Fetal programming of cardiovascular function through exposure to maternal undernutrition

Simon C. Langley-Evans
Nutritional Biochemistry, University of Nottingham, Sutton Bonington, UK

A substantial and robust body of epidemiological evidence indicates that prenatal dietary experience may be a factor determining cardiovascular disease risk. Retrospective cohort studies indicate that low birth weight and disproportion at birth are powerful predictors of later disease risk. This prenatal influence on non-communicable disease in later life has been termed programming. Maternal nutritional status has been proposed to be the major programming influence on the developing fetus. The evidence from epidemiological studies of nutrition, fetal development and birth outcome is, however, often weak and inconclusive. The validity of the nutritional programming concept is highly dependent on experimental studies in animals. The feeding of low-protein diets in rat pregnancy results in perturbations in fetal growth and dimensions at birth. The offspring of rats fed low-protein diets exhibit a number of metabolic and physiological disturbances, and are consistently found to have high blood pressure from early postnatal life. This experimental model has been used to explore potential mechanisms of programming through which maternal diet may programme the cardiovascular function of the fetus. Indications from this work are that fetal exposure to maternally-derived glucocorticoids plays a key role in the programming mechanism. Secondary to this activity, the fetal hypothalamic–pituitary–adrenal axis may stimulate renin–angiotensin system activity, resulting in increased vascular resistance and hypertension.

Pregnancy: Fetal programming: Hypertension

Early-life origins of human cardiovascular disease
Cardiovascular disease, CHD and diabetes have for a long time been linked to adult lifestyle factors such as diet, smoking and obesity. As reviewed by Willett (1994), the consumption of a high-fat diet, low in starch and fibre, appears to substantially raise individual risk of cardiovascular mortality. Recent work suggests that nutritional influences encountered much earlier in life may be of equal importance in determining cardiovascular disease risk.

An ever increasing and apparently robust body of epidemiological evidence indicates that prenatal dietary experience may play a pivotal role in this respect. Initial studies identified an association between CHD prevalence among middle-aged men and infant mortality early in the twentieth century (Barker, 1994). This work indicated that adverse factors experienced in early life either resulted in death, or adaptations which contributed to disease risk in later life.

Such findings were extended through large follow-up studies of cohorts across the UK (Barker, 1994). These studies provided evidence of associations between low birth weight and adult risk of CHD, hypertension and diabetes. Further investigations have led to a re-evaluation of the early work, and it is now apparent that subtle deviations in the fetal growth pattern leading to disproportion at birth (thinness, large head circumference in proportion to length, small abdominal circumference) are more powerful predictors of later disease risk. Support for the work in the UK has come from across the globe, and it seems that the influence of early life on adult health is as much present in developing countries, such as India and Jamaica (Yajnik et al. 1995; Forrester et al. 1996; Stein et al. 1996), as it is in more affluent countries such as the UK, USA, Sweden and Australia (Barker, 1994; Rich-Edwards et al. 1995; Moore et al. 1996; Leon, 1999).

These observations have led to the postulation of what has become widely known as the ‘Barker hypothesis’. This
hypothesis asserts that adverse factors encountered during fetal life have the dual effect of perturbing prenatal growth patterns and establishing a pre-susceptibility to major disease states in adult life.

**Metabolic programming**

The observations of associations between indices of fetal growth and later risk of cardiovascular disease have been attributed to ‘programming’ or ‘imprinting’. Programming was originally defined by Lucas (1992), as a permanent response to an insult or stimulus, experienced during a critical period of development. The developing fetus goes through a number of critical developmental periods when organogenesis and differentiation take place. These periods of rapid growth, development and maturation are stages where the fetus is vulnerable should variations in nutrient or O2 supply, or other perturbations to the environment occur. The immediate issue for the fetus is survival. Adaptations to ensure survival may, at critical points in development, result in long-term or permanent changes to organ morphology, metabolic functions, endocrine functions and physiology.

Barker and colleagues (Barker, 1994) propose that the primary programming influence experienced by the human fetus is maternal nutrition. The central tenet of the Barker hypothesis is that less than optimal maternal nutritional status, as opposed to clinically significant malnutrition, provides sufficient insult to the developing fetus to programme an increased susceptibility to major disease states.

