

Special Issue

New Preventive Healthcare Strategies: The Contribution of Digital Technologies and Models for Weight Gain Prediction

Message from the Guest Editor

The early detection of being overweight is crucial to prevent weight gain and delay the following onset of chronic non-communicable diseases. Behavioral risk factors associated with obesity are well known: sedentary behavior, lack of physical activity, unbalanced diet, too many calories, consumption of ultra-processed food products, lack of sleep, too much stress, etc. A holistic approach of behaviors evaluated accurately in free-living conditions is necessary to understand their respective contribution to overall health damage and to come up with new preventive strategies.

Guest Editor

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Message from the Editor-in-Chief

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