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and perinatal factors and others that influence the growing organism during the initial weeks, months, and years of life until school age. This information concerns especially nutrition and weight gain from the initial periods of life, timing of adiposity rebound, physical activity, and overall lifestyle in the present world.

Despite the enhanced attention being given to these developmental problems, the increase of obesity prevalence has not been reversed—more to the contrary. This concerns again nearly all countries of the world, including those where only social and economic conditions have changed recently, and too rapidly. Nutrition and physical activity, which influence the organism from the very beginning of its life, have been others considered to be essential, as some of their character might deviate following growth and development in different ways—both positive and negative. Not only genetic but also epigenetic factors might increase or decrease the sensitivity of the organism to other factors to enhance or reduce the deposition of fat, along with changed physical fitness and health. As emphasized in the 1st edition, such consequences may manifest not only immediately but also during later periods of life, depending on the additional influences of environmental factors, and also on early modified sensitivity of the organism. Changes concern not only adipose but also many other tissues and functions. The timing of various periods of growth and the range, intensity, and duration of such influences can have a decisive role, especially in the very early periods of life.

Recently, an increasing number of publications have appeared—especially where the interaction of both nutrition and physical activity has been considered. All of them would be difficult to analyze, but at least mentioning them seems to be important as their topics indicate the essential rôle they have played in the changes of child growth and development, including obesity development. These data concerned also the initial nutritional status and body mass index of the mother, her regimen of nutrition and physical activity, the resulting birth weight of her offspring, duration of breast-feeding, start of bottle-feeding, and complementary diet—especially the amount and ratio of protein, the size of weight increments during the initial weeks and months of postnatal life, and the changes in body mass index and age of adiposity rebound of the offspring. Even the beginning of independent walking and increased physical activity of the child have been analyzed in relation to weight and adiposity development; all this can vary considerably in individual children and can also be significantly influenced by stimulation and overall education. Family situation and