In support of this argument there are a number of studies, which suggest links between maternal diet and weight at birth in human subjects. Godfrey et al. (1996) studied a population of pregnant women in Southampton and noted that a high intake of sucrose in early pregnancy and a low protein intake in late pregnancy exerted slight but significant ($P<0.01$) influences on both birth and placental weight at full term. In a much larger study of Jamaican women, weight at birth and thinness at birth appeared to be related to indices of maternal nutritional status before pregnancy, such as height, weight and BMI (Thame et al. 1997). Similar influences of variables such as maternal stature and BMI on fetal growth and later cardiovascular indices have been reported by Forsen et al. (1999). The findings of the Godfrey et al. (1994) study of 10-year-old Jamaican children suggested that blood pressure was related to maternal haemoglobin concentrations and triceps skinfolds in pregnancy. These findings appear consistent with a role for maternal nutritional status in programming cardiovascular function. Similarly, Campbell et al. (1996) reported that in a retrospective cohort of British men in their mid-forties, blood pressure was highest in those individuals whose mothers consumed a high-carbohydrate low-protein diet in pregnancy. The validity of the dietary data in this study may, however, be questionable.

Despite the evidence in favour of the Barker hypothesis, it is true to say that the evidence supporting a role for maternal nutrition in determining fetal growth patterns in well-nourished populations such as the UK is weak. Historical evidence from the Dutch Hunger Winter of 1944 (Ravelli et al. 1998), from the Leningrad siege of 1942 (Antonov, 1947) and the long-term (UK) Medical Research Council surveys of nutrition in The Gambia (Prentice et al. 1987), indicate that major famine and variation in food supply actually produce relatively minor effects on birth weight. The New York intervention trial, in which impoverished women were provided with nutritional supplements during pregnancy, produced worse birth outcomes than were noted among the non-supplemented population (Rush et al. 1980).

A recent study of pregnant women in Portsmouth indicated that placental and birth weights were not related to maternal intakes of any macronutrients (Mathews et al. 1999). Vitamin C intake in early pregnancy was related to birth weight, but late pregnancy intakes of neither vitamin C nor any other micronutrient were related to weight at birth. Doyle et al. (1992) reported that nutrition may have a more marked impact on birth weight in socially-disadvantaged populations, but a randomised controlled supplementation trial beginning in the second trimester of pregnancy showed no effect on birth weight.

The Barker hypothesis has been vigorously challenged on a number of grounds. Bartley et al. (1994) demonstrated that low birth weight was more likely in families of low socio-economic status, and that these same socio-economic indicators of cardiovascular risk tend to persist throughout childhood and into adult life. Kramer & Joseph (1996), among the most vociferous critics of the Barker hypothesis, have pointed out inconsistencies in findings between some of the epidemiological studies. It is suggested that selection bias in large retrospective cohorts has been inappropriately ignored, and it is claimed that statistical analyses have ignored unmeasured but important confounders such as genetics and social class. Importantly, some studies have found no evidence that characteristics at birth are predictive of later cardiovascular risk (Matthes et al. 1994).

**Nutritional programming in animals**

The lack of a clear and unambiguous impact of maternal nutritional status on indices of fetal growth measured at birth represents a major potential flaw in the Barker hypothesis. The validity of the nutritional programming concept is in fact only sustained through experiments which have made use of nutritional manipulations in pregnant animals. One of the first such studies specifically directed at the Barker hypothesis was the experiment of Persson & Jansson (1993), in which pregnant guinea-pigs had one uterine horn ligated to restrict the nutritional supply of pups within that horn. The outcome of the experiment was severe fetal growth retardation accompanied by relative hypertensive, in comparison with pups from the non-ligated horn.

