

## Special Issue

# The Prevention, Diagnosis, and Intervention of Childhood and Adolescent Obesity

### Message from the Guest Editors

Pediatric obesity represents critical and escalating public health concern globally. It is characterized by multifaceted interactions between diet, lifestyle, genetics, and molecular adaptations. It is associated with profound metabolic consequences, including insulin resistance, type 2 diabetes, dyslipidemia, and chronic inflammation. Recent advancements in nutritional science, chronobiology, genetic techniques, and AI-driven interventions have reshaped our understanding of obesity, highlighting the need for integrative and multidisciplinary approaches. Moreover, the relatively recent approval of weight loss medications also in the pediatric age, such as semaglutide and tirzepatide, marks a therapeutic leap and is changing the landscape of management and outcomes. The goal of this Special Issue is to consolidate and explore the wealth of current knowledge and breakthroughs in childhood and adolescent obesity, emphasizing the importance of early identification, personalized interventions, and long-term prevention strategies. In this Special Issue, original research articles, systematic reviews, and reviews are welcome.

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### Guest Editors

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### Deadline for manuscript submissions

25 August 2026



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Impact Factor 2.4  
CiteScore 4.1  
Indexed in PubMed



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