

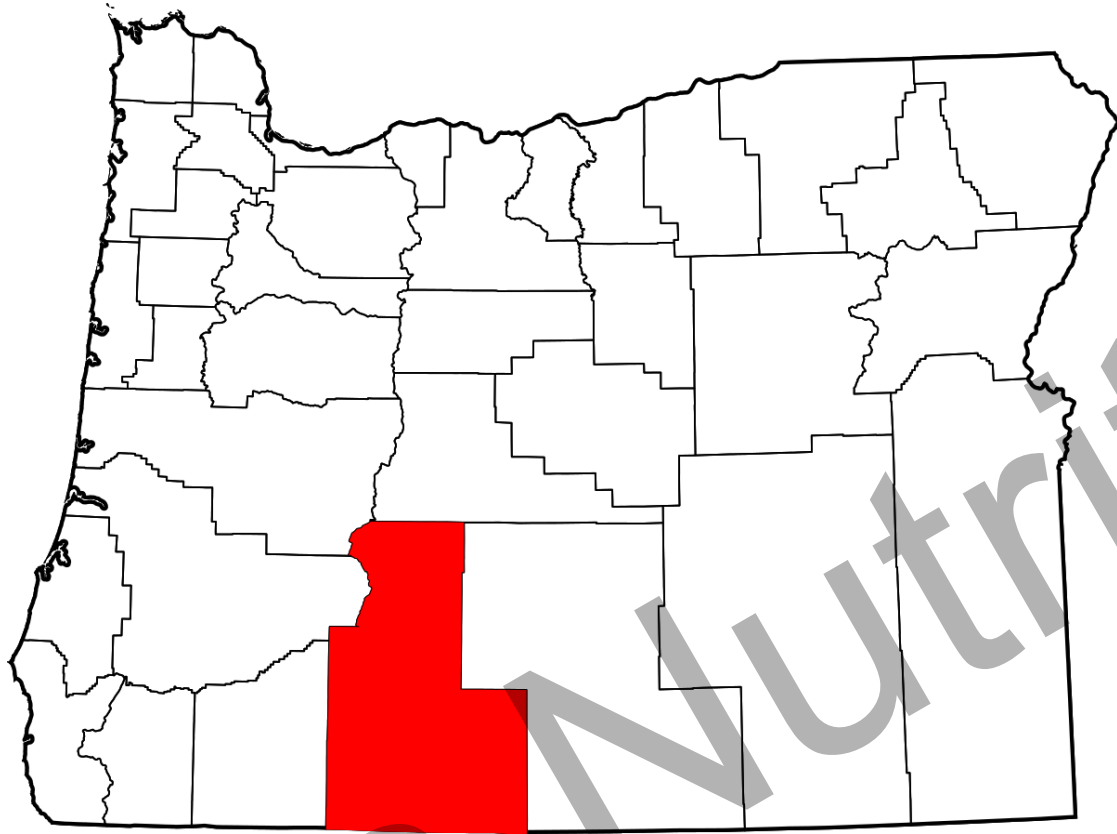


Nutrition Oregon Campaign: Educating Pregnant People in Rural Oregon

BABY Curriculum



Rural Klamath County



Population: 69,413

Low Birth-Weight Rate: 10.7%

Median Household Income: \$57,219

Food Insecurity: 13.6%

Households Living Below Poverty Level: 20.4%



Klamath County Hub

Our Hub Goal:

- Reduce rates of low birth weight babies to under 5% (below the statewide average) by 2029.

Community-wide nutrition campaign:

Strategy:

- Leverage organizations to support a community campaign focused on communicating the importance of nutrition for pregnant women and (new) families.

Increase and expand Community Health Workers:

Strategy:

- Invest in CHW and lay professionals who have training in DOHaD/nutrition education at any site that engages with pregnant women.
- Curriculum to support provider understanding and prepare them to share messaging.



Curriculum development Process

1. Engaged with a consultant about costs associated with the project

- \$9400 for development of pre-module and modules 1-4.

