



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, China

Deadline for manuscript submissions:

closed (15 July 2024)

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.





an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI