



Advances and Effectiveness of School-Based Interventions for Wellbeing and Health

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Message from the Guest Editor

Childrens' wellbeing is essential for physical, cognitive, emotional, mental, and social development. Despite making considerable advances in survival rates, globally, a large proportion of children are not developmentally on track in health, learning, and psychosocial wellbeing. Since the needs of children are multidimensional and encompass a 24-hour activity cycle of sleep, physical activity, and sedentary behavior, it is of the utmost importance to establish habits for healthy living in early life. Schools have been identified as an ideal place for intervention, yet the efficacy and effectiveness of interventions only at the school level have varied. A more contemporary approach is to address potential risk factors (such as sedentary behavior and poor sleep quality) at several levels (individual, home, and school) because there is a significant relationship among these levels. Health determinants must be simultaneously addressed to reduce disparities and improve the effectiveness of interventions. Healthier children are more ready to learn, so expanding the reach and scale of school-based interventions is paramount for academic success and wellbeing.





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Message from the Editor-in-Chief

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