2. We needed to find funding to pay for the curriculum development.

- Healthy Families
- Moore Institute

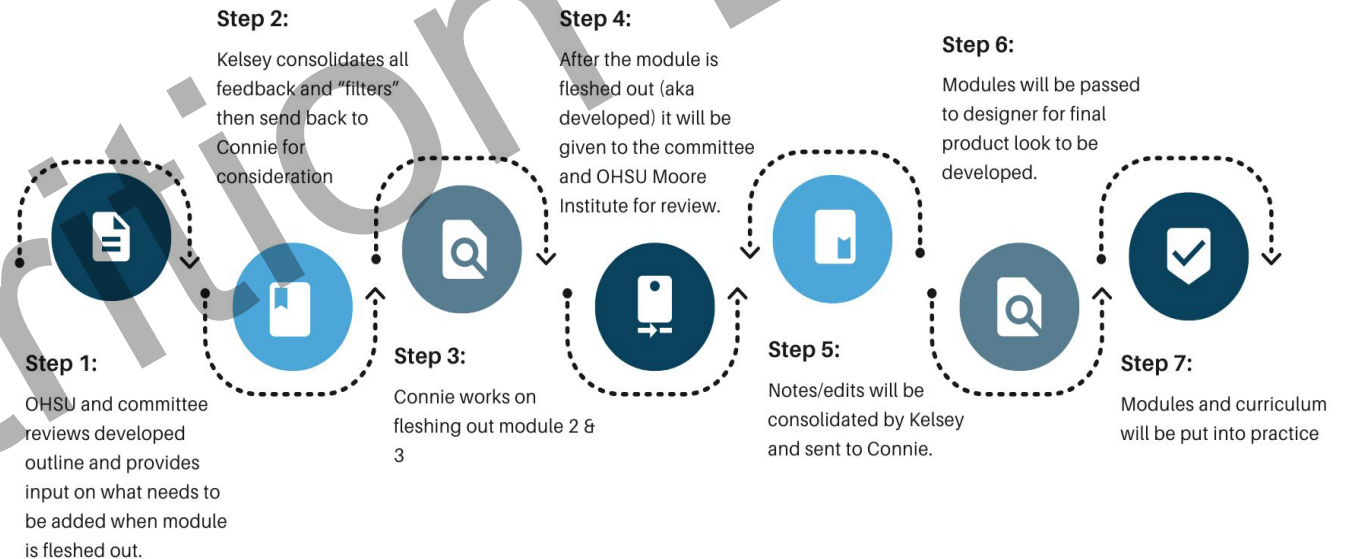
3. Once curriculum development began we established a process for editing and communication with the consultant.

Priorities:

- Based on the science of DOHaD
- Trauma-informed
- Reading level around 7th-8th grade

NUTRITION OREGON CAMPAGIN

Module Development Process



Note:
MAXIMUM of 2 edits to modules and handouts. Speak now or forever hold your peace.

BABY Curriculum Overview

Module Breakdown:

- Pre-Module: Developmental Origins of Health and Disease Background
- Module 1: 1st Trimester: The Building Blocks of Eating Well
- Module 2: 2nd Trimester: Feeding Your Growing Baby
- Module 3: 3rd Trimester: Boosting Baby's Brain and Body
- Module 4: Post Partum: Breastfeeding Benefits both Baby and You



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Healthy Body,
Healthy Baby,
Healthy You!

PRE-MODULE FOR TRAINERS

Pre Module Overview

Highlights:

Background on Developmental Origins of Health and Disease

Topics Covered:

- Key DOHaD Messages
- Nutritional Development
- The Power of Placenta
- Module overviews

Key Components:

- Pre-module lesson plan
- “Do you know DOHaD?” Quiz

Do you know DOHaD?

