

Early Growth and Childhood Adiposity. The Generation R Study

Büşra Durmuş, May 8th 2013

1. Fetal and infant anthropometrics are positively associated with an adverse body fat distribution in childhood – this thesis
2. Maternal body mass index is more strongly associated with childhood body mass index than paternal body mass index – this thesis
3. Maternal smoke exposure until late pregnancy leads to adaptations in fetal and postnatal growth patterns – this thesis
4. Both maternal and paternal smoking during pregnancy are associated with body fat distribution in childhood – this thesis
5. Neither breastfeeding duration and exclusiveness nor the timing of introduction of solid foods are associated with body fat distribution and cardiometabolic health in childhood - this thesis
6. “Plasticity during intrauterine life enables animals and humans to receive a “weather forecast” from their mothers that prepares them for the type of world in which they will have to live” – Patrick Bateson (English ethologist, *Design for a life: how behaviour develops* 1999)
7. “Living ‘against the clock’ may be a factor contributing to the epidemic of obesity” – Till Roenneberg (German chronobiologist, *Current Biology* 2012;22:939-43)
8. “There is a close link between metabolic alterations and changes in mood: body weight can either decrease or increase” – Dick Swaab (Dutch neurobiologist, *Prog Brain Res* 2006;153:3-45)
9. “Superior doctors prevent the disease, mediocre doctors treat the disease before evident, inferior doctors treat the full-blown disease” – Huang Dee Nai-Ching (2600 BC, first Chinese Medical Text)
10. “If a man will begin with certainties, he shall end in doubts, but if he will be content to begin with doubts, he shall end in certainties” – Francis Bacon (English philosopher 1561-1626, *Advanced of Learning* 1605)
11. “Per slot van rekening is de menselijke ziel nu eenmaal zo ingesteld, dat eerder de schijn dan de werkelijkheid haar imponeert” – Desiderius Erasmus (Dutch humanist and philosopher 1466-1536, *Lof der Zotheid* 1509)

