



Role of Dietary Patterns in Preventing Obesity: Issues and Challenges

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Message from the Guest Editor

Dear Colleagues,

Obesity, a preventable condition, is a serious global public health threat. According to the World Health Organization (WHO), obesity has increased almost three-fold since 1975.

Diet is a modifiable risk factor for obesity, and better understanding of dietary patterns and their relation to obesity could play a role in reduction and prevention policies and interventions. Dietary patterns have been defined as the quantities, proportions, variety or combination of different foods, drinks and nutrients in diets, and the frequency with which they are habitually consumed. Dietary patterns have universally shifted over the last few centuries from being more nutritious and traditional to being characterized by high fat, high sodium, high sugar, being energy-dense and having low fiber content, which is linked to an increased risk of obesity.

This Special Issue seeks papers that address this topic, especially those focused on culture-specific dietary patterns and obesity, changing dietary patterns and obesity, eating patterns to prevent obesity, relation between adherence to recommended dietary patterns and obesity, etc.





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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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