



Incentivizing Healthy Behavior: Policies for Curbing Tobacco, Alcohol and Drug Use and for Promoting Healthy Diets and Increased Physical Activity

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Deadline for manuscript
submissions:

closed (31 August 2021)

Message from the Guest Editors

Behavioral risk factors, such as tobacco, alcohol and drug use, unhealthy diet, and insufficient physical activity, reflected in individual action (or inaction), can be deleterious to one's own health or that of others and disruptive to human life. While there are numerous psychosocial, economic, and environmental factors that can propel individuals to make unhealthy choices, solutions exist to help them to modify those risky behaviors as well. The use of choice experiments, nudges, and policy interventions to encourage healthy behaviors represents an important intersection between behavioral and clinical science. Existing literature demonstrates that setting the right incentives can effectively reduce consumption of tobacco, alcohol, drugs, and unhealthy diet and increase physical activity to generate enormous public health gain.

With a view to enhancing evidence-based population-level interventions to promote healthy behavior, this Special Issue welcomes papers on emerging evidence on incentivizing healthier lifestyles.





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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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