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## Overweight and Obesity: The Interplay of Eating Habits and Physical Activity

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Deadline for manuscript submissions:

**closed (25 June 2022)**

### Message from the Guest Editors

Dear Colleagues,

The prevalence of overweight and obesity has been steadily increasing over the last 50 years, with worldwide obesity rates tripling since 1975. Overweight and obesity are predominately a result of a sustained positive energy balance, stemming from a combination of excess dietary energy intake and reduced energy expenditure. Overweight and obesity significantly increase cardiometabolic risk throughout life, and in adulthood, they are also associated with a high risk of morbidity and mortality from non-communicable chronic disease, primarily cardiovascular disease, type 2 diabetes mellitus, musculoskeletal disorders and certain types of cancer. As such, the prevention and treatment of overweight and obesity need to become a public health priority and programs targeting eating habits and physical activity should be implemented in both children and adults at the community and individual levels.

The scope of this Special Issue is to publish original research and systematic reviews that report on the role of eating and physical activity habits in the development but also the prevention or treatment of overweight and obesity in both children and adults.



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# Special Issue



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