

Obesity

About the Journal

AIM and SCOPE

The Obesity Society's official journal, *Obesity*, a research journal, is the preeminent journal in the field. It is intended to increase knowledge, foster research, and promote better treatment for people with obesity and their loved ones. The journal publishes scientific articles, as well as relevant review articles, commentaries, and public health and medical developments.

IMPACT FACTOR

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www.nature.com/obesity or www.obesityjournal.org

SUBMISSION WEBSITE

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FREQUENCY

Monthly

Avoiding Pejorative Language and Images: Guidelines from the Weight Bias Task Force

In new efforts by The Obesity Society to address concerns about weight bias in the scientific community, it is recommended that authors adhere to the following guidelines in an attempt to avoid pejorative language and images in their submissions to *Obesity*, in poster or paper presentations submitted for consideration at The Obesity Society's Annual Scientific Meeting, in Annual Scientific Meeting sessions, in Obesity Online content, and in any CME or other education programs that the Society conducts.

1. Authors should consider carefully whether terminology and language used could be offensive to persons with obesity.
2. Authors should avoid using potentially pejorative adjectives or adverbs when describing individuals who are overweight or obese, as well as language which implies moral judgments or character flaws to this population. This includes language which could be interpreted as stereotyping, biased, or prejudiced.
3. Where possible, when describing patients, research participants, and subjects who are overweight and obese, please consider using descriptive terms in a sensitive manner. Examples include referring to obesity or body weight scientifically with Body Mass Index (BMI) descriptors, and using terms like "excess weight" rather than "weight problem," "fatness," "morbidly obese," or other similar descriptors. The term "obesity" is appropriate when used for scientific publications but may be viewed as pejorative in articles written for the lay public. For more information on sensitive terminology to describe obesity, please consult the following reference:

Wadden TA, Didie E. What's in a name? Patients' preferred terms for describing obesity. *Obesity Research*. 2003;11:1140-1146.

4. In preparation of paper or poster research presentations, authors should avoid using images which may be potentially pejorative, biased, or prejudiced. This includes images that depict overweight or obese individuals as objects of humor, engaging in stereotypical behaviors (such as overeating, eating "junk food," or being sedentary), or imply other negative attributes (such as noncompliance with treatment, lack of willpower, laziness, or lack of commitment to health). Authors are encouraged to instead use images of individuals engaging in healthy behaviors (such as eating healthy foods or engaging in physical activity) or other behaviors which challenge and counter common stereotypes about weight.

For additional information on weight bias, please consult the following references:

Puhl R, Brownell KD. Bias, discrimination, and obesity. *Obesity Research*. 2001;9:788-805.

Schwartz MB, O'Neal H, Brownell KD, Blair S, Billington C. Weight bias among health professionals specializing in obesity. *Obesity Research*. 2003;11:1033-1039.

Preparation of Manuscripts

CONTENT TYPES

Manuscripts published by *Obesity* include: (1) Editorials, (2) Book Reviews, (3) Letters to the Editor, (4) Commentaries, (5) Reviews, (6) Short Communications, (7) Brief Reports: Genetics, (8) Brief Reports: Epidemiology, and (9) Original Articles.

PREPARATION OF MANUSCRIPTS

(1) Editorial [only by invitation of Editors]

Word Limit: 800-1,600 words excluding references, tables and figures

Abstract: no abstract for this article type

References: 5 maximum

Figures/Tables: 1 maximum

(2) Book reviews [only by invitation of Editors]

Word Limit: 700 words maximum excluding tables and figures

Abstract: no abstract for this article type

References: N/A

Figures/Tables: 1 maximum

(3) Letters to the Editor

Word Limit: 500 words excluding references, tables and figures

Abstract: no abstract for this manuscript type

References: 10 maximum

Figures/Tables: 1 maximum

Letters to the Editor typically should address issues concerning recently published information in *Obesity*. A Letter to the Editor must reference the original source, and a Response to a Letter must reference the Letter to the Editor in the first few paragraphs. Letters to the Editor can use an arbitrary title, but a Response must cite the title of the Letter: e.g. Response to [title of Letter]. The publication of submitted Letters to the Editor is up to the discretion of the Editors.

