cenger for Pediatric Research Symposium. “The placenta is the lifeline and the culprit”



Diane D. Stadler, Ph.D., RDN, Associate Director of Nutrition

- ♦ **Portland, OR** – Women, Girls and People with the Potential to Menstruate/ Hematology Consortium. “Iron deficiency as a public health issue.”
- ♦ **Seattle, WA** – Nutrition & Dietetics Educators and Preceptors Annual Meeting. “Addressing Burnout among nutrition and dietetic preceptors and program directors with mindfulness-based strategies.”



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.

Bob and Charlee Moore Institute for Nutrition & Wellness
Mail code: MDYMI
3030 S. Moody Avenue
Portland, OR 97201

Phone: 503-494-4238
Email: mooreinstitute@ohsu.edu



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