



Advances in Community Nutrition and Physical Exercise

Guest Editors:

Prof. Dr. Alejandro Martínez-Rodríguez

Department of Analytical Chemistry, Nutrition and Food Sciences, Faculty of Sciences, University of Alicante, 03690 Alicante, Spain

Assoc. Prof. Thomas P. Gunnarsson

Department of Nutrition, Exercise and Sports, Copenhagen University, 2100, Copenhagen, Denmark

Prof. Dr. Jacobo A. Rubio-Arias

LFE Research Group, Department of Health and Human Performance, School of Physical Activity and Sport Sciences-INEF, Universidad Politécnica de Madrid, 28040 Madrid, Spain

Message from the Guest Editors

For this Special Issue on “Advances in Community Nutrition and Physical Exercise”, we are interested in original research and all kinds of review articles studying or summarizing the effects and importance of nutrition and physical exercise on human health. The focus lies on human studies, with basic science investigations only welcomed if they are part of a human/clinical study. The topics we are interested in are broad and include food, macronutrients or micronutrients and human health, the relationship between physical exercise and diet or nutrition and efforts to improve healthy eating, nutritional assessments of food and nutrient intakes, human obesity, nutrition in the different populations, and, of course, highly up-to-date topics like training, body composition, supplementation, and health.

We also welcome high-quality systematic reviews related to these matters. I would be very happy if this Special Issue serves as a trigger for considering more effective ways of community nutrition and physical exercise improvements in the future.

Deadline for manuscript submissions:

closed (30 June 2021)



mdpi.com/si/36986

Special Issue



an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou
RCMI Center for Urban Health
Disparities Research and
Innovation, Richard N. Dixon
Research Center, Morgan State
University, Baltimore, MD 21251,
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.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

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

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI