



Excess Weight, Dietary Habits and Physical Activity in Children and Adolescents

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Message from the Guest Editors

Dear Colleagues,

Improving dietary healthy habits and overall active lifestyle in childhood is a key health promotion strategy. Even if public health campaigns have been an effective tool to improve the overall well-being of individuals, most children and adolescents still do not follow an optimal lifestyle, have an unbalanced diet, and do little physical activity (PA). Childhood overweight/obesity represents a major issue in most countries, where it has increased considerably over the last 30 years. Specifically, there is a need for a cultural shift in terms of food choice, and reconciliation of the idea of a modern lifestyle with a healthy one. Admittedly, these challenges cannot be addressed without assessing the importance of schools and their curricula, particularly for their pivotal role in educating youth about healthy behaviors and lifestyles.

The aim of this Special Issue of *Healthcare* is to provide an update on the latest evidence on these topics, in particular on the relation between excess weight, physical activity and dietary habits in youth.

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Message from the Editor-in-Chief

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