

Early-life stress and childhood cardio-metabolic health

Propositions

1. Maternal psychological distress and anxiety, but not depression, during pregnancy are associated with higher general fat measures and an increased risk of obesity in childhood. *(This thesis)*
2. Children born to mothers with anxiety during pregnancy have a higher visceral fat index and liver fat fraction. *(This thesis)*
3. Higher hair cortisol concentrations at age 6 years are associated with higher liver fat fraction and a higher risk of non-alcoholic fatty liver disease at age 10 years. *(This thesis)*
4. The association of higher hair cortisol concentrations at age 6 years with higher systolic blood pressure at age 10 years seems to be explained by childhood BMI. *(This thesis)*
5. Alterations in DNA methylation related to body mass index are more likely to be the consequence of adiposity, rather than a cause. *(This thesis)*
6. It is not primarily the stressor; it is how people cope with the stressor that will determine the consequences for health and well-being. *(Dijkstra et al, Front Psychol, 2016)*
7. Increased awareness of preconceptional health as a predictor of a healthy pregnancy and childhood is needed to reduce the growing burden of non-communicable disease.
8. The COVID-19 pandemic is unlikely to end until there is global roll-out of vaccines. *(Wouters et al, The Lancet, 2021)*
9. Papers with significant and non-significant findings should be equally valued.
10. Global warming is caused by human activity and is the greatest threat to global public health.
11. You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot – it's all there. *(Maya Angelou, 2011)*

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