Below is a selection of the top Obesity articles that have recently attracted attention from TV, radio, social media channels, and blogs worldwide, as measured by their Altmetric scores. These articles are free, so please download and share them among your peers.

This is our way to say thank you to all our Obesity authors for your commitment, hard work, and innovative research approaches. We appreciate your contribution in the fight against obesity!

**Persistent metabolic adaptation 6 years after “The Biggest Loser” competition**
Erin Fothergill, et al.
*As seen in The New York Times*

**Meet the lead author: Kevin D. Hall**
Dr. Kevin Hall is a Senior Investigator at the NIH where he studies body weight regulation. His laboratory develops mathematical models to help design, predict, and interpret the results of clinical research studies. Dr. Hall has been the recipient of the NIH Director’s Award, the NIDDK Director’s Award, the Lilly Scientific Achievement Award from The Obesity Society, and the Guyton Award for Excellence in Integrative Physiology from the American Society of Physiology.

**Prevalence of obesity and severe obesity in US children, 1999-2014**
Asheley Cockrell Skinner, et al.
*As seen in The Washington Post*

**Meet the lead author: Asheley Cockrell Skinner**
Asheley Cockrell Skinner, PhD, is a health services researcher and is currently an Associate Professor at Duke University, at the Duke Clinical Research Institute. She is a nationally known expert in childhood obesity, focusing on the measurement of obesity, the health consequences of obesity, and preventing stigma in obesity interventions and policy.

**Weight training, aerobic physical activities, and long-term waist circumference change in men**
Rania A. Mekary, et al.
*As seen in Today*

**Meet the lead author: Rania A. Mekary**
Dr. Rania Mekary's interdisciplinary background encompasses a myriad of public health
arenas such as nutrition, statistics, epidemiology, and exercise physiology. More specifically, Dr. Mekary’s research interests can be summarized in conducting epidemiological research in diet, nutrition, eating patterns, and physical activity and their relation to weight change or chronic disease outcomes such as obesity, type 2 diabetes, or colorectal cancer. Halting the obesity epidemic is one of her goals.

Isocaloric fructose restriction and metabolic improvement in children with obesity and metabolic syndrome
As seen in The Huffington Post

Meet the lead author: Robert H. Lustig
Robert H. Lustig, MD, MSL, is Professor of Pediatrics in the Division of Endocrinology, Director of the Weight Assessment for Teen and Child Health (WATCH) Program, and Member of the Institute for Health Policy Studies at UCSF. He studies the interplay between changes in the nutritional environment and defective hormone signaling and, in particular, the role of fructose and lack of fiber in the genesis of metabolic syndrome.

Efficacy of water preloading before main meals as a strategy for weight loss in primary care patients with obesity: RCT
Helen M. Parretti, et al.
As seen in The Huffington Post

Meet the lead author: Helen M. Parretti
Helen Parretti is a GP and NIHR Academic Clinical Lecturer at the University of Birmingham, UK. She has a research interest in novel interventions for weight management in primary care, weight management of renal transplant recipients, and the long-term management of patients following bariatric surgery.

Are we making progress in the prevention and control of childhood obesity? It all depends on how you look at it
William H. Dietz
As seen in Health Day

Meet the lead author: William H. Dietz
William H. Dietz, MD, PhD, is the Chair of the Sumner M. Redstone Global Center for Prevention and Wellness at the Milken Institute School of Public Health at George Washington University. He is also the Director of the STOP Obesity Alliance. From 1997-2012, he was the Director of the Division of Nutrition, Physical Activity, and Obesity at the Centers for Disease Control and Prevention. He is a member of the Institute of Medicine and a past-president of The Obesity Society and the American Society for Clinical Nutrition.

A high-protein breakfast prevents body fat gain, through reductions in daily intake and hunger, in "breakfast skipping" adolescents
Heather J. Leidy, et al.
As seen in Men’s Fitness

Meet the lead author: Heather J. Leidy
Heather J. Leidy, PhD, is an Associate Professor and Clinical Research Center Director in the Department of Nutrition Science at Purdue University. Dr. Leidy completed her PhD in Physiology at Penn State University and a postdoctoral fellowship in Nutrition and Ingestive Behavior at Purdue University. Specific focus areas include the effects of protein quantity and timing of consumption on the hormonal and neural signals controlling appetite, satiety, and food cravings.
The prevalence and validity of high, biologically implausible values of weight, height, and BMI among 8.8 million children
David S. Freedman, et al.
As seen in ConscienHealth

Meet the lead author: David S. Freedman
David S. Freedman is an epidemiologist at the U.S. Centers for Disease Control and Prevention in the Division of Nutrition, Physical Activity and Obesity.

NIH working group report-using genomic information to guide weight management: From universal to precision treatment
Molly S. Bray, et al.
As seen in Medical Daily

Meet the lead author: Molly S. Bray
Molly S. Bray, PhD, holds the Susan T. Jastrow Endowed Chair in the Department of Nutritional Sciences at the University of Texas at Austin, with a master’s degree in Exercise Physiology and a PhD in Human and Molecular Genetics. Dr. Bray’s research focuses on the relationship between genetic variation, energy balance, and lifestyle factors such as exercise, nutrition, and circadian patterns of behavior. Dr. Bray leads one of the largest genetic studies of exercise adherence established to date, with a total cohort of more than 3,500 individuals. Dr. Bray's research has included investigations of aerobic fitness and resting and exercise energy expenditure in children and adolescents, circadian studies of feeding and metabolic response, and clinical studies of adolescents with morbid obesity undergoing bariatric surgery. Dr. Bray has published extensively in a wide range of peer-reviewed journals and her work has been featured in national and international scientific meetings.

Effects of a mindfulness-based weight loss intervention in adults with obesity: A randomized clinical trial
Jennifer Daubenmier, et al.
As seen in Health Magazine

Meet the lead author: Jennifer Daubenmier
Jennifer Daubenmier, PhD, is Assistant Professor in the Holistic Health Studies Program in the Department of Health Education at San Francisco State University and at the Osher Center for Integrative Medicine at the University of California, San Francisco. She is the recipient of several NIH grants designed to understand the impact of meditation and mindful eating practices on eating behavior, stress, and metabolic health among individuals at-risk for chronic diseases.