



## The Effect of Lifestyle and Eating Habits on Obesity

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### Message from the Guest Editors

Obesity has emerged as a global health epidemic, with its prevalence steadily increasing over the past few decades. One of the primary contributors to the obesity pandemic is a transformation in lifestyle patterns, marked by sedentary behaviors and dietary shifts. Furthermore, changes in dietary habits have played a pivotal role in the obesity surge. The ubiquity of energy-dense, nutrient-poor foods, often high in sugars and fats, has become a hallmark of contemporary diets. Fast food consumption, coupled with a shift towards larger portion sizes and increased intake of processed foods, has led to a caloric surplus that exceeds the body's metabolic needs. Such an imbalance has been closely linked to weight gain and the onset of obesity. In conclusion, the increasing prevalence of obesity is a critical public health concern. In this context, this Special Issue aims to explore the relationship between lifestyle choices, dietary habits or interventions, and the prevalence of obesity in order to provide novel effective prevention and intervention strategies.





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