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Undernutrition in early life: using windows of opportunity to break the vicious cycle

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Propositions

- 1) Implementing a 'health extension package' plays a positive role on preconception nutritional status (this thesis).
- 2) Women empowerment is a consistent predictor of maternal nutritional status prior to and during pregnancy (this thesis).
- 3) Restricted use of specific food sources from a healthy diet for religious reasons has a negative influence on maternal nutritional status before and after conception (this thesis).
- 4) The preconception period is a missed opportunity to improve maternal nutrition and optimize birth outcomes (this thesis).
- 5) Adequate pre-pregnancy weight and gestational weight gain compensate for the influence of short maternal stature on birth size and length of gestation but not on growth in early childhood (this thesis).
- 6) Perinatal distress is a mediator in the pathway linking socioeconomic adversities and adverse birth outcomes (this thesis).
- 7) Investing in the pre-pregnancy window will play a pivotal role in breaking the vicious circle of chronic undernutrition (this thesis).
- 8) To study maternal health in a life course approach provides more insight in the vicious cycle of chronic undernutrition and how to use the windows of opportunity (Jonathan Wells and partly this thesis).
- 9) Investing in early childhood nutrition is a sure-fire strategy. The returns are incredibly high (Anne M. Mulcahy).
- 10) Do whatever you are passionate about. Make a decision and watch your life move forward (anonymous).
- 11) You can't change the direction of the wind, but you can adjust your sails to always reach your destination (Jimmy Dean).