* BMI: Perzentilen:
* 97. = 1,88 (SDS)
* 90. = 1,28
* 10. = -1,28
* 3. = -1,88 🡪 lieber SDS- Werte, da P. beschränkt sind
* Skipping breakfast, nonregular bedtimes are important predictors of BMI development

( Kelly Y, Patalay P, Montgomery S, et al. BMI Development and Early Adolescent Psychosocial WellBeing: UK Millennium Cohort Study. Pediatrics. 2016;138(6): e20160967)

* BMI-SDS is more closely associated with hypertension, while WC-SDS is more closely associated with dyslipidemia.
* Breast-feeding vs. Fomula-feeding: Fomrula: higher protein content 🡪 it appears to inhibit the initial step oft ß-oxidation, this leading to early weight gain and body fat deposition
* High BMI in childhood: many inflammatory markers are increased (IL-6/8, TNFa,…) and involved in the development of obesity in childhood
* Exposure to antibiotics in early life can lead to increased adiposity
* Im Vergleich zu den 1980er und 1990er Jahren erhöhte sich der Anteil der übergewichtigen Jugend lichen in Deutschland um rund 50%. Nationale Repräsentativdaten zeigen, dass mittlerweile 15% der Kinder und Jugendlichen zwischen 3 und 17 Jahren übergewichtig und darunter 6% sogar adipös sind.
* Low parental education level is independently associated with infant growth, whereas parental obesity does not contribute to a higher weight or to rapid weight gain during the ﬁrst year.
* Sleep duration is also important as metabolic risk factor
* Similar to females with earlier menarche, the trajectory to earlier sexual maturation is manifested bey faster early postnatal growth and weight gain and leads to higher adult BMI. 🡪 Bei Männern gibt es ZH zw Geburtsgewicht, Gewichtszunahme von 0-2yr, höherem BMI und früherem Stimmbruch. (Timing of Voice Breaking in Males Associated with Growth and Weight Gain Across the Life Course)
* 20-25% der Erwachsenen in Dt. sind adipös.