



## The Effect of Nutrition and Lifestyle on Linear Growth, Body Composition and Metabolic Function in Children and Adolescents

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### Message from the Guest Editors

Dear Colleagues,

Adolescence is a critical period of development, and alterations in nutritional status and physical activity during this period may affect linear growth and body composition, with long term implications on health in later life.

Excessive caloric intake, reduced physical activity, and obesity during adolescence may result in accelerated linear growth and earlier onset of puberty, as well as with impaired cardiometabolic health during adulthood, while cardiorespiratory fitness during adolescence is associated with a lower risk for cardiovascular disease.

Conversely, undernutrition due to poverty, malabsorption, chronic diseases, or anorexia nervosa results in impaired linear growth and delayed puberty, and has long-term implications on adult height, bone and reproductive health, and cognitive function.

There are still large data gaps regarding the effects of nutritional and lifestyle interventions during adolescence on linear growth, body composition, and metabolic state, and on the implications of such interventions on future health. In this special issue, we welcome original research articles, as well as review articles on the current state of research.



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