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Diet and Lifestyle Intervention for Weight Management

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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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