Kind et al. (1999) also studied guinea-pigs as a possible model for nutritional programming. Restriction of food intake to 85% of the *ad libitum* intake produced smaller offspring, which exhibited exaggerated responses to cholesterol loading. Most other work in the field has focused on the rat as a working model. The most basic approach has been global food restriction in rat pregnancy. A very severe (70%) maternal food restriction, whilst leading to severe growth retardation in fetal life, produced only minor, but
significant (P < 0.05), increases in blood pressure for the offspring (Woodall et al. 1996). Inconsistent effects of maternal diet on blood pressures of rat offspring were also reported by Crowe et al. (1995). Fe restriction in rat pregnancy produced offspring which in early postnatal life had lower blood pressures than offspring of rats fed an Fe-replete diet. These Fe-restricted offspring developed relative hypertension later in life.

The most widely reported and best characterised animal model of the Barker hypothesis has utilised the feeding of low-protein diets in rat pregnancy. These studies were based on early observations that feeding diets containing only 40–60 g protein/kg diet (the pregnant rat has a requirement for 120 g protein/kg diet and most standard laboratory rat diets contain 180–200 g protein/kg) produces severe reductions in offspring weight at birth (Zeman & Stanbrough, 1969; Hastings-Roberts & Zeman, 1977).

Langley & Jackson (1994) reported that the feeding of diets containing 60, 90 or 120 g protein/kg diet to pregnant rats elevated blood pressure in the resulting offspring, compared with control animals, despite all rat dams being transferred to the same standard laboratory chow diet at littering. Subsequent studies concentrated on the long-term effects of fetal exposure to a maternal diet containing 90 g protein/kg (maternal low-protein (MLP) diet). The effects of this diet have now been characterised in considerable detail. The growth of fetuses exposed to the MLP diet is disturbed (Levy & Jackson, 1993; Langley-Evans & Nwagwu, 1998). When rat dams are fed MLP throughout pregnancy their fetuses are larger than those of rats fed the control diet from day 14 of gestation through to day 20 (Langley-Evans et al. 1996b). This growth-enhancing effect of MLP is accentuated if the diet is fed for a relatively short period, between 0 and 7 days of gestation (Langley-Evans & Nwagwu, 1998). Placental size largely mirrors fetal growth and MLP tends to produce an enlarged placenta by day 20 of gestation.

The large day-20 fetuses of rats fed MLP undergo major retardation of growth over the last 2 d of gestation (days 21 and 22). By full term they tend to be of low or low–normal birth weight compared with control pups (Langley-Evans et al. 1996b). The late gestation growth retardation appears to selectively affect the growth of truncal organs such as the liver and lungs. Increases in body length are also impaired by MLP over this time, but the growth of the brain appears to be spared. The postnatal growth of the MLP-exposed animals also appears to be slightly altered by their intrauterine experience (Langley & Jackson, 1994; Langley-Evans et al. 1996c). MLP-exposed males and females generally grow more rapidly between birth and 4 weeks of age, but once mature tend to be smaller than control animals of equivalent age.

The observed differences in weight gain between MLP-exposed rats and control animals exposed to a protein-replete (180 g protein/kg) diet in utero are also apparent in terms of the size of some major organs. Whilst liver, heart and lung size appear to be unaffected by MLP feeding, MLP-exposed rats have smaller spleens and kidneys (Langley-Evans et al. 1996b). These kidneys also differ in shape, being short in relation to weight and wide in relation to length (Langley-Evans et al. 1999; Nwagwu et al. 2000).

Body composition has not been fully assessed in MLP-exposed animals, but adipose depots in discrete sites appear heavier, suggesting an increased fat content (Jackson et al. 1996). Anguita et al. (1993) and Petry et al. (1997) also propose that increased risk of obesity may stem from prenatal exposure to undernutrition. Analysis of MLP carcasses using dual-energy X-ray absorptiometric scanning indicates a significantly lower (P < 0.05) bone mineral content than that in control animals (SC Langley-Evans and C Cooper, unpublished results) and Roach et al. (1999) have reported abnormalities in the bone morphology of MLP-exposed animals.

In addition to altered morphology and growth patterns, fetal exposure to MLP induces long-term changes to physiology and metabolism. These changes include altered regulation of the γ-glutamyl enzyme pathway (Langley-Evans et al. 1995) resulting in increased susceptibility to oxidant-induced lung injury (Langley-Evans et al. 1997). There is evidence of abnormal glucose handling and insulin responses (Langley et al. 1994a; Pickard et al. 1996), and the MLP-exposed rat appears to have impaired inflammatory responses (Langley et al. 1994b), impaired T cell function and reduced lymphocyte proliferative responses (Calder & Yaqoob, 2000). Ultimately, exposure to low-protein diets in fetal life appears to shorten overall lifespan (Hales et al. 1996; Sayer et al. 2001).

