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# Nutrition and Growth

## Yearbook 2019

Volume Editors

**Berthold Koletzko** Munich

**Raanan Shamir** Petach Tikva/Tel Aviv

**Dominique Turck** Lille

**Moshe Phillip** Petach Tikva/Tel Aviv

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**Berthold Koletzko**

Div. Metabolic and Nutritional Medicine  
Dr. von Hauner Children's Hospital  
Univ. of Munich Medical Centre –  
Klinikum d. Univ. München  
Munich  
Germany

---

**Dominique Turck**

Division of Gastroenterology  
Hepatology and Nutrition  
Department of Pediatrics  
Jeanne de Flandre Children's Hospital;  
and Lille University Faculty of Medicine  
INSERM U995  
Lille  
France

---

**Raanan Shamir**

Institute of Gastroenterology  
Nutrition and Liver Diseases  
Schneider Children's Medical Center of Israel  
Clalit Health Services  
Petach Tikva, Israel;  
and Sackler School of Medicine  
Tel Aviv University  
Tel Aviv  
Israel

---

**Moshe Phillip**

Jesse Z. and Sara Lea Shafer Institute of  
Endocrinology and Diabetes  
National Center for Childhood Diabetes  
Schneider Children's Medical Center of Israel  
Petach Tikva, Israel;  
and Sackler Faculty of Medicine  
Tel Aviv University  
Tel Aviv  
Israel

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# List of Contributors

## **Carlo Agostoni**

Pediatric Clinic  
Department of Clinical Sciences and  
Community Health, University of Milan  
Fondazione IRCCS Cà Granda Ospedale  
Maggiore Policlinico  
IT-20122 Milan (Italy)  
E-Mail: carlo.agostoni@unimi.it

## **Tadej Battelino**

Department of Pediatric Endocrinology,  
Diabetes and Metabolism  
UMC-University Children's Hospital  
Bohoriceva 20  
SI-1000 Ljubljana (Slovenia)  
E-Mail: tadej.battelino@mf.uni-lj.si

## **Silvia Bettocchi**

Pediatric Clinic  
Department of Clinical Sciences and  
Community Health, University of Milan  
Fondazione IRCCS Cà Granda Ospedale  
Maggiore Policlinico  
IT-20122 Milan (Italy)  
E-Mail: pilla.sma@gmail.com

## **Zulfiqar A. Bhutta**

The Hospital for Sick Children  
Research Centre for Global Child Health  
University of Toronto  
Department of Nutritional Sciences  
Division of Women and Child Health  
Aga Khan University, Karachi (Pakistan)  
E-Mail: zulfiqar.bhutta@aku.edu or  
zulfiqar.bhutta@sickkids.ca

## **S. Ahmed Faisal**

Royal Hospital For Sick Children  
Yorkhill, Glasgow G3 8SJ (United Kingdom)  
E-Mail: failfaisal.ahmed@glasgow.ac.uk

## **Naama Fisch Shvalb**

Jesse Z. and Sara Lea Shafer Institute of  
Endocrinology and Diabetes,  
National Center for Childhood Diabetes  
Schneider Children's Medical Center of Israel  
Petach Tikva (Israel)  
E-Mail: nammaf@clalit.org.il

## **Benedikte Grenov**

University of Copenhagen  
Department of Nutrition, Exercise and Sports  
Paediatric and International Nutrition  
Rolighedsvej 26  
DK-1958 Frederiksberg C (Denmark)  
E-Mail: bgr@nexs.ku.dk

## **Corina Hartman**

Pediatric Gastroenterology Unit  
Lady Davis Carmel Medical Center  
7 Michal Street  
34362 Haifa (Israel)  
E-Mail: CorinaH@clalit.org.il

## **Liran Hiersch**

Department of Obstetrics and Gynecology  
Lis Maternity Hospital  
Tel Aviv Medical Center, Tel Aviv (Israel);  
and Sackler Faculty of Medicine  
Tel Aviv University  
39040 Tel Aviv (Israel)  
E-Mail: lirhir@gmail.com

## **Primož Kotnik**

Department of Endocrinology, Diabetes and  
Metabolism  
University Children's Hospital  
University Medical Centre  
Bohoriceva 20  
SLO-1000 Ljubljana (Slovenia)  
E-Mail: primoz.kotnik@mf.uni-lj.si

**Anni Larnkjær**

Department of Nutrition, Exercise and Sports  
University of Copenhagen  
Rolighedsvej 30  
DK-1958 Frederiksberg C (Denmark)  
E-Mail: ala@nexs.ku.dk

**Mads V. Lind**

Department of Nutrition, Exercise and Sports  
University of Copenhagen  
Rolighedsvej 30  
DK-1958 Frederiksberg C (Denmark)  
E-Mail: madslind@nexs.ku.dk

**Kim F. Michaelson**

Department of Nutrition, Exercise and Sports  
University of Copenhagen  
Rolighedsvej 30  
DK-1958 Frederiksberg C (Denmark)  
E-Mail: kfm@nexs.ku.dk

