Poor nutrition and stress can lead to transgenerational programming, resulting in obesity.

Obesity from mother to child

The risk of obesity in childhood and later in life may be influenced by pre- and postnatal factors.

The first 1,000 days are the most important window in the programming of health and disease.

Maternal health factors: General improvement to the mother’s mental and physical health before and during pregnancy.

Infant’s environment factors: Control of weight gain during pregnancy.

Potential risk reduction: Maternal and Early Infancy factors that may impact long-term health.

Long-term benefits: Maternal and Early Infancy factors that may impact long-term health.