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Effect of Diet Quality and Physical Activity on Childhood Obesity

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Message from the Guest Editors

Dear Colleagues,

The global obesity epidemic affects over 1.9 billion adults and 340 million children, costing an estimated USD 432 billion by 2035. The increasing prevalence of obesity and related cardiometabolic complications poses a public health challenge. Particularly alarming is pediatric obesity, with enduring consequences into adulthood, as well as the development of chronic health conditions. Modifiable risk factors like diet and physical activity offer significant potential for clinical and population benefits. Childhood is a period of great physiological transformations with high nutrition requirements for growth.

This Special Issue invites original research and (systematic) review/meta-analysis exploring diverse methods of measuring diet quality (e.g. healthy eating patterns, food processing classification, sustainable diets, Mediterranean diet, meal patterns, etc.), either independently or in conjunction with various physical activity dimensions (such as active physical activity, sedentary activities, screen time, and sleep). The focus will be on longitudinal observational or intervention studies to provide meaningful evidence.



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Special Issue



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Message from the Editorial Board

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