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## Body Image and Nutritional Status among Adolescents and Adults

Guest Editors:

**Prof. Dr. Emanuela Gualdi-Russo**

Department of Neuroscience and Rehabilitation, Faculty of Medicine, Pharmacy and Prevention, University of Ferrara, 44121 Ferrara, Italy

**Dr. Luciana Zaccagni**

Department of Biomedical and Specialty Surgical Sciences, Faculty of Medicine, Pharmacy and Prevention, University of Ferrara, 44121 Ferrara, Italy

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### Message from the Guest Editors

As is well known, a person's perception of the body, regardless of its appearance, is referred to as body image. This perception depends on numerous factors: from realistic self-observation to emotions, feelings, memories, and attitudes associated with the body, both consciously and unconsciously.

The complexity of the relationships between body image perception and weight status/body composition, their trend with age, gender, ethnicity, and physical activity, and their effects on health outcomes need to be studied in depth.

For adolescent and adult health assurance, it is crucial to understand the relationship between perceived body image and actual weight status or body composition. Indeed, this may allow the development of effective interventions to prevent and manage possible eating disorders.

The purpose of this Special Issue is to highlight the latest relevant research in this field. We will therefore welcome all reviews, research papers, and experimental and empirical studies that address aspects related to body image perception and actual physical appearance.



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# Special Issue



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2. Research Institute of  
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(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
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Insular Materno Infantil (CHUIMI),  
Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

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## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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