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## New Preventive Healthcare Strategies: The Contribution of Digital Technologies and Models for Weight Gain Prediction

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### Message from the Guest Editor

The early detection of being overweight is crucial to prevent weight gain and delay the following onset of chronic non-communicable diseases. Behavioral risk factors associated with obesity are well known: sedentary behavior, lack of physical activity, unbalanced diet, too many calories, consumption of ultra-processed food products, lack of sleep, too much stress, etc.

A holistic approach of behaviors evaluated accurately in free-living conditions is necessary to understand their respective contribution to overall health damage and to come up with new preventive strategies.



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## Message from the Editor-in-Chief

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