

## **Fatty Acids during Pregnancy and Cardio-metabolic Outcomes in Mothers and their Children. The Generation R Study**

### **Propositions**

1. Obesity and excessive weight gain during pregnancy are associated with an adverse fatty acids profile. (this thesis)
2. An adverse maternal fatty acids profile during pregnancy is associated with higher maternal blood pressure throughout pregnancy. (this thesis)
3. Lower maternal n-3 PUFA levels and higher n-6 PUFA levels during pregnancy are associated with higher total body fat and abdominal fat levels in childhood. (this thesis)
4. Lower maternal n-3 PUFA levels and higher n-6 PUFA levels during pregnancy are associated with a higher childhood systolic blood pressure. (this thesis)
5. Higher maternal total n-3 PUFA levels are associated with higher childhood total-cholesterol, HDL-cholesterol and insulin levels. (this thesis)
6. Low fat diets might be related to an increased cardiovascular disease risk due to low levels of essential fatty acids.
7. We should acknowledge the impact of maternal nutritional status during pregnancy on short- and long-term maternal and child health outcomes.
8. Research into epigenetic mechanisms provides new perspectives into the influence of our environment on gene expression, and its role in the development of disease.
9. Investment in science and medical research directly influences public health policies, which play an important role in disease prevention.
10. Research needs statistics as our body needs polyunsaturated fatty acids.
11. The desire that guides me in all I do is the desire to harness the forces of nature to the service of mankind. (Nikola Tesla)

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