



Prevention of Obesity in the Lifecycle: Risks and Determinants

Guest Editors:

Prof. Dr. Johanna Helena Nel

Department of Logistics,
Stellenbosch University,
Stellenbosch, South Africa

Prof. Dr. Nelia Steyn

Division Human Nutrition,
Department of Human Biology,
University of Cape Town, P/Bag
X3, Observatory, Cape Town
7925, South Africa

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Message from the Guest Editors

Dear Colleagues,

As is well-known, low- and middle-income countries are still grappling with undernutrition in children, while the conditions of overweight and obesity are advancing at a rapid rate in both adult and child populations. We not only have to identify these anthropometric concerns, but we also have to develop and test new methods of overcoming malnutrition, including both over- and under-nutrition. This is particularly true when we are faced with the triple burden of malnutrition, namely stunting, underweight and obesity in the population and frequently in the same household. These chronic conditions can only be solved when working together in multidisciplinary teams that include nutritionists, sociologists, anthropologists, psychologists, nurses and public health specialists. Overweight and obesity in the younger age groups need to be tackled if we are to deal with the epidemic on non-communicable diseases sweeping the low- and middle-income countries in adulthood. Priority needs to be given to the first 1000 days of life in order to create optimal conditions for the fetus and infant to withstand any propensity to obesity.





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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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