

Special Issue

Obesity and Overweight: Prevention, Causes and Treatment

Message from the Guest Editor

The global prevalence of obesity and overweight continues to rise, posing significant challenges to public health systems worldwide. Obesity is a complex condition with multifaceted causes, including genetic, behavioral, and environmental factors, and it significantly increases the risk of various chronic diseases, such as diabetes, cardiovascular disorders, and certain cancers. Understanding the underlying causes and identifying effective prevention and treatment strategies are crucial to tackling this growing epidemic. We are pleased to invite you to contribute to this Special Issue, which aims to explore the prevention, causes, and treatment of obesity and overweight. The focus aligns with the scope of *Healthcare*, which addresses the improvement in health and healthcare systems globally, particularly through evidence-based practices. This Special Issue aims to highlight innovative research on obesity prevention, causal pathways, and therapeutic interventions, offering insights into both individual and population-level strategies to mitigate the health risks associated with obesity.

Guest Editor

Dr. Marco La Marra

Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", 80138 Naples, Italy

Deadline for manuscript submissions

31 May 2025



Healthcare

an Open Access Journal
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Impact Factor 2.4
CiteScore 3.5
Indexed in PubMed



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Healthcare
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

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