(4) Commentaries [only by invitation of Editors]

Word Limit: 800-1,500 words excluding references, tables and figures

Abstract: no abstract required, however, manuscript should include an introduction not to exceed 75 words

References: 10 maximum

Figures/Tables: 2 maximum

Commentaries typically highlight findings of a paper in a wider scientific and clinical context.

(5) Reviews

Word Limit: 7,000 words excluding abstract, references, tables and figures

Abstract: 250 words maximum

References: 100 maximum

Figures/Tables: no maximum

Review topics should be presented to the Editor-in-Chief prior to submission to establish that the proposed subject falls within the guidelines of the journal and that a review in that field is not currently under preparation by another author. Please note that all email enquiries to the Editor-in-Chief should be copied to the Editorial Assistant.

(6) Short Communications

Word Limit: 1,500 words maximum, excluding abstract, references, tables and figures

Abstract: 250 words maximum

References: 15 maximum

Figures/Tables: 1 maximum

Short Communications are short critical articles on topics of general interest in obesity. Short communications should not attempt an exhaustive literature review, but should analyze a few carefully selected findings.

(7) Brief Reports: Genetics

Word Limit: 1,500 words maximum excluding abstract, references, tables and figures

Abstract: 200 words maximum

References: 20 maximum

Figures/Tables: 5 maximum

Brief Genetics Reports should report genetic studies and gene profiling analysis relevant to obesity and related disorders that can be presented in a concise format.

(8) Brief Reports: Epidemiology

Word Limit: 1,500 words maximum excluding abstract, references, tables and figures

Abstract: 200 words maximum

References: 20 maximum

Figures/Tables: 2 maximum

Brief Epidemiological Reports should be studies on the prevalence of overweight or obesity and related risk factors for a specific country or region that can be presented in a concise format. Authors are required to report prevalence using the WHO obesity classification for adults (WHO, 1995) and IOTF reference for children (Cole, 2000).

(9) Original Articles

Word Limit: 5,000 words maximum excluding abstract, references, tables and figures

Abstract: 250 words maximum

References: 40 maximum

Figures/Tables: 8 tables or figures, combined, maximum

Original Articles should focus on substantial novel research, findings, and developments from both human and animal studies in all areas relevant to the science of obesity. The following features are essential: hypothesis testing, suitable controls, appropriate statistical methods, clear reporting of results, and conclusions supported by the results.

FORMAT OF MANUSCRIPTS

General format

Manuscripts must be typed in English and double-spaced. Provide margins of at least one inch at the top, bottom, and both sides of each page. Manuscripts should be arranged in the following order: title page, abstract, introduction, methods and procedures, results, discussion, supplementary information description (if any), acknowledgments, disclosure statement, references, and table and figure legends. All manuscript pages must be numbered consecutively. Each table and figure should be in a separate, individual file. *Obesity* does not accept manuscripts with titles in the form of questions.

Title page

This should include (a) the complete manuscript title of no more than 125 characters, including spaces; (b) the running head of no more than 40 characters (no running head required in Editorials, Book Reviews and Letters to the Editor) (b) all authors' names (listed as first and middle initials followed by last name, without degrees) and affiliations; and (c) the name, current address, fax number, telephone number and e-mail address for the correspondence.

Text

For contributions requiring abstracts, the lengths are defined in the respective sections of *Preparation of Manuscripts*. Abstracts should be written in freeform without headings. For contributions that do not require an abstract, introductory paragraphs may contain references to cited work. Original articles should be organized under following main headings: Introduction, Methods and Procedures, Results, Discussion, and Disclosure.

Originality

A submitted manuscript must be an original contribution not previously published (except as an abstract), must not be under consideration for publication elsewhere, and, if accepted, must not be reproduced elsewhere without the consent of The Obesity Society. Although the editors, editorial board, and referees make every effort to ensure the validity of published manuscripts, the final responsibility rests with the authors, not with *Obesity*, its editors, The Obesity Society, or Nature Publishing Group.

Informed Consent and Ethics

When reporting experiments on human subjects, indicate whether the procedures were in accordance with the ethical standards of the responsible committee on human experimentation (institutional or regional) or with the Helsinki Declaration of 1975 (as revised in 1983). Include Institutional Review Board or Animal Care and Use Committee approvals.