1. The saying “you are what your grandparent ate” means:
 - A. You will share the same food likes and dislikes as your grandparent.
 - B. During gestation, the ovaries in a female fetus are forming eggs that may eventually become the grandchild(ren) of the pregnant person.
 - C. The usual diet of your grandparent is most often the same diet you will eat.
 - D. Your grandparents ate a poor diet.
2. All but one of the following events during pregnancy is known to influence the future health of an infant.
 - A. Poor nutrition
 - B. Exposure to chronic stress such as poverty and racism
 - C. Springtime conception
 - D. Toxic substances such as lead paint, smoking and substance abuse
3. Dr. David Barker, an epidemiologist who studied birth and death records in England, noticed that low birth weight was associated with an increased risk of death from heart disease in adulthood.
 - A. True
 - B. False
4. All but one of the following events during pregnancy is known to influence the future health of an infant.
 - A. Poor nutrition during this stage can result in irreversible damage to the growing brain.
 - B. The quality of diet during pregnancy affects the future child’s risk of developing chronic conditions such as obesity, diabetes and heart disease later in life.
 - C. A supportive environment, nutritious diet and avoidance of toxic substances during the first 1000 days contribute to both healthy babies and healthier future generations.
 - D. All statements are true.
5. Studies show that infants who are exclusively breastfed for at least 3 months have all but one of the following:
 - A. A lower incidence of obesity during childhood and adolescence.
 - B. A decreased incidence of both Type 1 and Type 2 diabetes in childhood.
 - C. Higher intelligence scores and higher teacher ratings during childhood.
 - D. A greater likelihood of food allergies.

Source: Policy Statement: Breastfeeding and the Use of Human Milk, Section on Breastfeeding, Pediatrics 2012; 129:3 e827-e841
<http://pediatrics.aappublications.org/content/129/3/e827>

Answers: 1.B 2.C 3.A 4.D 5.D

DOHaD QUIZ 1



**Healthy Body,
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Healthy You!**

Module 1 Lesson Plan

Module 1: The Building Blocks of Eating Well

Developmental Highlights:

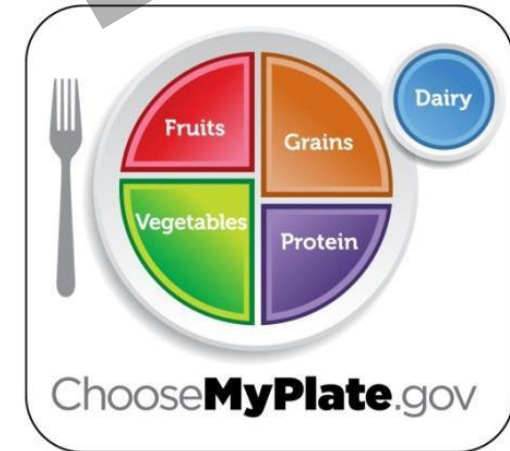
Brain and Spine

Topics covered:

- The Developmental Origins of Health and Disease (DOHaD)
- Building a better plate
- Key nutrients (from food and supplements)
- Energy and weight
- Food safety
- Morning sickness

Key Components:

- Curriculum lesson plan
- MyPlate and Your Pregnancy
- Pregnancy Friendly Foods with WIC Certified Foods
- Food Safety tips and tricks during pregnancy
- Quieting that Queasy Feeling
- Spinach Avocado Salad with Citrus Dressing Recipe
- Lentil Vegetable Soup Recipe





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Module 2: Feeding Your Growing Baby

Developmental Highlights:

