

Call for papers

Weight loss interventions and their health impacts



© Tatsiana Volkava / Moment / Getty Images

BMC Medicine is calling for submissions to our new Collection on weight loss interventions and their health impacts, emphasizing a variety of strategies, including dietary changes, physical activity, pharmacological treatments, and surgical options. We encourage submissions that explore the long-term effects of these interventions, adherence challenges, and strategies to address health inequities. The goal is to advance understanding and improve outcomes in weight management and overall health.

Continued research in this domain may yield innovative strategies that harness technology, such as mobile health applications and telehealth, to support weight loss interventions. As we deepen our understanding of the genetic, environmental, and behavioral factors influencing obesity, personalized interventions tailored to individual needs could emerge. This progress may lead to improved health outcomes, reduced health inequities, and ultimately a shift in the paradigm of obesity treatment and prevention.

We are looking for original manuscripts on topics including, but not limited to:

- Clinical trials investigating interventions for weight loss, including combination approaches, to promote health
- Real-world data on long-term effects and challenges of weight loss interventions
- Factors affecting long-term adherence to weight-loss or weight maintenance interventions
- Aspects related to mental health, psychological factors, socio-economic constraints and motivation in relation to outcome of weight-loss interventions
- Challenges and inequities in access to weight loss interventions
- Impact of policy and factors promoting an obesogenic environment on treatment of obesity and management of associated health issues

This Collection supports and amplifies research related to SDG 3: Good Health and Well-being

Guest Editors

Isabelle Mack, PhD, University Hospital Tübingen, Germany

Nathalie Rohmann, PhD, University Medical Center Schleswig-Holstein, Germany

Anca Pantea Stoian, MD, PhD, Carol Davila University of Medicine, Romania



SPRINGER NATURE GROUP
SDG Programme
supporting the Sustainable Development Goals



Please [click here](#) or scan the QR code to visit our Collections Website

Submission Deadline: 7 May 2026