

Special Issue

Diet and Lifestyle Intervention for Weight Management

Message from the Guest Editor

Managing obesity is one of the most significant health challenges facing healthcare providers and society today. Overweight and obesity affect one-third of the world's population and are associated with a range of chronic health outcomes, including type 2 diabetes, cardiovascular diseases, and cancer. Weight maintenance is regulated by the interaction of a number of processes, including homeostatic, environmental and behavioural factors. Among them, lifestyle interventions (specifically diet, physical activity and sleep) are recognized to play an essential role in weight management. Evidence-based lifestyle intervention should represent a first-line therapy for anyone needing to lose weight. The aim of this Special Issue is to publish original research and systematic reviews that report upon the role of lifestyle intervention in weight management, and present a selection of the latest evidence regarding lifestyle and obesity prevention and management, as well as related physical and mental health disorders.

Guest Editor

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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.

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