

# Abbreviations

ACSM	American College of Sports Medicine
AICR	American Institute for Cancer Research
ALSPAC	Avon Longitudinal Study of Parents and Children
AMPK	adenosine monophosphate (AMP)-activated protein kinase
ASA24	automated self-administered 24-hour dietary recall
ATP	adenosine triphosphate
BMI	body mass index
BMI-H	BMI heritability
BMR	basal metabolic rate
CARDIA	Coronary Artery Risk Development in Young Adults
CI	confidence interval
CNVs	copy number variations
COHORTS	Consortium of Health-Orientated Research in Transitioning Societies
COSI	Childhood Obesity Surveillance Initiative
CV%	coefficient of variation
DALY	disability-adjusted life year
DBM	double burden of malnutrition
DEXA	dual-energy X-ray absorptiometry
DLW	doubly labelled water
DOHaD Society	International Society for Developmental Origins of Health and Disease
DPP	Diabetes Prevention Program
ECHO	Commission on Ending Childhood Obesity
EMA	European Medicines Agency
EPIC	European Prospective Investigation into Cancer and Nutrition
ER	estrogen receptor
FAO	Food and Agriculture Organization of the United Nations
FDA	United States Food and Drug Administration
FFQ	food frequency questionnaire
GI	glycaemic index
GIANT	Genetic Investigation of Anthropometric Traits
GWAS	genome-wide association studies
HERITAGE	Health, Risk Factors, Exercise Training, and Genetics

HICs	high-income countries
ICC	intraclass correlation coefficient
IGF-1	insulin-like growth factor-1
IGF-1R	IGF-1 receptor
IGFBP	IGF-binding protein
IL	interleukin
LMICs	low- and middle-income countries
Look AHEAD	Action for Health in Diabetes
MD	mean difference
MET	metabolic equivalent
MetaHIT	Metagenomics of the Human Intestinal Tract
MGRS	Multicentre Growth Reference Study
MTC	Mexican Teachers' Cohort
mTOR	mammalian target of rapamycin
NAFLD	non-alcoholic fatty liver disease
NAFPD	non-alcoholic fatty pancreatic disease
NASH	non-alcoholic steatohepatitis
NCDs	noncommunicable diseases
NCHS	United States National Center for Health Statistics
NF- $\kappa$ B	nuclear factor kappa-light-chain-enhancer of activated B cells
NHANES	National Health and Nutrition Examination Survey
OR	odds ratio
PAHO	Pan American Health Organization
PAI-1	plasminogen activator inhibitor-1
PAL	physical activity level
PI3K	phosphatidylinositol-3 kinase
PPAR	peroxisome proliferator-activated receptor
PREDIMED	Prevención con Dieta Mediterránea
RCT	randomized controlled trial
RMR	resting metabolic rate
SD	standard deviation
SNPs	single nucleotide polymorphisms
STAT	signal transducer and activator of transcription
TNF- $\alpha$	tumour necrosis factor- $\alpha$
UI	uncertainty interval
UNICEF	United Nations Children's Fund
USDA	United States Department of Agriculture
VEGF	vascular endothelial growth factor
WAT	white adipose tissue
WC	waist circumference
WCRF	World Cancer Research Fund
WHO	World Health Organization
WHR	waist-hip ratio