



Lifestyle, Nutrition and Environmental Factors Influencing Health Benefits

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Deadline for manuscript
submissions:

closed (30 September 2022)

Message from the Guest Editors

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social well-being and not simply the absence of disease or infirmity” and recognizes nutrition as a fundamental part of health and development.

In addition to nutrition, human health is affected by genetics, environmental factors and lifestyle, which are all variables that are included in the “exposome” term. Lifestyle involves the daily behaviors and functions of individuals in work, activities, entertainment and diet, but an important aspect of one’s lifestyle is one’s personal eating habits. Following a healthy lifestyle improves one’s overall health and well-being.

This Special Issue is dedicated to the role of and perspectives of lifestyle, nutrition and environmental factors on beneficial effects on health conditions, examined from different angles, including outdoor exercise. We welcome original research and reviews. For this Special Issue, papers dealing with these topics are invited, especially those combining a high academic standard with a practical focus on providing practical information and solutions.





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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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Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

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