



**Tessa
Roseboom**

The fundamental importance of food in early life for building a healthy future

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For those who were unborn,
famine left lasting marks

structure



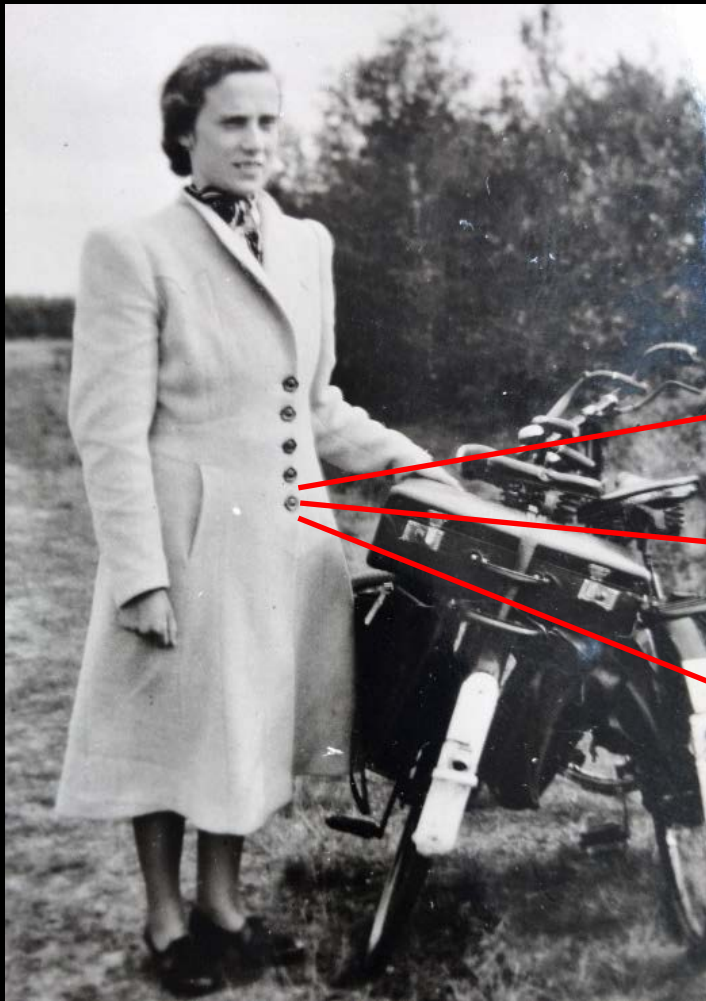


For those who were unborn,
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structure

