

# Special Issue

## Diet, Obesity, and Overweight in Children and Adolescents

### Message from the Guest Editor

Excess weight (overweight and obesity) due to an imbalance between energy intake and expenditure is a condition characterised by excessive fat accumulation that may be harmful to health (obesity), provoking higher NCD risk and diminishing public health. In the present day, a high prevalence of excess weight exists in the child and adolescent population. According to the scientific literature, childhood obesity is related to the early emergence of type two diabetes and cardiovascular disease and a higher risk of these persisting into adulthood. Further, the adverse psychological implications of excess weight affect academic performance and quality of life, alongside stigmatisation, discrimination, and intimidation. All of this, together with the important economic impact of this issue on health systems, warrants further research that more precisely identifies the determinants of obesogenic settings as a means of establishing effective preventive, diagnostic, and interventional actions, particularly within vulnerable populations.

---

### Guest Editor

Dr. Celia Monteagudo

1. Department of Nutrition and Food Science, Faculty of Pharmacy, University of Granada, 18071 Granada, Spain
2. Instituto de Investigación Biosanitaria ibs.GRANADA, 18012 Granada, Spain

---

### Deadline for manuscript submissions

closed (20 June 2025)



# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0

CiteScore 9.1

Indexed in PubMed



[mdpi.com/si/222476](https://mdpi.com/si/222476)

*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](http://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. Lluis 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)