



## Dietary Interventions to Prevent Childhood Obesity

Guest Editor:

### **Dr. Rocío Mateo-Gallego**

Lipid Clinic and Molecular  
Research Laboratory, Physiatry  
and Nursing Department,  
Hospital Universitario Miguel  
Servet, IIS Aragón, Universidad  
de Zaragoza, CIBERCV, 50009  
Zaragoza, Spain

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### **Message from the Guest Editor**

Given the high burden of obesity, the World Health Organization has recently highlighted the urgency of decreasing health inequalities and applied this approach to obesity prevention. Numerous approaches for either preventing or treating overweight and obesity in childhood have been explored; however, there is no wide consensus in those leading to the highest benefits, which are cost-effective and should be implemented. Among the most promising strategies, community-based interventions focused on school and environment settings have been developed with successful findings. These approaches include the implementation of health education on nutrition, increasing the number of physical activity lessons in school curricula, and the provision of healthy food at school. Promoting healthy dietary habits to parents within primary care settings has also been proposed as an effective strategy, although available studies have shown only a limited effect. To find lifestyle interventional strategies that are effective at preventing the excess of body weight in childhood, the early identification of those individuals at high risk should be a priority for the scientific community.





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## Editors-in-Chief

### **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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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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