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Healthy Diets to Prevent Obesity and Cardiovascular Diseases in Adolescents

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Deadline for manuscript submissions:

25 July 2024

Message from the Guest Editors

Dear Colleagues,

Excess weight in children and adolescents is associated with poor dietary habits and can lead to increased prevalence of cardiovascular complications in adulthood.

We invite researchers to submit original research or review articles which focus on successful approaches and interventions in order to promote healthy weight and optimal cardiometabolic health in children and adolescents. We welcome studies that examine factors relevant to the poor eating habits associated with hidden hunger, emotional eating and restrictive diets, low dietary intakes of fruits and vegetables and high dietary intakes of ultraprocessed foods. The limited safe treatment options and weight management strategies available for these population groups. We invite the submissions that explore effective interventions in different settings or environmental factors which facilitate changes in dietary behaviors. Studies should focus on well-being and healthy living in children and adolescents, as well as on the development of skills and habits that support a healthy active lifestyle.



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Special Issue



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Message from the Editorial Board

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