

Low birth weight: risk of chronic diseases in adult life

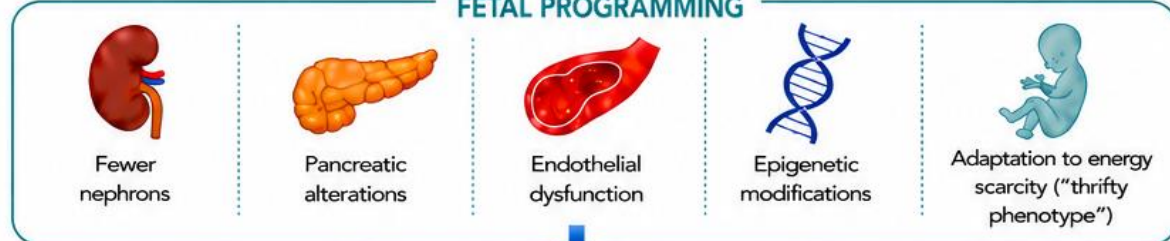
Epidemiological evidence indicates that low birth weight (< 2,500 g) increases the risk of chronic noncommunicable diseases throughout the life course.

ADVERSE PREGNANCY OUTCOMES



In Brazil, about 8–10% of live births are low birth weight, with important impact on public health.

FETAL PROGRAMMING



POSTNATAL OBESOGENIC ENVIRONMENT



CONSEQUENCES IN ADULT LIFE

CARDIOVASCULAR	METABOLIC	OTHER
Arterial hypertension Coronary heart disease Stroke	Type 2 diabetes Insulin resistance Abdominal obesity and metabolic syndrome	Cognitive decline Frailty Chronic kidney disease



The first 1,000 days represent a critical window to prevent chronic diseases in adult life.



1,000 days

Barker Hypothesis – DOHaD (Developmental Origins of Health and Disease)

Cohort studies have consistently shown an association between low birth weight and an increased risk of hypertension, type 2 diabetes, metabolic syndrome, and cardiovascular disease decades after birth.

REFERENCES

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