

Special Issue

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

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.

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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