

# The impact of pregnancy and lactation on the nutritional status of women living in rural Kenya

Citation for published version (APA):

Keverenge-Ettyang, G. A. (2005). *The impact of pregnancy and lactation on the nutritional status of women living in rural Kenya*. [Doctoral Thesis, Maastricht University]. Universitaire Pers Maastricht. <https://doi.org/10.26481/dis.20050908gk>

## Document status and date:

Published: 01/01/2005

## DOI:

[10.26481/dis.20050908gk](https://doi.org/10.26481/dis.20050908gk)

## Document Version:

Publisher's PDF, also known as Version of record

## Please check the document version of this publication:

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## Stellingen

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### **The impact of pregnancy and lactation on the nutritional status of women living in rural Kenya** van Grace Adisa Keverenge - Ettyang.

1. In a pastoral community lack of cows is more or less the sum total of human deprivation. (*this thesis*)
2. Overall malnutrition must no longer be considered without reference to micronutrient status as the two are inextricably linked. (*this thesis*)
3. The environment of the West Pokot farming community implies a higher risk for infant malnutrition. (*this thesis*)
4. Improvement in nutrition and food security may promote economic growth by reducing the potential for conflict, reduction of reliance on relief food and serve as a crucial spur to overall economic growth. (*Ending malnutrition by 2020: an agenda for change in the Millenium. Geneva: ACC/SCN, 2000*)
5. It is ignorance not to know what you put in your mouth and why. Where there is ignorance there is poor health, poor development and poor human rights.
6. Body shape and having proper genes, that gives them the advantage of long slender legs, help Kenyans prevail in long distance running. (*Larsen HB Comp Biochem Physiol A Mol Integr Physiol. 2003:136; 161 - 170*)
7. Limited understanding of underlying factors leads to nutrition intervention approaches that have been too timid and too narrow.
8. The body is a machine. What you put into it determines how well it performs.
9. In land lies our salvation and survival. (*First president of Kenya : Jomo Kenyatta on television on 11th September 1964 in his "Back to Land" Speech*)
10. We need to recognize that the people at-risk of malnutrition have the right to determine the course of their actions and the partners they will take in their struggle, and not we who presume to have the right to dictate those matters to them.