You are what your parents ate (and did)
Or, how Developmental Programming determines your health and well-being

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Dr. Reynolds will discuss:

1. The recent, and now well accepted, concept of Developmental Programming, the premise of which is that ‘insults’ during fetal or postnatal development not only have immediate consequences, but also affect health and well-being in the long term;
2. How low or high birth weights, and altered placental development, which are simple measures of developmental insults, are associated with a 3- to 10-fold increase in the risk of acquiring non-communicable diseases* (NCDs) during one’s lifetime; and
3. Some of the recent work in Animal Sciences and the Center for Nutrition and Pregnancy at NDSU showing that very early pregnancy, and even pre-pregnancy, may be critical ‘windows’ during which various insults, or stressors, might ‘program’ fetal and placental development, and thereby contribute to Developmental Programming.

*Such NDCs include cardiovascular disease, obesity, diabetes, cognitive dysfunction, pervasive developmental disorders (e.g., autism spectrum disorders), etc., all of which contribute to reduced quality of life and lifespan.