Of greatest interest within the scope of the present review is the effect of the MLP diet on blood pressure. The offspring of rats fed the MLP diet consistently exhibit raised systolic blood pressure by the time of weaning at 4 weeks of age. The magnitude of the effect varies between 7 and 30 mmHg (Langley & Jackson, 1994; Langley-Evans et al. 1994, 1996a, 1999). No differences between males and females have been noted. Typically, the elevated blood pressure is accompanied by a lower heart rate (Nwagwu et al. 2000). The hypertensive effect of MLP is not dependent on blood pressure changes in the mother during pregnancy, and it has been demonstrated that MLP has no effect on blood pressure in mature animals (Langley-Evans et al. 1994). Although some of the effects of MLP on growth and organ size appear to be related to the maternal plane of nutrition before conception (Langley-Evans & Nwagwu, 1998), the hypertensive effect is entirely independent of the prepregnancy diet (Langley-Evans et al. 1996a). The timing of MLP feeding, similarly, is not critical in the programming of raised blood pressure. Feeding MLP for single weeks of pregnancy produces raised blood pressure in the offspring, although the magnitude of the effect is greatest if MLP feeding is targeted to the final week of gestation (days 15–22; Langley-Evans et al. 1996c).

In contrast, the low-protein diet (Hope Farms diet) employed by Hales et al. (1996) and Iglesias-Barreira et al. (1996) for studies of nutritional programming of glucose metabolism and insulin resistance does not appear to have major effects on cardiovascular development (Langley-Evans, 2000). This diet differs from the MLP diet of Langley & Jackson (1994) in several respects. The MLP diet supplies extra methionine to avoid S deficiency associated with a casein-based diet, provides fat as maize oil (100 g/kg diet) and carbohydrate as sucrose–starch (1:2, w/w). The Hope Farms diet contains only 30 g fat/kg, in the form of...
soyabean oil, and provides carbohydrate mostly in the form of glucose. These differences in diet composition and long-term effects on the offspring of rats fed these diets in pregnancy strongly suggest that the main nutritional programming influence on the fetus is the overall balance of nutrients in the maternal diet and not low protein per se. Rees et al. (2000) have argued that imbalances in specific amino acids associated with MLP feeding result in metabolic disturbance which may programme cardiovascular health.

This assertion of nutrient imbalance is supported by the study of Langley-Evans (1996), which demonstrated that the effects of the low-protein diet on fetal growth and later blood pressure could be largely duplicated by alterations to the fat source. Substituting 90 g coconut oil/kg diet, plus 10 g maize oil/kg diet for the typical 100 g maize oil/kg diet, at 180 g/kg diet level of protein, produced offspring with the same elevated blood pressure as offspring of rats fed a low-protein diet. As will be detailed later, the experiments with low-protein diets in rat pregnancy have allowed important progress to be made in defining the mechanisms which link maternal nutritional status to raised blood pressure in later life. Recent findings have demonstrated that maternal nutrition in the period before the fertilized rat embryo has implanted may also be critical in programming cardiovascular health. Rat pups exposed to low-protein diets for just the first 4-25 d of gestation had significantly elevated (P<0.05) blood pressures by the age of 4 weeks (Kwong et al. 2000). Further studies of the effects of maternal protein restriction on the development of the early embryo will be facilitated by the recent duplication of rat studies in the mouse. Feeding of low-protein diets throughout mouse pregnancy, as in the rat, produces offspring of low birth weight, with raised blood pressures from the age of 8 weeks (Dunn et al. 2001).

**Mechanisms of programming**

**Glucocorticoids**

Glucocorticoids have long been recognised as potent hormones in fetal tissues. Evidence from animals and human subjects indicates that these steroids have a growth-retarding influence and the capacity to have major developmental effects through the regulation of a wide range of genes (Liggins, 1969; Reinsch et al. 1978). This effect is exploited clinically, for example, in the dexamethasone treatment of women in premature labour in order to enhance fetal lung maturation. Studies of the fetal sheep indicate that intravenous glucocorticoid infusions raise blood pressure *in utero* (Tangalakis et al. 1992).

