

Stellingen behorende bij het proefschrift

1. Only the change in fat mass percentage in the first 6 months of life, and not the 6 months thereafter, is associated with more adiposity at age 2 years. This supports that the first 6 months of life are a critical window for adiposity programming and hence an optimal time for early obesity prevention (this thesis)
2. The use of a vacuum cushion to prevent movements during DXA scan in infants provides reliable measurements of body composition and results at age 6 months are comparable to ADP measurements of body composition, thus allowing longitudinal body composition charts until age 2 years (this thesis)
3. Exclusively breastfed infants receiving higher caloric human milk satiate earlier and finish feeding faster. This self-regulatory mechanism might protect them from receiving excessive amounts of fat and energy (this thesis)
4. Leukocyte telomere length shortens considerably (8.5%) during the first two years of life and adverse adiposity programming could contribute to more shortening (this thesis)
5. Adiponectin at age 3 and 6 months predict FM% at age 2 years. Ghrelin and ghrelin/PYY ratio are not predictive for FM% but for visceral FM development, while leptin closely reflects FM% at any age (this thesis)
6. Obesity in childhood and adolescence is one of the most challenging public health issues we face today. (Gill, 2021, J of Pediatrics)
7. Our ability to effectively treat childhood obesity is less than satisfactory. Therefore, the development, evaluation, and implementation of cost-effective prevention strategies are of high priority (Koletzko, 2020, J Ped gastroenterology and Nutrition)
8. The human being is extremely flexible by nature, facilitating adjustment to a new normality (Pietrabissa, 2020, Frontiers in Psychology)
9. One important factor to doctoral student success is the influence of family, not only including nuclear family members but friends and coworkers as well. This indicates that social support may come from various sources (adapted from Breitenbach, 2019, Int J of Doctoral Studies)
10. Winners are not those who never fail, but those who never quit (Edwin Louis Cole, Watercolor Books, 2002)
11. If we take care of nature, nature will take care of us (David Attenborough)