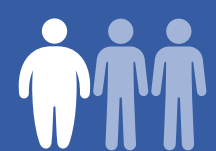


# PHD THESIS: EARLY FEEDING PRACTICES AND WEIGHT-RELATED OUTCOMES IN CHILDHOOD

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## INTRODUCTION



In Europe,  
**1 in 3** children  
is overweight  
or obese



Largely unexplained  
ethnic inequalities in  
overweight and  
obesity

- Early life nutrition provides an important window of opportunity
- This PhD thesis investigated the role of milk and complementary feeding practices in development of early BMI and childhood overweight
- Secondary aim was to understand the role of infant feeding among different ethnic populations

## Data from birth cohort studies in the Netherlands



Infant feeding



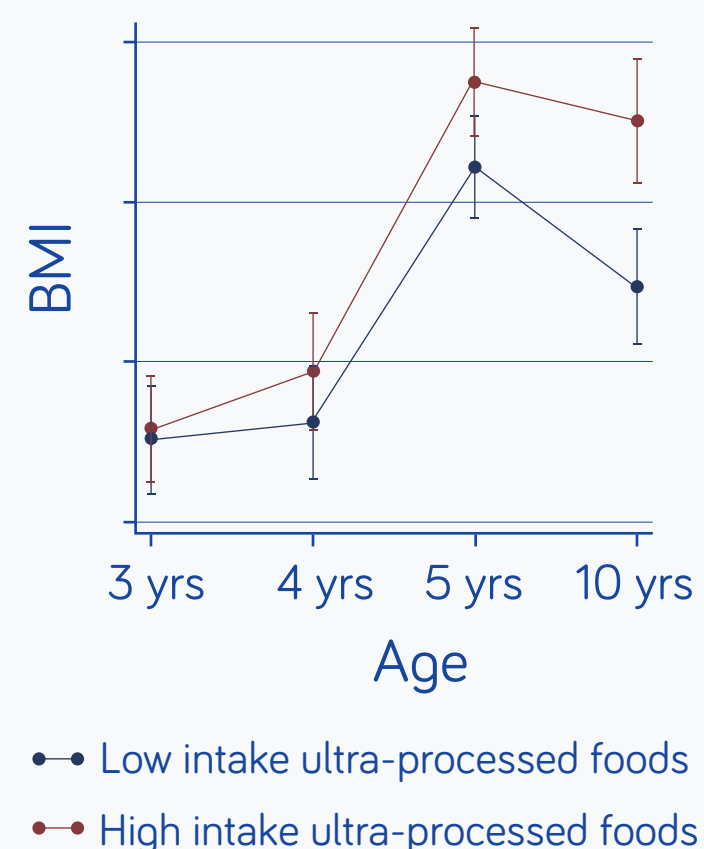
Weight and height during childhood



## MAIN RESULTS: INFANT AND TODDLER FEEDING

- Exclusive BF duration and an appropriate timing of solid food introduction were associated with a lower risk of childhood overweight

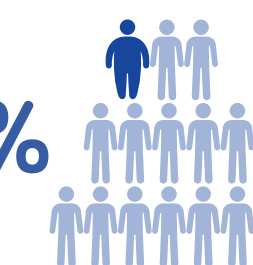
### BMI and dietary pattern



- Formula in combination with early solid feeding was associated with higher BMI values in infancy
- High variety of energy-dense foods during infancy was associated with higher BMI in childhood
- Dietary pattern high in energy-dense, ultra-processed foods during toddlerhood was associated with higher BMI and risk for overweight up to 10 years

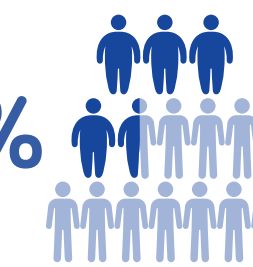
Overweight at 5 years

7%



Dutch

23%



Turkish

- Higher prevalence of childhood overweight among specific ethnic populations
- The studied infant feeding practices did not play a major role in explaining the observed ethnic inequalities in overweight



## CONCLUSIONS

Infant and toddler feeding practices are associated with childhood overweight risk. The impact of infant feeding on overweight seems to be population-specific, and may warrant tailored intervention strategies.