During normal fetal development circulating concentrations of glucocorticoids (cortisol in human subjects, corticosterone in rats) are very low relative to concentrations seen in the maternal system. A natural surge in fetal glucocorticoids is observed in late gestation in many species, and is associated with the maturation of the fetal adrenal (Arishima et al. 1977). Separation of the fetal circulation from glucocorticoids of maternal origin is considered crucial to the normal development of the fetal hypothalamic–pituitary–adrenal axis, and also ensures that the correct developmental pattern of gene expression is followed (Chatelain et al. 1980). This separation is achieved through the activity of 11β-hydroxysteroid dehydrogenase type 2 (11βHSD2) located in the placenta (Edwards et al. 1996). This enzyme converts active glucocorticoids to inactive forms, and hence acts as a gatekeeper, preventing glucocorticoids from the maternal circulation from flooding the fetal system.

The synthetic glucocorticoid dexamethasone is a poor substrate for 11βHSD2, and crosses the placenta freely. Treatment of pregnant rats with dexamethasone induces hypertension in the resulting offspring, in a manner analogous to the MLP model (Benediktsson et al. 1993). Similarly the treatment of pregnant rats with an inhibitor of 11βHSD2 (carbenoxolone) has a blood-pressure programming effect (Lindsay et al. 1996). This finding has led to the proposal that fetal exposure to abnormally high levels of glucocorticoids may play a key role in the programming of cardiovascular disease (Edwards et al. 1993). This hypothesis is strongly supported by the observation that placentas from rats fed a low-protein diet in pregnancy have lower 11βHSD2 activity (Langley-Evans et al. 1996c) and expression (SC Langley-Evans and CB Whorwood, unpublished results) than placentas from rats fed a control diet.

Further support derives from studies using carbenoxolone and another pharmacological agent, metyrapone. Treatment of rats fed a protein-replete control diet with carbenoxolone induced hypertension in their offspring which was equivalent to that produced by MLP (Langley-Evans, 1997a). Metyrapone is an inhibitor of maternal glucocorticoid synthesis, and effectively pharmacologically adrenalectomises treated animals. Metyrapone treatment of pregnant rats fed the MLP diet resulted in offspring which did not develop raised blood pressure (Langley-Evans et al. 1996d). Corticosterone replacement of metyrapone-treated pregnant rats on the MLP diet restored the hypertensive effect of the diet (Langley-Evans, 1997b). Nutritionally-induced hypertension thus depends on maternal glucocorticoid production, and appears to be mediated through increased access of glucocorticoids to fetal tissues, via the placenta. No direct measurements of increased glucocorticoid concentrations have been obtained from fetal tissues or circulation, but the activities of glucocorticoid-inducible enzymes in liver and brain were noted to be elevated in offspring of MLP-fed rats at birth and at day 20 of gestation (Langley-Evans & Nwagwu, 1998).

The glucocorticoid dependence of MLP-induced hypertension appears to extend beyond the fetal period. Surgical adrenalectomy of 4-week-old rats exposed to MLP *in utero* restored their blood pressure to levels seen in control animals of the same age (Gardner et al. 1997a). Corticosterone replacement reversed the effect of adrenalectomy. Although the hypertension of MLP-exposed rats requires corticosteroid action to maintain it in early postnatal life, there is no evidence of high circulating levels of glucocorticoids. Assessment of the hypothalamic–pituitary–adrenal axis activity through the light cycle suggests that MLP-exposed rats have low–normal corticosterone concentrations throughout the day and night (Langley-Evans et al. 1996a). Unusually, the normal diurnal variation in corticotrophin appears to be absent.
In the absence of high hormone levels it has been inferred that MLP-exposed rats are hypersensitive to normal concentrations. This inference is confirmed by observations of high activities of glucocorticoid-inducible enzymes in livers (tyrosine aminotransferase) and regions of the brains (glutamate synthetase and glycerol-3-phosphate dehydrogenase) of these animals (Langley-Evans et al. 1996a). Hypersensitivity appears to be conferred by raised numbers and expression of classical glucocorticoid receptors in key target tissues (N Copin, C Bertram, S Buck, SC Langley-Evans and CB Whorwood, unpublished results).