Clinical Trials Registry

Registration in a public trials registry is required for publication in *Obesity*. A clinical trial is defined as any research project that prospectively assigns human subjects to intervention or comparison groups to study the cause-and-effect relationship between a medical intervention and a health outcome. Studies designed for other purposes, including exploring pharmacokinetics or safety and tolerability (e.g., phase 1 trials) are exempt. Registration must be with a registry that meets the following criteria: (1) accessible to the public at no charge; (2) searchable by electronic methods; (3) open to all prospective registrants free of charge or at minimal cost; (4) validates registered information; (5) identifies trials with a unique number; and (6) includes information on the investigator(s), research question or hypothesis, methodology, intervention and comparisons, eligibility criteria, primary and secondary outcomes measured, date of registration, anticipated or actual start date, anticipated or actual date of last follow-up, target number of subjects, status (anticipated, ongoing or closed) and funding source(s). Examples of registries that meet these criteria include (1) The registry sponsored by the United States National Library of Medicine (www.clinicaltrials.gov); (2) The International Standard Randomised Controlled Trial Number Registry (<http://www.controlled-trials.com>); (3) The Cochrane Renal Group Registry (<http://www.cochrane-renal.org/trialsubmissionform.php>); (4) The National (United Kingdom) Research Register (<http://www.update-software.com/national/>); and (5) European Clinical Trials Database (<http://eudract.emea.eu.int/>).

Abbreviations

Abbreviations should be defined at the first mention in the text and in each table and figure. For a list of standard abbreviations, please consult the Council of Biology Editors Style Guide (available from the Council of Science Editors, 9650 Rockville Pike, Bethesda, MD 20814) or other standard sources. Write out the full term for each abbreviation at its first use unless it is a standard unit of measure.

Style

The American Medical Association Manual of Style (9th edition), Stedman's Medical Dictionary (28th edition) and Merriam Webster's Collegiate Dictionary (11th edition) should be used as standard references. Refer to drugs and therapeutic agents by their accepted generic or chemical name, and do not abbreviate them (a proprietary name may be given only with the first use of the generic name). Code names should be used only when a generic name is not yet available (the chemical name and a figure giving the chemical structure of the drug are required). Copyright or trade names of drugs should be capitalized and placed in parentheses after the name of the drug. Names and locations (city and state in United States; city and country outside United States) of manufacturers of drugs, supplies, or equipment cited in a manuscript are required to comply with trademark law and should be provided in parentheses. Quantitative data may be reported in the units used in the original measurement, but SI units are preferred, including those applicable to body weight, mass, weight, and temperature.

Non-Native Speakers of English

Authors who are not native speakers of English who submit manuscripts to international journals often receive negative comments from referees or editors about the English-language usage in their manuscripts, and these problems can contribute to a decision to reject a paper. To help reduce the possibility of such problems, we strongly encourage such authors to take at least one of the following steps:

- Have your manuscript reviewed for clarity by a colleague whose native language is English.
- Use a service such as one of those listed below. An editor will improve the English to ensure that your meaning is clear and identify problems that require your review. Note that the use of such a service is at the author's own expense and risk and does not guarantee that the article will be accepted. Nature Publishing Group accepts no responsibility for the interaction between the author and the service provider or for the quality of the work performed.

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American Journal Experts (<https://www.journalexerts.com/?rcode=NATURE>)

Inter-Biotec (<http://www.inter-biotec.com>)

Inter-Biotec also provides a free online writing course (<http://www.inter-biotec.com/biowc/biowc.html>) to help biomedical scientists whose first

language is not English to write and publish their papers in English-language journals.
 SPI Professional Editing Services (<http://www.prof-editing.com>)
 Write Science Right (<http://www.writescienceright.com>)

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All authors are responsible for recognizing and disclosing any conflict of interest that could be perceived to bias their work, making known all financial support and any other personal connections. This includes, but is not limited to: funding, such as salaries, equipment, supplies, reimbursement for attending symposia, etc. from organizations that may gain or lose financially through the publication of the paper; personal financial interests, such as stocks and shares in companies that may gain or lose financially from publication, consultation fees or forms of remuneration from organizations that may gain or lose financially, or patent and patent applications whose value may be affected; and, employment, whether recent, present or anticipated, by an organization that may gain or lose from publication of the paper. Such relationships will be reviewed, and further clarification may be requested if deemed necessary by the editors or reviewers. This information should be included in the title page and in the article under the heading "Disclosure." This section should appear after the main text (below Acknowledgments, if any). If you have no conflict of interest to declare, please state so in the "Disclosure" section.

