

Special Issue

Obesity in the 21st Century: Public Health Perspectives and Population Solutions

Message from the Guest Editors

Obesity is one of the most pressing global public health challenges of the 21st century. Its rapid rise across both high- and low-income countries is driven by complex, interrelated factors including urbanization, sedentary lifestyles, dietary transitions, socioeconomic disparities, and environmental influences. As obesity continues to fuel a cascade of chronic diseases such as type 2 diabetes, cardiovascular diseases, certain cancers, and musculoskeletal disorders, there is an urgent need for population-level, systems-oriented solutions. This Special Issue seeks to provide a platform for original research and review articles that examine the population health implications of obesity and propose multilevel strategies for prevention, management, and policy response. We invite researchers, practitioners, and policymakers to contribute evidence that informs action and translates knowledge into meaningful population health outcomes. We welcome high-quality original research, systematic reviews, meta-analyses, commentaries, and perspectives that contribute to a deeper understanding of obesity burden and offer practical or policy-oriented solutions.

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