A role for glucocorticoids in the programming of hypertension is also supported by studies of human populations. Stewart et al. (1995) report that, as in the rat, low birth weight is associated with low activity of 11bHSD2 in the placenta. Clark et al. (1996) demonstrated an inverse association between birth weight and excretion of cortisol metabolites in children. More recently, Phillips et al. (2000) reported the findings of three studies of adult men and women, which indicated that fasting cortisol concentrations were higher in individuals of low birth weight. Furthermore, cortisol concentrations correlated with adult blood pressure.

Fetal exposure to glucocorticoids and ensuing hypothalamic–pituitary–adrenal axis adjustments may thus underpin processes leading to growth retardation and major alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being.

In the absence of high hormone levels it has been inferred that MLP-exposed rats are hypersensitive to normal concentrations. This inference is confirmed by observations of high activities of glucocorticoid-inducible enzymes in livers (tyrosine aminotransferase) and regions of the brains (glutamate synthetase and glycerol-3-phosphate dehydrogenase) of these animals (Langley-Evans et al. 1996a). Hypersensitivity appears to be conferred by raised numbers and expression of classical glucocorticoid receptors in key target tissues (N Copin, C Bertram, S Buck, SC Langley-Evans and CB Whorwood, unpublished results).

A role for glucocorticoids in the programming of hypertension is also supported by studies of human populations. Stewart et al. (1995) report that, as in the rat, low birth weight is associated with low activity of 11bHSD2 in the placenta. Clark et al. (1996) demonstrated an inverse association between birth weight and excretion of cortisol metabolites in children. More recently, Phillips et al. (2000) reported the findings of three studies of adult men and women, which indicated that fasting cortisol concentrations were higher in individuals of low birth weight. Furthermore, cortisol concentrations correlated with adult blood pressure.

Fetal exposure to glucocorticoids and ensuing hypothalamic–pituitary–adrenal axis adjustments may thus underpin processes leading to growth retardation and major alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being.

In the absence of high hormone levels it has been inferred that MLP-exposed rats are hypersensitive to normal concentrations. This inference is confirmed by observations of high activities of glucocorticoid-inducible enzymes in livers (tyrosine aminotransferase) and regions of the brains (glutamate synthetase and glycerol-3-phosphate dehydrogenase) of these animals (Langley-Evans et al. 1996a). Hypersensitivity appears to be conferred by raised numbers and expression of classical glucocorticoid receptors in key target tissues (N Copin, C Bertram, S Buck, SC Langley-Evans and CB Whorwood, unpublished results).

A role for glucocorticoids in the programming of hypertension is also supported by studies of human populations. Stewart et al. (1995) report that, as in the rat, low birth weight is associated with low activity of 11bHSD2 in the placenta. Clark et al. (1996) demonstrated an inverse association between birth weight and excretion of cortisol metabolites in children. More recently, Phillips et al. (2000) reported the findings of three studies of adult men and women, which indicated that fasting cortisol concentrations were higher in individuals of low birth weight. Furthermore, cortisol concentrations correlated with adult blood pressure.

Fetal exposure to glucocorticoids and ensuing hypothalamic–pituitary–adrenal axis adjustments may thus underpin processes leading to growth retardation and major alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being.

In the absence of high hormone levels it has been inferred that MLP-exposed rats are hypersensitive to normal concentrations. This inference is confirmed by observations of high activities of glucocorticoid-inducible enzymes in livers (tyrosine aminotransferase) and regions of the brains (glutamate synthetase and glycerol-3-phosphate dehydrogenase) of these animals (Langley-Evans et al. 1996a). Hypersensitivity appears to be conferred by raised numbers and expression of classical glucocorticoid receptors in key target tissues (N Copin, C Bertram, S Buck, SC Langley-Evans and CB Whorwood, unpublished results).