ACKNOWLEDGMENTS

This should include sources of support, including federal, industry, and philanthropic support.

REFERENCES

References should be typed double-spaced. References are to be numbered in the order of citation within the article; with only one number per reference. Within the text, reference numbers should be placed within parentheses and appear on the same line as the text, not in superscript. Abstracts should be avoided when possible. List all authors when six or fewer; when seven or more, list only the first three followed by "et al." Abbreviate journal titles according to MEDLINE style. Personal communications and unpublished data should be included within the text of the manuscript, not as references. Individual references should be formatted in the Vancouver style as follows:

Journal articles:

Tunceli K, Kemeng L, Williams LK. Long-term effects of obesity on employment and work limitations among U.S. adults, 1986-1999. *Obesity* 2006;9:1637-1646.

Books:

Baron EJ, Chang RS, Howard DH, Miller JN, Turner JA. *Medical Microbiology: A Short Course*. Wiley-Liss: New York, 1994, pp 39-41.

Articles in books:

Elias M, Elias P. Motivation and activity. In: Birren JE, Schaie KE (eds). *Handbook of the Psychology of Aging*. Van Nostrand: New York, 1976, pp 357-359.

TABLES

Each table should be double-spaced on a separate sheet and numbered consecutively in the order of first citation in the text. Minimize empty space and number consecutively with Arabic numbers in order of their first citation in the text. Indicate footnotes in the table with superscript lowercase letters (^a, ^b, etc.). Supply a brief title of no more than 15 words for each, but place explanatory matter in the footnotes (not in the heading). Do not use internal horizontal and vertical lines. Tables should be submitted as separate files.

FIGURES

Figures should be labeled sequentially, numbered and cited in the text. If a table, figure or any other previously published material is included, the authors must obtain written permission to reproduce the material in both print and electronic formats from the copyright owner and submit it with the manuscript. The original source should be cited. Figures should be submitted as separate files.

FIGURE LEGENDS

Legends should be brief and specific, and should appear on a separate manuscript page after the Reference section. All abbreviations used in an illustration should be expanded in the legend.

GUIDELINES FOR FIGURES AND ARTWORK

Detailed guidelines for submitting figures and artwork can be found at: <http://www.nature.com/ai/artworkguidelines.pdf>. Using the guidelines, please submit production quality artwork with your initial online submission. If you have followed the guidelines, we will not require the artwork to be resubmitted following the peer-review process.

FIGURES IN PRINT [color charges may apply]

Minimum Resolutions:

Halftone images 300 dpi (dots per inch)
 Color images 300 dpi saved as CMYK
 Images containing text 400 dpi
 Line art 1000 dpi

Sizes:

Figure Width – Single Image
 86 mm (Should be able to fit into a single column of the printed journal)

Figure Width – Multi-part Image
 178 mm (Should be able to fit into a double column of the printed journal)

Text Size

8 point (Should be readable after reduction – avoid large type or thick lines) Line Width between 0.5 and 1 point

COLOR ON THE WEB

For FREE color figures on the web (only available in the HTML (full text) version of manuscripts), authors should supply separate files in the following format. These files should be submitted as supplementary information and indicated as such in the submission letter.

For Single Images:

Width	500 pixels (authors should select "constrain proportions," or equivalent instructions, to allow the application to set the correct proportions automatically.)
Resolution	125 dpi (dots per inch)
Format	JPEG for photographs GIF for line drawings or charts
File naming	Please save image with .jpg or .gif extension to ensure it can be read by all platforms and graphics packages.

For Multi-part Images:

Width	900 pixels (authors should select "constrain proportions," or equivalent instructions, to allow the application to set the correct height automatically.)
Resolution	125 dpi (dots per inch)
Format	JPEG for photographs GIF for line drawings or charts
File naming	Please save image with .jpg or .gif extension to ensure it can be read by all platforms and graphics packages.

