

University of Groningen

The first 1000 days and beyond

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Propositions accompanying the thesis

THE FIRST 1000 DAYS AND BEYOND

From early life environment to epigenetics
and childhood overweight

1. Healthy ageing starts at conception (*this thesis*).
2. Foetal programming makes a child resilient against or susceptible to the obesogenic environment (*this thesis*).
3. Combining epidemiology with epigenetics provides new insights in biological mechanisms of exposure-outcome associations (*this thesis*).
4. Independent of birth weight, accelerated deviation from an individual's growth curve is unhealthy (*this thesis*).
5. The first 1000 days of life should gain more attention in obesity prevention (*this thesis*).
6. Dietary habits in toddlers are good predictors for unhealthy childhood growth (*this thesis*).
7. The medical curriculum should focus more on the importance of nutrition.
8. It's not food if it arrived through the window of your car (*Michael Pollan*).
9. Quality is not an act, it is a habit (*Aristotle*).
10. Everything is possible. The impossible just takes longer.
11. If you want to look smart, talk. If you want to get smart, listen
12. Simple is not always easy.

Leanne Küpers
Groningen, 18 May 2016

