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Diet and Lifestyle Intervention for Weight Management

Guest Editor:

Dr. Nicholas R. Fuller

Boden Group, Central Clinical School, Faculty of Medicine and Health, Charles Perkins Centre, The University of Sydney, Camperdown, Australia

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Message from the Guest Editor

Dear Colleagues,

Managing obesity is one of the most significant health challenges facing healthcare providers and society today. Overweight and obesity affect one-third of the world's population and are associated with a range of chronic health outcomes, including type 2 diabetes, cardiovascular diseases, and cancer. Weight maintenance is regulated by the interaction of a number of processes, including homeostatic, environmental and behavioural factors. Among them, lifestyle interventions (specifically diet, physical activity and sleep) are recognized to play an essential role in weight management. Evidence-based lifestyle intervention should represent a first-line therapy for anyone needing to lose weight.

The aim of this Special Issue is to publish original research and systematic reviews that report upon the role of lifestyle intervention in weight management, and present a selection of the latest evidence regarding lifestyle and obesity prevention and management, as well as related physical and mental health disorders.



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Special *Issue*



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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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