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Emerging Challenges in the Epidemic of Diabetes and Obesity: The Need for Evidence-Based and Policy-Oriented Strategies

Nasim Namiranian

Associate Professor of Community & preventive medicine, Diabetes Research Center, Non- Communicable Disease Research Institute, Shahid Sadoughi university of medical sciences, Yazd, Iran.

Diabetes and obesity represent two interrelated epidemics that have become major contributors to the global burden of disease and health-care expenditure. Despite remarkable advances in understanding their pathophysiology and in the development of novel pharmacological therapies, their overall prevalence and associated complications remain alarmingly high.

Growing evidence indicates that effective prevention and management of diabetes and obesity require approaches extending beyond traditional, clinic-based interventions. Social determinants of health, urban lifestyles, unhealthy dietary patterns, and sedentary behavior all play a fundamental role in the genesis and perpetuation of these disorders. Consequently, national strategies must integrate intersectoral collaboration, community-based interventions, and data-driven chronic care models to achieve meaningful impact.

In Iran, significant progress has been made in developing national clinical guidelines, implementing screening programs, and enhancing public awareness. However, the gap between scientific evidence and clinical decision-making persists. The absence of comprehensive national databases, limited evaluation of intervention outcomes, and insufficient emphasis on translational research continue to hinder the development of sustainable, context-specific solutions.

The Iranian Journal of Diabetes and Obesity (IJDO) seeks to bridge this divide by fostering communication between clinical experts, basic scientists, nutrition specialists, behavioral scientists, and health policymakers. This issue presents a collection of original studies and reviews addressing combined therapeutic approaches, culturally tailored lifestyle interventions, and the emerging role of digital health technologies in patient self-management.

It is our hope that these contributions will strengthen the foundation for evidence-based practice, inform national health policy, and encourage interdisciplinary collaboration aimed at reducing the burden of diabetes and obesity in our communities.

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