

Special Issue

Integrative Interventions for Obesity: The Central Role of Nutrition

Message from the Guest Editors

Obesity is a global health problem with an increasing prevalence. It is associated with the development of diverse pathologies, such as type 2 diabetes mellitus, hypertension, dyslipidemia, cardiovascular disorders, sleep apnea/hypopnea syndrome, osteoarthritis and an increased risk of suffering from several neoplasms. The aim of obesity treatment is to reduce body fat levels and consequently minimize the risk of developing obesity-related diseases, as these factors are closely interconnected. The first step in treatment is to reduce caloric intake, along with an increase in physical activity, mostly focused on strength training, which has been demonstrated to be a functional tool in obesity. When these fail, adjuvant treatments such as pharmacotherapy, endoscopic procedures or even bariatric surgery can be considered, but always in tandem with a nutritional education programme. Diverse nutritional strategies have been developed to maximize weight loss, achieve complete remission of obesity-related metabolic diseases and prevent future weight regain and relapse of comorbidities.

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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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