



Weight Management Interventions: Predictors and Outcomes

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Message from the Guest Editors

Weight maintenance in its purest form is a process determined by our environment and genes, in an often adapting physiological, psychological, and biochemical setting across our life span. Whilst the ability to achieve long-term sustained weight loss is often influenced by the slow-pace of weight loss success and the quick rate for weight gain, new methodologies, interventions (diet or medication) and insights into what can predict such success is important to understand for future therapeutic use. Beyond non-surgical modalities as a route to weight loss, bariatric surgery has gained popularity in recent years, with a considered faster weight loss progression, improved metabolic health; and an ability to use in the management of more extreme weight conditions. This special issue calls for papers that continue to advance knowledge in predictors of beneficial weight loss, or indeed suggesting dietary interventions in weight loss as well as other surgical or non-surgical modalities that can enhance or improve weight loss outcomes.





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