

## Special Issue

# Improving Nutrition and Physical Activity Behaviours for the Prevention and Treatment of Obesity during Preconception, Pregnancy and Postpartum through Health System Settings

### Message from the Guest Editors

According to the World Health Organization, supporting people in reaching a healthy weight in preconception and pregnancy is one of the most important ways we can optimise health outcomes for women and babies. The mechanism by which maternal nutrition, physical activity and weight influence their child's health and long-term risk of chronic disease is explained by the developmental origins of health and disease. Support provided by the health system and health care providers in the preconception, pregnancy and postpartum periods can be effective in improving behaviour and health outcomes for current and future pregnancies, and across a person's life course.

This Special Issue focuses on improving nutrition and physical activity behaviours for the prevention and treatment of obesity during preconception, pregnancy and postpartum. This Special Issue specifically addresses maternal health behaviours, but research may also include paternal health behaviours.

We strongly encourage submissions that have embedded processes to inform cultural appropriateness and inclusion for First Nations peoples and culturally and linguistically diverse (CALD) populations.

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### Guest Editors

Dr. Jenna Hollis  
Dr. Michelle Kilpatrick  
Dr. Susan J. De Jersey

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**Deadline for manuscript submissions**



## Nutrients

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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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