



The Relationship between Eating Habits, Obesity and Diabetes

Guest Editors:

Dr. Jie Zhang

Department of Public Health,
Aarhus University, DK-8000
Aarhus, Denmark

Dr. Qian Yang

MRC Integrative Epidemiology
Unit, University of Bristol, Bristol
BS1 3NY, UK

Deadline for manuscript
submissions:

closed (31 October 2024)

Message from the Guest Editors

Lifestyle modifications, including dietary changes, have demonstrated effectiveness in preventing obesity and diabetes, with several mechanisms elucidated to underscore the protective impacts of these interventions. Healthy eating habits, particularly regarding food composition, timing and sequence, can result in significant glycemic benefits. Increasing evidence has suggested that unhealthy eating habits, including snacking, fast eating speed, and poor meal timing, are associated with an increased risk of obesity and poor glycemic control. This is particularly crucial for individuals with diabetes, who need to prioritize glucose control for diabetes management. An additional focal point involves the influences of environmental and social factors on the formation of eating habits.

Unresolved questions persist, particularly regarding the development of healthy eating habits and the complex interplay between eating habits and the environment. This Special Issue aims to compile the latest research findings on eating habits and lifestyle in relation to obesity and diabetes prevention. Original research articles and reviews are welcome.





an Open Access Journal by MDPI

Editor-in-Chief

**Prof. Dr. Lorraine S.
Evangelista**

Sue & Bill Gross School of
Nursing, University of California,
Irvine, CA 92697, USA

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank: JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

Contact Us

Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](https://twitter.com/HealthcareMDPI_)