



Nutrient Intake, Physical Activity and Chronic Disease Prevention

Guest Editor:

Dr. Graciela Caire-Juvera

Department of Nutrition, Centro
de Investigación en Alimentación
y Desarrollo, A.C., Hermosillo
83304, Mexico

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Message from the Guest Editor

Dear Colleagues,

Noncommunicable diseases (NCDs) such as obesity, diabetes, metabolic syndrome, chronic kidney disease, cardiovascular diseases, and most cancers, represent a significant burden in terms of both health and economy. NCDs have spread throughout the world and are a serious public health problem. An unhealthy lifestyle, characterized by an unbalanced and low-quality diet due to the consumption of foods high in saturated fat and sugar, and a low consumption of fruits, vegetables, fiber, and ω -3 fatty acids, coupled with physical inactivity, contribute to metabolic alterations that can lead to the appearance of NCDs. Therefore, it is essential to conduct research on strategies to ensure that people engage in physical activity, have access to nutritious food, and are able to select the adequate type and amount of food, in order to avoid health complications.

Manuscripts addressing these topics are invited for this Special Issue, combining high academic standards and, where possible, a practical approach to provide solutions to the problems of poor diet quality, inadequate nutrient intake, low physical activity, and sedentary lifestyle, as they relate to NCDs.





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USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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