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Prevention of Obesity in the Lifecycle: Risks and Determinants

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Message from the Guest Editors

Dear Colleagues,

As is well-known, low- and middle-income countries are still grappling with undernutrition in children, while the conditions of overweight and obesity are advancing at a rapid rate in both adult and child populations. We not only have to identify these anthropometric concerns, but we also have to develop and test new methods of overcoming malnutrition, including both over- and under-nutrition. This is particularly true when we are faced with the triple burden of malnutrition, namely stunting, underweight and obesity in the population and frequently in the same household. These chronic conditions can only be solved when working together in multidisciplinary teams that include nutritionists, sociologists, anthropologists, psychologists, nurses and public health specialists. Overweight and obesity in the younger age groups need to be tackled if we are to deal with the epidemic on non-communicable diseases sweeping the low- and middle-income countries in adulthood. Priority needs to be given to the first 1000 days of life in order to create optimal conditions for the fetus and infant to withstand any propensity to obesity.



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