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## Nutritional Assessment in Preventing and Managing Obesity

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### Message from the Guest Editors

Obesity is a major concern worldwide. Nutritional assessment is a core component of any lifestyle intervention.

From a public health perspective, the emerging picture of the ageing population is difficult to reconcile with the long-evidenced limitations of body mass index as a measure of adiposity. Likewise, reliable nutritional risk screening tools sensitive to identify sarcopenic obesity remain elusive. In non-clinical settings, although prior genome-wide association studies propose that genetics alone can only partly explain individual variability in diet and lifestyle behaviours, epigenetics including interactions among nutritional status indices and eating behaviour traits and/or food preferences may provide an impetus for a new scope in obtaining and interpreting personal and familial medical and dieting/weight history. Regarding laboratory data, the role of both established nutritional biomarkers and the emerging metabolomics may allow additional opportunities in obesity assessment. Finally, the field warrants systematic efforts towards the development of tools and frameworks that could address the evidence that has recently put nutritional epidemiology in the spotlight.



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# Special Issue



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