

Special Issue

Weight Management Interventions: Predictors and Outcomes

Message from the Guest Editors

Weight maintenance in its purest form is a process determined by our environment and genes, in an often adapting physiological, psychological, and biochemical setting across our life span. Whilst the ability to achieve long-term sustained weight loss is often influenced by the slow-pace of weight loss success and the quick rate for weight gain, new methodologies, interventions (diet or medication) and insights into what can predict such success is important to understand for future therapeutic use. Beyond non-surgical modalities as a route to weight loss, bariatric surgery has gained popularity in recent years, with a considered faster weight loss progression, improved metabolic health; and an ability to use in the management of more extreme weight conditions. This special issue calls for papers that continue to advance knowledge in predictors of beneficial weight loss, or indeed suggesting dietary interventions in weight loss as well as other surgical or non-surgical modalities that can enhance or improve weight loss outcomes.

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Deadline for manuscript submissions

closed (31 May 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/93242

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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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