Introducing the Asian Journal of Obesity

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Obesity has emerged as a pressing global health concern, affecting individuals of all ages and ethinic backgrounds. In the South Asian region, the prevalence of obesity is on the rise, harbors a very unique phenotype and very distinct dietary practices that require innovative solutions, In response to this growing crisis, we are proud to announce the launch of the Asian Journal of Obesity, a scholarly platform dedicated to advancing research, knowledge, and interventions in the field of obesity within the South Asian context.

The Asian Journal of Obesity is the official journal of the South-Asia Obesity Forum, a unique consortium of experts from 8 different South Asian countries, is bound together under the official tagline 'United Against Obesity'. In line with the forums vision, to address the challenges of the obesity pandemic and to mitigate its impact in the region through obesity education, research, and advocacy the first issue of the journal is being launched at the Annual Congress of the Sri Lanka College of Endocrinologists – SLENDO 2024.

The Asian Journal of Obesity aims to address this urgent need by providing a platform for researchers, health care professionals, policymakers, people living with obesity and other stakeholders to share insights, best practices, and innovative strategies for combating obesity in the region. By fostering collaboration and knowledge exchange across different countries, we seek to catalyze meaningful change and improve the health outcomes of millions of individuals affected by obesity in South Asia.

The scope of the Asian Journal of Obesity is broad and multidisciplinary, encompassing research in areas such as epidemiology, genetics, nutrition, physical activity, behavioral science, clinical management, and public health policy related to obesity. We welcome submissions of original research articles, reviews, commentaries, and case studies that contribute to a deeper understanding of the complex factors influencing obesity prevalence, risk factors, prevention, and treatment in the South Asian context. Furthermore, we have included 6 interesting domains in the journal including Blue Zone Diets, Case Capsule, The Hot AJO Brew, Public Health Viewpoint, The Mind Corner, and From the Global Desk, each of which highlight the underrecognized domains of obesity management in the region.

Our journal also aims to highlight the socio-cultural determinants of obesity in South Asia, including traditional beliefs, societal norms, urbanization, globalization, and economic disparities. By examining these interconnected factors, we hope to develop evidence-based interventions that are culturally sensitive, contextually relevant, and sustainable in the long-term.

In the coming months, the Asian Journal of Obesity plans to organize special issues, symposia, webinars, and workshops on emerging topics and trends in obesity research and practice. We also intend to establish partnerships with leading academic institutions, public health agencies, and nonprofit organizations dedicated to obesity prevention and management in South Asia. Furthermore, we are committed to promoting diversity, equity, and inclusion in our editorial processes, authorship, and readership. We will strive to amplify the voices of underrepresented researchers, practitioners, and communities working on obesity-related issues in South Asia and create a more inclusive and equitable platform for knowledge dissemination and collaboration.

I would like to express my deep gratitude to the esteemed members of the editorial board of the Asian Journal of Obesity for their prompt willingness to join and give their invaluable support, expertise, and dedication to advancing the journal's mission. Their contributions in shaping the vision, scope, and editorial policies of the journal have been instrumental in ensuring its successful launch and future growth. I would like to especially thank Dr Sanjay Kalra, for his mentorship, guidance and support to launch this journal. Moreover, the team of Indian Journal of Clinical Practice has been very supportive which each of our newer endeavours for this journal. As we embark on this exciting journey with the launch of the Asian Journal of Obesity, we are filled with optimism and hope for a healthier, more equitable future for all individuals affected by obesity in South Asia. We believe that by fostering collaboration, innovation, and evidence-based interventions, we can make a meaningful impact on the obesity epidemic and improve the quality of life for millions of people in the region.

In the years to come, we envision the Asian Journal of Obesity becoming a leading publication in the field of obesity research, known for its high-quality content, diverse perspectives, and actionable insights. We are confident that our journal will serve as a catalyst for positive change, inspiring new ideas, partnerships, and initiatives that will transform the landscape of obesity prevention and management in South Asia and contribute to global efforts to combat this urgent public health challenge.

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