Early Life “Programming” of Heart Disease

Finland: Barker Int J Epidemiol 31: 1235, 2002

Cardiac Mortality Risk

Birthweight (lb)
Risk of Obesity based on Birthweight in 1522 men born 1924-1934 Helsinki Birth Cohort

Other factors include:
- Offspring BMI @ 7y
- Maternal BMI at delivery

Eriksson et al., *Int J Obesity* 2001
Malnutrition in the USA

Low BMI
Low muscle
Low fat mass

Increased appetite

Weight gain in childhood

Metabolic Disease
Four Generations of Women, (1931)
Nutritional Flow Across Generations

Born ~1879

~1929

~1904

Born before 1854

~87 y/o in 2016

Her “egg age” is ~110 years old.

Her egg was nourished by her grandmother.

Source: NIH Archives