

Special Issue

Safeguarding the Next Generation: Nutritional Strategies for Preventing Childhood Obesity

Message from the Guest Editor

Childhood obesity is a critical global health issue, posing significant cardiometabolic risks, including cardiovascular disease, type 2 diabetes, metabolic syndrome, and kidney damage. To mitigate the increased likelihood of developing obesity-related comorbidities, lifestyle interventions remain the cornerstone of pediatric obesity treatment. In this context, prevention strategies, particularly those focused on nutrition, are essential. This Special Issue seeks to highlight the latest evidence on prevention strategies for childhood obesity, with an emphasis on nutritional approaches. It aims to provide a comprehensive overview of approaches that promote healthy eating patterns, reduce risk factors, and support lifelong wellness.

Guest Editor

Dr. Anna di Sessa

Department of Woman, Child, and General and Specialized Surgery,
University of Campania "Luigi Vanvitelli", Naples, Italy

Deadline for manuscript submissions

closed (10 February 2026)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/224758

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

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 (Nutrition and Dietetics)