

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 interventive actions, particularly within vulnerable populations.

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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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