



Dietary Patterns and Lifestyle Promoting Healthy Weight Strategies in Children and Adolescents—2nd Edition

Guest Editor:

Dr. Li Cai

Department of Maternal and Child Health, School of Public Health, Sun Yat-sen University, Guangzhou 510080, China

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Message from the Guest Editor

Obesity in children and adolescents continues to pose a serious threat to public health worldwide. Childhood obesity affects children's health and persists into adulthood, significantly increasing the risk of contracting chronic diseases, such as diabetes, hypertension, and coronary heart disease in adulthood. The World Health Organization has recommended comprehensive interventions to combat childhood obesity. Healthy lifestyles, including balanced dietary patterns, adequate physical activity, and sufficient sleep, play an important role in obesity prevention. However, studies showed that the lifestyles of children and adolescents are far from optimal. Previous childhood obesity prevention largely focused on schools and findings were inconsistent. More research is needed to implement healthy weight strategies in other settings, especially at home.

This SI will continue to present the latest population-based evidence on dietary patterns and lifestyles, promoting healthy weight strategies in children and adolescents. We are particularly interested in studies conducted in family settings, as well as multiple other settings.





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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
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3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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