A role for glucocorticoids in the programming of hypertension is also supported by studies of human populations. Stewart et al. (1995) report that, as in the rat, low birth weight is associated with low activity of 11bHSD2 in the placenta. Clark et al. (1996) demonstrated an inverse association between birth weight and excretion of cortisol metabolites in children. More recently, Phillips et al. (2000) reported the findings of three studies of adult men and women, which indicated that fasting cortisol concentrations were higher in individuals of low birth weight. Furthermore, cortisol concentrations correlated with adult blood pressure.

Fetal exposure to glucocorticoids and ensuing hypothalamic–pituitary–adrenal axis adjustments may thus underpin processes leading to growth retardation and major alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being. Glucocorticoids may link directly to alterations to structures and metabolic functions in fetal life. Their effects persist into postnatal life, and impact on health and well-being.
in order to maintain the glomerular filtration rate and haemodynamic function.

Studies of the renin–angiotensin system in MLP-exposed rats, although very general in nature, are suggestive of disturbances associated with prenatal undernutrition. Adult rats exposed to MLP diets in utero tend to have elevated concentrations of angiotensin II in the circulation, but this effect of fetal undernutrition is not statistically significant or consistent (Langley-Evans & Jackson, 1995; Langley-Evans et al. 1996e). This finding is surprising, as the activity of angiotensin converting enzyme, which generates angiotensin II from its precursor angiotensin I, is consistently elevated by fetal exposure to MLP in all tissues which have been studied to date (Langley-Evans & Jackson, 1995). This effect is noted in fetal rats, neonates and adults alike (Sherman, 1999).

Gardner et al. (1997b) investigated the possibility that hypertension in MLP-exposed rats may result from increased sensitivity to angiotensin II. Intravenous injections of angiotensin II in increasing stepwise doses indicated that the pressor response to the peptide was greater and more prolonged in MLP-exposed rats, but only at lower doses. This finding led to the proposal that MLP-induced hypertension may result from an increased concentration of angiotensin II receptors in key tissues. In the absence of raised hormone concentrations, this increased receptor concentration would tend to raise blood pressure by amplifying the effects of normal or even low hormone concentrations. AR Trowern, RC Sherman, C Bertram, R Dunn, DS Gardner, SC Langley-Evans and CB Whorwood (unpublished results) found evidence to support this hypothesis. Expression of the angiotensin receptor was significantly elevated ($P<0.05$) in the kidneys of 8-week-old rats exposed to MLP in utero, although no maternal-diet-related difference in expression was observed in neonates.

Langley-Evans & Jackson (1995) first demonstrated that the relative hypertension induced by fetal exposure to an MLP diet could be successfully treated by using the inhibitor of the renin–angiotensin system captopril. Captopril is one of the angiotensin converting enzyme inhibitor class of drugs, and is widely used in the treatment of human hypertension. Mature adult rats exposed to MLP in utero showed lowered blood pressure during 1 week of captopril treatment, and on withdrawal of the drug their blood pressures increased back to pretreatment levels. In contrast, treatment with captopril for 2 weeks during the preweaning period appeared to produce an irreversible effect (Sherman & Langley-Evans, 1998). Offspring of MLP-fed rats received oral angiotensin converting enzyme inhibitor from 2 to 4 weeks of age, and at 8 weeks beyond the cessation of treatment had similar blood pressures to those of the offspring of rats fed a control (180 g casein/kg) diet. A similar effect of early angiotensin converting enzyme inhibitor treatment has been noted in rats of the spontaneously-hypertensive strain (Harrap et al. 1994).

Studies of the effects of angiotensin converting enzyme inhibitors on programmed hypertension were broadly supportive of a role for the renin–angiotensin system in the programming mechanism linking an imbalance of maternal nutrition to later cardiovascular disease. Captopril is, however, a drug that is non-specific in its mode of action, and the possibility also remained that any anti-hypertensive drug could produce a similar effect when administered preweaning. Sherman & Langley-Evans (2000) administered nifedipine, a Ca channel antagonist to assess the contribution of an anti-hypertensive with virtually no effect on renin–angiotensin functions. MLP-exposed offspring did not respond to this drug, and blood pressures remained significantly above ($P<0.01$) those of control rats. Losartan, a specific angiotensin II receptor antagonist, when administered to MLP-exposed offspring significantly reduced ($P<0.01$) blood pressure, and in the same way as captopril had an irreversible effect when used preweaning. These data strongly suggest that the renin–angiotensin system plays a key role in the development of programmed hypertension, and that this mechanism operates to some extent in the early postnatal period in addition to during fetal life.

