



Diet, Physical Activity and Behavioral Interventions for the Treatment of Overweight or Obese Individuals

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Message from the Guest Editor

Dear Colleagues,

Changes in lifestyle and dietary habits that took place during the last decades resulted in the "outbreak" of a worldwide pandemic of obesity that cannot be ignored any longer. Obesity shortens the lifespan of the affected individuals and, together with the associated metabolic complications, constitutes a significant socio-economic problem. The effectiveness of the available obesity treatment strategies is limited: pharmacological therapies allow for loss of 5–10% of initial weight, while bariatric surgery, although effective, involves high costs and the risk of perioperative complications.

Therefore, lifestyle modifications, including diet and increased physical activity, as well as behavioral interventions, constitute the basis for obesity management. However, given the heterogeneity of obese patients, their different co-morbidities and experience in interventions focused on weight-loss, the therapy should be personalized. The multitude of different dietary protocols, training plans, and available behavioral therapies are confusing for both the physician and the patient and hamper the establishment of a management strategy.





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