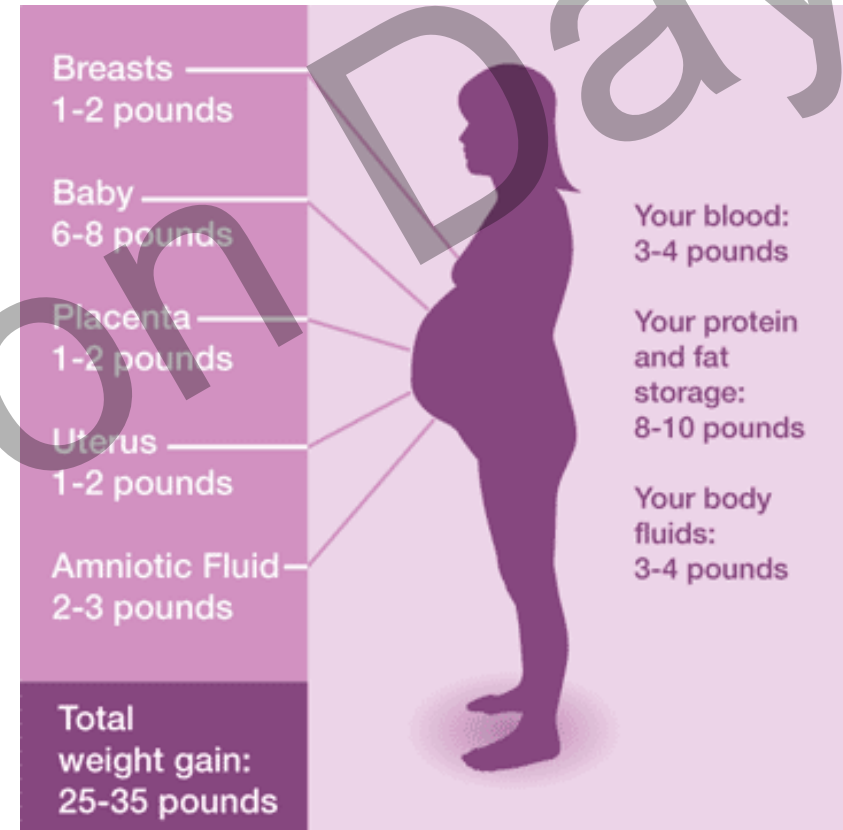
Bones and Organ Development

Topics Covered:

- Building bones and Organs
- Weight gain guidelines
- Type 2 and gestational diabetes
- Conquering cravings
- Stocking your kitchen

Key Components:

- Curriculum lesson plan
- Discussion and Questions
- Guidelines for Weight Gain
- Stocking Your Kitchen with budget-friendly foods
- Veggie-full Omelet Recipe
- Grain and Black Bean Bowl Recipe





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Module 3: Boosting Baby's Brain and Body

Developmental Highlights:

Brain Development and Healthy Microbiome

Topics Covered:

- Brain and Visual Development/Omega 3 fats
- Healthy Microbiome for Mom and Baby
- Importance of hydration and water
- Digestive Discomforts
- Meal Planning Basics

Key Components:

- Curriculum lesson plan
- Discussion and Questions
- Meal Planning Basics
- Wild Rice with Salmon Stew
- Flexible Stir-Fry





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Module 4: Breastfeeding Benefits both Baby and You!

Developmental Highlights:

Breastfeeding supports infant development and contributes to the health of mom, baby, and future generations.

Topics Covered:

- Developmental Origin of Health and Disease (DOHaD) contribution from breastfeeding, including the impact of colostrum, microbiome and immune health, and brain and skeletal development
- Eating well while lactating
- Steps for Successful Breastfeeding / Infant formula support when needed
- Food focus: calcium and vitamin D sources

Key Components:

- Curriculum lesson plan
- Discussion and Questions
- Eating Well While Nursing
- How breastfeeding benefits baby and mom
- Create a smoothie recipe
- Easy Vegetable Lasagna



Delivery of Curriculum

- Pilot Training Held May 14th at 9am

- 42 participants (34 registered)
 - Roseburg
 - Yamhill
 - Klamath
 - Tulelake, CA
 - Portland
- 3 hours virtually
- Facilitated by Connie Liakos, author of Curriculum
- Recording available

- Online Downloadable Lectures

- Recorded lectures will be available for download on healthyklamath.org
- PDF copies of the corresponding curriculum will also be available for download
- If you would like to receive an email when these are live, please use the QR code to fill out our form!



Overall Project

- **Budget:**

- Curriculum Development \$9400
- Curriculum Design \$500
- Facilitation of Curriculum \$2500
- Total: \$12,400

- **Timeline:**

- Contract signed May 2022
- Work with the Leadership team began June 2022
- Final module complete with edits February 2024
- First training held May 2024
- Lectures available online July 2024

- **Next Steps:**

- Offering lectures for everyone
- Translating materials to Spanish

Questions?

Thank you!

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