JOURNAL STYLE

Papers should be prepared as follows:

1. See the artwork guidelines (www.nature.com/ai/artworkguidelines.pdf) for information on labeling of figures
2. Do not make rules thinner than 1 pt (0.36mm)
3. Use a coarse hatching pattern rather than shading for tints in graphs
4. Color should be distinct when used as an identifying tool
5. Use SI units throughout
6. Commas, not spaces, should be used to separate thousands
7. Abbreviations should be preceded by the words for which they stand in the first instance of use
8. Text should be double-spaced with a 1 inch margin
9. At first mention of a manufacturer, the city (and state if USA) and country should be provided

FILE FORMATS

File formats are provided on the online forms. Please use a common word-processing package (such as Microsoft Word*) for the text. Tables should be uploaded as separate files in an editable format like Microsoft Word or Excel. Figures should also be uploaded separately; see the figures and artwork section above for more information on file formatting.

*Microsoft Office 2007 saves files in an XML format by default (file extensions .docx, .pptx and .xlsx). Files saved in this format cannot be accepted for publication.

Save Word documents using the file extension .doc

- Select the Office Button in the upper left corner of the Word 2007 Window and choose "Save As"
- Select "Word 97-2003 Document"
- Enter a file name and select "Save"

These instructions also apply for the new versions of Excel and PowerPoint.

Equations in Word must be created using Equation Editor 3.0

Equations created using the new equation editor in Word 2007 and saved as a "Word 97-2003 Document" (.doc) are converted to graphics and can no longer be edited. To insert or change an equation with the previous equation editor:

- Select "Object" on the "Text" section of the "Insert" tab
- In the drop-down menu - select "Equation Editor 3.0"

Do not use the "Equation" button in the "Symbols" section of the "Insert" tab.

SUPPLEMENTARY MATERIAL

Supplementary material is peer-reviewed material directly relevant to the conclusion of an article that cannot be included in the printed version owing to space or format constraints. It is posted on the journal's web site and linked to the article when the article is published and may include data files, graphics, movies or extensive tables. The printed article must be complete and self-explanatory without the supplementary material. Supplementary material must be supplied to the editorial office in its final form for peer review. On acceptance, the final version of the peer-reviewed supplementary material should be submitted with the accepted paper. To ensure that the contents of the supplementary material files can be viewed by the editor(s), referees and readers, please also submit a 'read-me' file containing brief instructions on how to use the file.

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each file; identify the types of files (file formats) submitted and include the text 'Supplementary Material is available at www.nature.com/obesity at the end of the body of text and before the references.

Accepted file formats. Quick Time files (.mov), graphical image files (.gif), HTML files (.html), MPEG movie files (.mpg), JPEG image files (.jpg), sound files (.wav), plain ASCII text (.txt), Acrobat files (.pdf), MS Word documents (.doc), Postscript files (.ps), MS Excel spreadsheet documents (.xls) and PowerPoint files (.ppt). We cannot accept TeX and LaTeX. File sizes must be as small as possible, so that they can be downloaded quickly. Images should not exceed 640 x 480 pixels but we would recommend 480 x 360 pixels as the maximum frame size for movies. We would also recommend a frame rate of 15 frames per second. If applicable to the presentation of the supplementary material, use a 256-color palette. Please consider the use of lower specification for all of these points if the supplementary information can still be represented clearly. Our recommended maximum data rate is 150 KB/s.

The number of files should be limited to eight, and the total file size should not exceed 8 MB. Individual files should not exceed 1 MB. Please seek advice from the editorial office before sending files larger than our maximum size to avoid delays in publication. Further questions about the submission or preparation of supplementary material should be directed to the editorial office.

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Page charges

Manuscripts accepted for publication in *Obesity* will incur page charges to cover, in part, the cost of publication. Page charges are dependent on status as an Obesity Society member. If your paper is accepted, the authors will be assessed \$65 per page if a first or corresponding author is a [member of The Obesity Society](#) or \$85 per page if a first or corresponding member is not a member of The Obesity Society.

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Submission and publication

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