**Luis A. Moreno**

GENUD (Growth, Exercise, Nutrition, and  
Development) Research  
University School of Health Sciences  
University of Zaragoza  
ES-50009 Zaragoza (Spain)  
E-Mail: lmoreno@unizar.es

**Moshe Phillip**

The Jesse Z. and Sara Lea Shafer Institute  
of Endocrinology and Diabetes,  
National Center for Childhood Diabetes  
Schneider Children's Medical Center of Israel  
Petach Tikva (Israel);  
and Sackler Faculty of Medicine,  
Tel Aviv University, 39040 Tel Aviv (Israel)  
E-Mail: mosheph@post.tau.ac.il

**Andrew M. Prentice**

MRC Unit The Gambia, Banjul, Gambia; and  
MRC International Nutrition Group,  
London School of Hygiene & Tropical Medicine,  
Keppel Street, London WC1E 7HT (UK)  
E-Mail: Andrew.Prentice@lshtm.ac.uk

**Shlomit Shalitin**

The Jesse Z. and Sara Lea Shafer Institute  
of Endocrinology and Diabetes,  
National Center for Childhood Diabetes  
Schneider Children's Medical Center of Israel  
Petach Tikva (Israel);  
and Sackler Faculty of Medicine,  
Tel Aviv University, 39040 Tel Aviv (Israel)  
E-Mail: Shlomits2@clalit.org.il

**Raanan Shamir**

Institute of Gastroenterology, Nutrition and  
Liver Diseases  
Schneider Children's Medical Center of Israel  
Clalit Health Services  
Petach Tikva (Israel);  
and Sackler School of Medicine  
Tel Aviv University  
39040 Tel Aviv (Israel)  
E-Mail: RaananS@clalit.org.il

**Dominique Turck**

Division of Gastroenterology, Hepatology and  
Nutrition  
Department of Pediatrics  
Jeanne de Flandre Children's Hospital;  
and Lille University Faculty of Medicine  
INSERM U995  
Avenue Eugène Avinée  
FR-59037 Lille Cedex (France)  
E-Mail: Dominique.TURCK@CHRU-LILLE.FR

**Johannes B. van Goudoever**

Amsterdam UMC, University of Amsterdam,  
Vrije Universiteit, Emma Children's Hospital,  
Department of Pediatrics  
Meibergdreef 9  
NL-1105 AZ Amsterdam (The Netherlands)  
E-Mail: h.vangoudoever@amc.nl

**Michal Yackobovitz-Gavan**

The Jesse Z. and Sara Lea Shafer Institute  
of Endocrinology and Diabetes,  
National Center for Childhood Diabetes  
Schneider Children's Medical Center of Israel  
14 Kaplan Street  
4920235 Petach Tikva (Israel)  
E-Mail: MichalY@clalit.org.il

**Yariv Yogeve**

Department of Obstetrics and Gynecology  
Lis Maternity Hospital  
Tel Aviv Medical Center, Tel Aviv (Israel);  
and Sackler Faculty of Medicine  
Tel Aviv University  
39040 Tel Aviv (Israel)  
E-Mail: yarivy@tlvmc.gov.il



## Preface

Nutrition is essential for survival, and fortunately even an inadequate nutrition may keep us alive. However, nutrition for growth requires a delicate balance between avoiding insufficient growth and avoiding the provision of too much energy and nutrients that will result in an increased risk of non-communicable diseases, mainly obesity, and may adversely affect children with chronic diseases.

Stunting is one of the world's largest challenges. In 2016, a WHO report indicated that 22.9% of the children under the age of 5, summing up to 154.8 million children globally, suffer from stunting. This led stunting to be at the top of the list for the WHO targets for 2,025, aiming at 40% reduction in stunting by that year.

Our understanding of the pathophysiology of inappropriate growth and the pathways involved in optimal growth and catch-up growth is evolving, and new data are emerging on the role of our genes, the interaction between nutrition and epigenetic changes involved in growth, the interplay between nutrition and growth factors and hormones in health and in disease states.

As in previous years, leading specialists in nutrition and growth selected a limited number of leading studies in various aspects of nutrition and growth that were published from July 1, 2017 to June 30, 2018.

A summary of these studies and a commentary provided by the section editors can be found in this 2019 Year Book on Nutrition and Growth.

We hope that similar to previous years, the summary of the published manuscripts will assist health care providers, physicians, nurses, dietitians, scientists, and anyone interested in nutrition to explore studies that they have missed, stimulate a search for other important studies, and lastly the editorial comments will provide an additional and helpful view of interpretation.

Nutrition and Growth Yearbook covers pregnancy, prematurity, infancy, childhood and adolescence and involves multiple disciplines. Acknowledging that we could not cover all important publications and may have missed some, we hope that all health care providers treating and studying nutrition and growth will find this fifth edition of the yearbook on nutrition and growth

useful and helpful in providing our children and parents the best practice possible.

*Raanan Shamir*, Petach Tikva/Tel Aviv

*Dominique Turck*, Lille

*Berthold Koletzko*, Munich

*Moshe Phillip*, Petach Tikva/Tel Aviv