Combinatorial Isoperimetric and Diametric Problems

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Given the binary Hamming graph (or some intimatingly related ones like the constant weight or q-ary version of it), we want to know exact solutions to the problems in the title.

We survey such and related questions, centering around the classical theorems of Harper, Katona, Kleitman, Ahlswede and Khachatrian.

Some new proofs will be given, as well as open conjectures.