

Diet, Adiposity and Metabolism in Pregnancy and Childhood

Propositions

1. Higher maternal intake of caffeine and milk during pregnancy is associated with higher offspring general and organ-specific body fat mass in childhood. (This thesis)
2. Both maternal pre-pregnancy body mass index and gestational weight gain are across their full ranges associated with a higher risk of overweight and obesity during childhood. (This thesis)
3. Maternal pre-pregnancy body mass index seems to be a more important target for intervention strategies aiming to reduce the risks of adverse birth outcomes and childhood overweight and obesity than gestational weight gain. (This thesis)
4. Metabolite profiles differ between pregnant women, newborns and school-aged children with limited intergenerational correlations. (This thesis)
5. Newborn metabolite profiles, but not maternal early pregnancy metabolite profiles, are strongly associated with adverse birth outcomes. (This thesis)
6. Scientists and policy makers should collaborate more intensively to put research into practice.
7. "Inequalities in health among groups of various socioeconomic status (as measured by education, occupation, and income) constitute one of the main challenges for public health." (Mackenbach et al., *N Engl J Med.* 2008;358:2468-81.)
8. Basic education on science in the general population may enhance support for and adherence to public health policy.
9. "Big data has the potential to transform medical practice by using information generated every day to improve the quality and efficiency of care." (Murdoch et al., *JAMA.* 2013;309(13):1351-2.)
10. Nudging strategies might help to influence human health behavior.
11. "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." (Albert Einstein)