

Genetics and Epigenetics of Adiposity in Childhood

1. A healthy pre-pregnancy BMI may be important for organ fat accumulation in the offspring, especially for abdominal fat. (This thesis)
2. The accumulation of fat in the liver and pericardium during childhood seems to occur via other genetic pathways compared to those involved in the more general fat measures. (This thesis)
3. Genetic risk scores based on single nucleotide polymorphisms related to adult BMI are associated with adiposity measures more strongly in childhood than in infancy. (This thesis)
4. Central nervous system related pathways seem to be involved in the regulation of both childhood and adult adiposity. (This thesis)
5. Maternal pre-pregnancy BMI is associated with offspring DNA methylation, but evidence for a direct intrauterine effect is present for a minority of associated CpG sites. (This thesis)
6. Regular physical activity is one of the most important things you can do for your health. (Centers for Disease Control and Prevention, 2018.)
7. When the genetic background of obesity is unraveled, promoting a healthier life style should still be preferred over tailored drugs prescribed for all cases of overweight, especially when concerning children.
8. Parents are of major influence on the development of their offspring by providing the genetic basis as well as controlling lifestyle and socioeconomic status in the most important phases of life.
9. It is very important for the public to understand that the greatest strength of epidemiology is also its greatest weakness. (Prof. Dr. J.P. Vanderbroucke, The Epidemiology Monitor, 2011)
10. Look deep into nature and you will see everything better. (Albert Einstein)
11. Life is like a box of chocolates, you never know what you're gonna get. (Forest Gump)

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