In addition to providing insight into the mechanisms of programming, the early effects of drugs targeted to the renin–angiotensin system may open up new approaches to the treatment of hypertension in human subjects. Harrap (1998) suggests that treatments tailored to critical periods in childhood, combined with strategies to ensure balanced nutrition in fetal life, may provide a way forward in anti-hypertensive therapy.

**Overview**

Experimental studies of nutritional programming using animal models provide major support for the hypothesis proposed by Barker and colleagues (Barker, 1994), and have enabled the first steps to be made towards identifying the mechanisms of metabolic programming. The broad range of animal studies employed to date suggest that a deficit of no single nutrient or group of nutrients is responsible for prenatal programming effects. Instead, it seems clear that any major imbalance of nutrients within the maternal diet may set in train fetal adaptations, and that the occurrence of such adaptations during critical periods of development results in permanent modification of physiology and metabolism. Very early exposure to nutrient imbalance may, as suggested by Kwong et al. (2000), produce embryonic adaptations which will later impact on the growth trajectory of the fetus. Later undernutrition appears to result in the down regulation of $11\beta$HSD in the placenta. Evidence from the MLP rat model and the studies of Seckl and colleagues (for review, see Edwards et al. 1996) would suggest that this process is a central event in programming, with an impact on many fetal organ systems. The ensuing overexposure of fetal tissues to glucocorticoids would be expected to produce growth retardation. Renal adaptation to the growth-retarding effects of steroids would appear to involve a reduction in the renal reserve (Celsi et al. 1997), which in the older animal will lead to elevated systemic blood pressure and earlier renal failure. A second consequence of fetal glucocorticoid exposure appears to be an early-life hypersensitivity to glucocorticoid action and altered regulation of the hypothalamic–pituitary–adrenal axis. Even if only transient, this effect is sufficient to activate the renin–angiotensin system. Consequent elevation of blood pressure in early postnatal life may then be reinforced by structural changes within the arteries.
with the MLP rat model indicates that animals exposed to low-protein diets in utero exhibit vascular smooth muscle cell hypertrophy and reduced elastin content as early as the age of weaning (SC Langley-Evans, CN Martyn and SE Greenwald, unpublished results).

The reversibility of the programmed hypertension demonstrated by anti-hypertensive treatment in the first 4 weeks of life (Sherman & Langley-Evans, 2000) adds further evidence to the hypothesis that programming of hypertension involves an interaction of prenatal and early postnatal factors. The prenatal diet establishes a hormonal milieu which favours the development of hypertension. Early postnatal hypertension then transforms the morphology of resistance arteries and maintains raised blood pressure even after correction of endocrine and metabolic abnormalities.

**Future directions**

The next decade of research in this field promises to be both exciting and fruitful. In the preceding 10 years remarkable progress was made, largely through the efforts of a handful of research groups in the UK, Australia, New Zealand and Belgium. These groups have jealously guarded their pre-eminent position, and consequently all major funding opportunities. Despite this situation, the number of new groups becoming involved in such studies is increasing at an exponential rate, particularly in the USA.

It is clear that in the coming years the emphasis needs to shift away from large-scale epidemiological studies towards more detailed experimental approaches. To determine the mechanisms of nutritional programming in human subjects, it will first be necessary to explore possible parallels between the animal studies and human disease states. As demand is likely to grow for some form of human intervention trial, timed in pregnancy and aimed at the prevention of cardiovascular disease, it will become necessary to define the nature of the nutrients which may determine fetal growth patterns and long-term health. Until such research has been completed, the assertions made by Barker and colleagues (Barker, 1994) are difficult to justify, and will contribute very little to the prevention and treatment of disease.

**References**


Nutritional adaptation to pregnancy and lactation


