



Nutrition, Sedentary Behavior and Physical Activity during Pregnancy and Postpartum

Guest Editor:

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Message from the Guest Editor

Pregnancy and its related physiological changes, such as (excessive) gestational weight gain and postpartum weight retention, seem to be a risk factor for developing overweight and obesity. During late pregnancy, but also during the following postpartum period, women experience several barriers to sufficiently engaging in physical activities and making healthy food choices, as lifestyle circumstances change due to raising a newborn. This increases the risk of developing non-communicable diseases for the mother, while the offspring is also exposed to a higher risk of developing overweight and obesity and associated metabolic conditions later in life. This Special Issue welcomes original research papers, systematic reviews and meta-analyses dealing with different types of physical activity, sedentary behavior, nutrition, and body composition during the perinatal and following postpartum period. Studies focusing on environmental and psycho-social barriers and enablers for healthy behavior are also more than welcome.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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