

Stellingen behorende tot het proefschrift

**SMARTER PREGNANCY
The impact of nutrition, lifestyle and mHealth coaching
on periconception outcomes**

1. Modifiable maternal lifestyle factors are associated with fecundity and other periconception outcomes such as miscarriage, time to pregnancy and embryonic growth. ***This thesis***
2. Unifying measurements of lifestyle factors and periconception outcomes is necessary in order to collect data for robust meta-analyses and investigation of causal pathways. ***This thesis***
3. A healthy dietary pattern is positively associated with semen quality, in addition the use of sympathomimetics is positively associated with sperm motility. ***This thesis***
4. The mHealth coaching program Smarter Pregnancy is an effective tool to improve vegetable, fruit and folic acid supplement intakes in particular, and to reduce smoking and alcohol consumption in couples undergoing IVF/ICSI treatment. ***This thesis***
5. Implementation of the proven cost-effective Smarter Pregnancy program in routine preconception care should be seriously considered. ***This thesis***
6. It is easier to build strong children than to repair broken men. ***Frederick Douglas***
7. No single food will make or break good health. But the kind of food you choose day in and day out have a major impact. ***Walter Willet***
8. Ex ovo omnia. ***William Harvey***
9. Sperms are the excretion of our food, or to put it more clearly, as the most perfect component of our food. ***Aristoteles***
10. Geluk is het enige wat zich verdubbelt als men het deelt. ***Albert Schweitzer***
11. Kan niet is dood, en wil niet ligt ernaast. ***Egbert (opa) Oostingh***

Elsje Cornelia Oostingh
Rotterdam, 9 december 2020