function

For those who were unborn,
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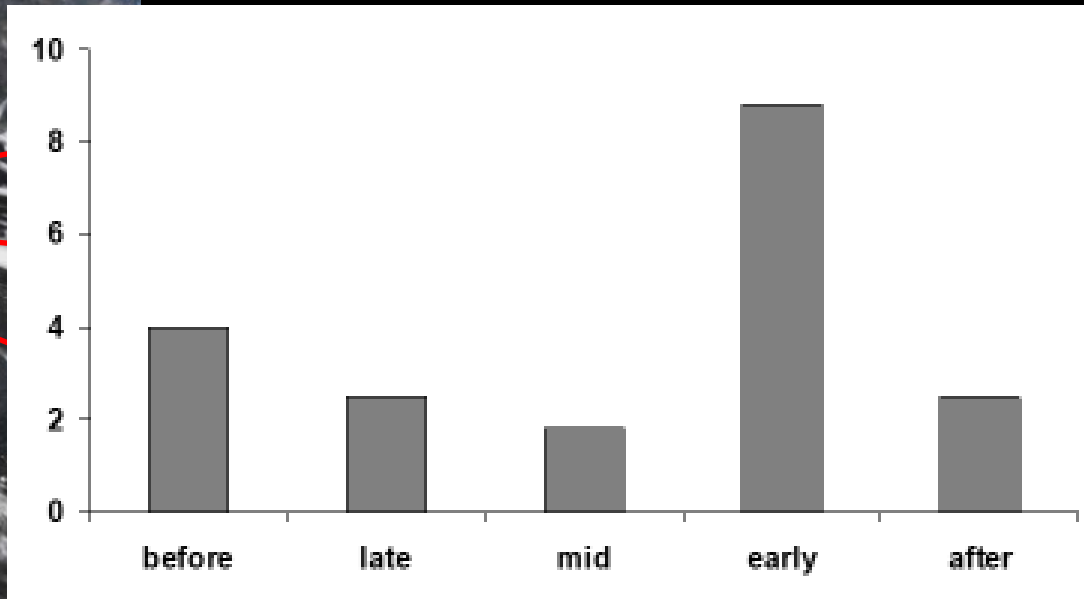
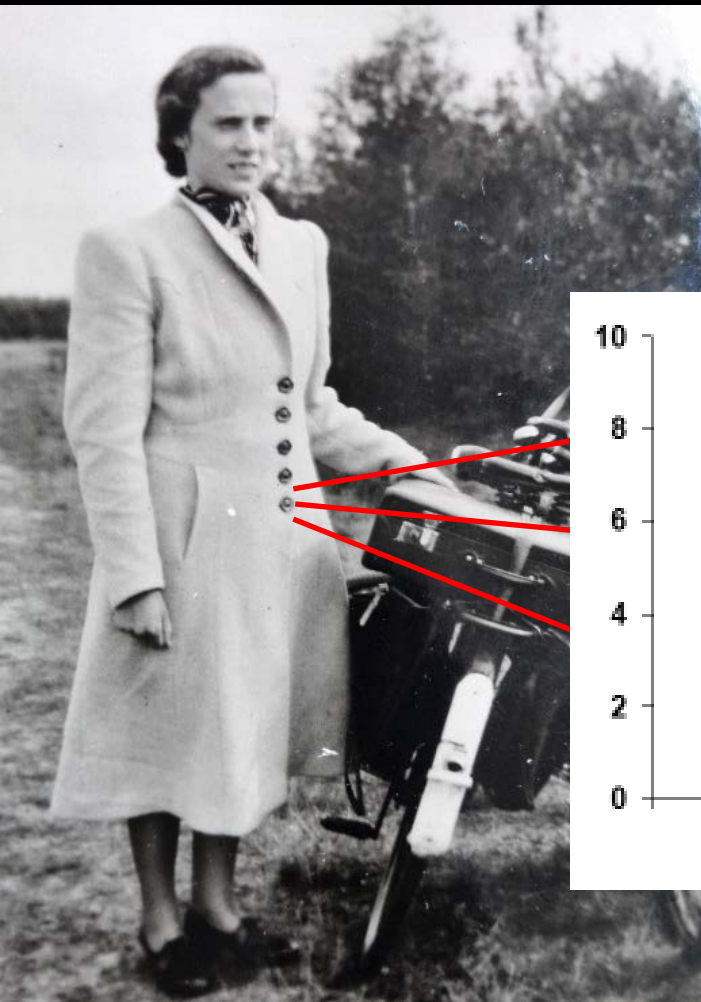


structure

function

epigenome

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early

glucose tolerance
cardiovascular disease
breast cancer
depression
schizophrenia
stress responsiveness
cognition
addiction
food preference
fertility
participation labour market
mortality



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mid

glucose tolerance
obstructive airways disease
microalbuminurea



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late

glucose tolerance



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society



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Fundamental importance of good start

Effects are large

Poor start affects many areas

May be transmitted to next generation

Consistent between settings



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Effects depend on timing

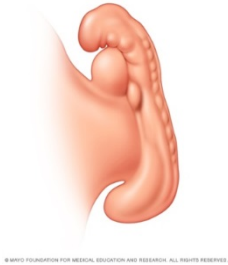
Organs and tissues developing



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Independent of size

Programming may occur without affecting size at birth



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Fundamental importance of good start

Provide building blocks for future health



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Effects depend on timing

Start preconception



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Independent of size

Interventions that do not affect growth may still be effective

Sowing the seeds for future health



Sowing the seeds for future health





“To me, the poor are like Bonsai trees. When you plant the best seed of the tallest tree in a six-inch deep flower pot, you get a perfect replica of the tallest tree, but it is only inches tall. There is nothing wrong with the seed you planted; only the soil-base you provided was inadequate.

Poor people are bonsai people. There is nothing wrong with their seeds. Only society never gave them a base to grow on.”

It is easier
to build strong
children
than to repair
broken men

Fredrick Douglass

