



Risk Factors and Lifestyle Modifications in Prevention of Metabolic Disorders

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Message from the Guest Editors

Obesity is considered a pandemic in developing countries. It is closely related to metabolic disorders, therefore, determining risk factors as well as promotion of a healthy lifestyle with effective strategies for the treatment of obesity and associated diseases are important healthcare and economic burdens.

This Special Issue is devoted to the latest findings in these pathologies and the relationship between them, establishing the current scientific knowledge of the risk factors (e.g. biological, hormonal, lifestyle ones) as well as the lifestyle modifications (diet, physical activity, sleep) in prevention of obesity and metabolic disorders. The studies can also analyse the effect of lifestyle therapy intervention on weight loss and its maintenance, and the long-term influence of the intervention on metabolic disorders. All these can have a large impact at the clinical and healthcare levels, as well as economic importance because the results are expected to contribute to improving care for patients with obesity and metabolic syndrome, including the transfer of knowledge to clinical practice.





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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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