## Stellingen

behorende bij het proefschrift:

## Together in Long-term morbidity in children with congenital foregut anomalies Motion

## Samen in beweging

Langetermijnmorbiditeit bij kinderen met ernstige aangeboren anatomische afwijkingen

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- In school-aged children born with congenital diaphragmatic hernia, obstruction of airflow and exercise capacity become increasingly worse over time. - this thesis
- Children born with congenital diaphragmatic hernia who were treated with neonatal extracorporeal membrane oxygenation (ECMO) experience more severe pulmonary and physical sequalae at school age than those who were not treated with ECMO. this thesis
- 3. Children born with esophageal atresia have reduced exercise capacity, airflow obstruction and low lung volumes at school age. this thesis
- Survivors of congenital diaphragmatic hernia and/or neonatal ECMO treatment tend to overrate their motor performance; a phenomenon called superiority bias.
   this thesis
- 5. The finding that exercise capacity can be improved in children with congenital anatomical anomalies and/or neonatal ECMO treatment, highlights the importance of enhanced awareness on reduced exercise capacity and a physically active lifestyle.
   this thesis
- 6. Physical inactivity is a global pandemic, contributing to substantial disease and economic burden worldwide. Ding D. Lancet Global Health. 2018
- 7. Evolution has selected for human beings to do only as much exercise as is needed to survive. Lieberman D.E. Currents Sports Medicine Reports. 2015
- 8. For preterms, individual developmental care improves brain function. Als H.J. et al. Journal of Perinatology. 2012 This finding warrants further investigation in all critically ill born children.
- 9. Enhancing patients' expectations through positive information about the treatment or the illness, while providing support or reassurance, significantly influenced health outcomes. Di Blasi Z. et al. The Lancet. 2001
- Food systems have the potential to nurture human health and support environmental sustainability; however, they are currently threatening both. - Willett W. et al. The Lancet. 2019.
- 11. There are two ways to get enough. One is to continue to accumulate more and more.

  The other is to desire less. Chesterton G.K.