

Early Life Growth, Adiposity and Cardiovascular Health in Childhood

The Generation R Study

Propositions

1. Fetal life and early childhood seem to be critical periods for the development of cardiovascular and metabolic diseases later in life. (*This thesis*)
2. Early childhood seems to be a more important period for development of cardiac health than fetal life. (*This thesis*)
3. In childhood, lean body mass is the strongest predictor of cardiac size. (*This thesis*)
4. Obesity is a risk factor for adverse cardiac geometric changes from childhood onwards. (*This thesis*)
5. Visceral fat mass in children is associated with a poor cardio-metabolic risk profile. (*This thesis*)
6. Physical activity, starting as early as during pregnancy, is an important determinant of offspring health and wellbeing across the life course.
7. Family health and environment are essential parts in intervention strategies in early childhood obesity.
8. Exposure to common garden soil bacteria can influence the immune system and mental health.
9. Reading with young children is one of the most important determinants for literacy acquisition and early academic success.
10. In communicating our message to the public in medicine and public health, researchers and professionals could learn from social and digital marketing strategies.
11. “It’s a dangerous business, Frodo, going out your door. You step onto the road, and if you don’t keep your feet, there’s no knowing where you might be swept off to.” -J.R.R Tolkien