

Special Issue

Overweight and Obesity: The Interplay of Eating Habits and Physical Activity

Message from the Guest Editors

The prevalence of overweight and obesity has been steadily increasing over the last 50 years, with worldwide obesity rates tripling since 1975. Overweight and obesity are predominately a result of a sustained positive energy balance, stemming from a combination of excess dietary energy intake and reduced energy expenditure. Overweight and obesity significantly increase cardiometabolic risk throughout life, and in adulthood, they are also associated with a high risk of morbidity and mortality from non-communicable chronic disease, primarily cardiovascular disease, type 2 diabetes mellitus, musculoskeletal disorders and certain types of cancer. As such, the prevention and treatment of overweight and obesity need to become a public health priority and programs targeting eating habits and physical activity should be implemented in both children and adults at the community and individual levels. The scope of this Special Issue is to publish original research and systematic reviews that report on the role of eating and physical activity habits in the development but also the prevention or treatment of overweight and obesity in both children and adults.

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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.

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