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Advances in the Management of Children and Adolescents with Obesity

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Message from the Guest Editor

Dear Colleagues,

Obesity is described as a frequent, severe, complex, recurrent and chronic process that represents a major public health problem. It is a disease in which there is an excessive accumulation of fat that can have negative effects on health and decrease life expectancy.

Advised treatments include behavioral interaction based on changes that the family should address in several components: diet, physical activity, sedentary behavior and sleep quality. Although advances have been made in the treatment of obesity, the expected changes in overweight children and adolescents from low- and middle-income countries are not occurring. The aim of this Special Issue is to propose new strategies such as lifestyle changes that lead to significant changes in body composition, biochemical markers and other health parameters.



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Special Issue