



## Healthy and Sustainable Lifestyles in the Context of Planetary Health

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### Message from the Guest Editor

Dear Colleagues,

Planetary health (defined as “the health of human civilisation and the state of the natural systems on which it depends”, Horton and Lo 2015) is tightly interwoven with human activities, including healthy and sustainable lifestyles. .

How can human and natural systems influence and contribute to health-promoting and environmentally friendly lifestyles? What is the role of social, commercial, environmental, and other underlying determinants? A more detailed understanding of these questions is key to moving this science forward to improve planetary health. Furthermore, the role health systems, food systems, education systems, transport, and spatial planning play for enabling healthy and sustainable lifestyles for planetary health, as well as the opportunities and challenges of (planetary) health in all policies, are of interest. Observational and interventional studies as well as systematic reviews and meta-analyses that use a planetary health approach with focus on healthy and sustainable lifestyles will help to advance research on the multiple benefits in the context of planetary health.

Dr. Carmen Jochem  
*Guest Editor*





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## 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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