



## Obesity, Dietary and Physical Activity

Guest Editor:

### Dr. Edyta Mądry

Department of Physiology,  
Poznan University of Medical  
Sciences, Fredry 10, 61-701  
Poznan, Poland

Deadline for manuscript  
submissions:

**closed (31 December 2023)**

### Message from the Guest Editor

Dear Colleagues,

Overweight and obesity have reached epidemic proportions in all age groups worldwide and are major risk factors for premature mortality and morbidity.

Changes in the diet, overeating, frequent snacking, and physical inactivity are the main reasons for energetic imbalance, where energy intake exceeds energy expenditure.

At the same time, diet, lifestyle, and physical activity are the crucial points for potential interventions which can inhibit the processes of gaining weight or even reverse the global trends of mortality.

We invite for publication randomized trials, systematic reviews, and meta-analyses with potentially the most significant impact on changing our medical reality.

Dr. Edyta Mądry

*Guest Editor*





an Open Access Journal by MDPI

## Editor-in-Chief

## Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

**Journal Rank:** JCR - Q2 (*Health Care Sciences and Services*) / CiteScore - Q2 (*Leadership and Management*)

## Contact Us

---

Healthcare Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/healthcare](http://mdpi.com/journal/healthcare)  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)  
[X@HealthcareMDPI\\_](https://twitter.com/HealthcareMDPI_)