



The Influence of Mediterranean Diet on Health and Environment

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Message from the Guest Editors

Besides being an UNESCO intangible cultural heritage of humanity, the Mediterranean diet is worldwide recognised as a healthy dietary pattern. A large body of evidence has shown that the Mediterranean diet exerts a preventive effect with regard to several non-communicable chronic diseases. It is also associated with a better quality of life and a reduction in overall mortality. At the same time, the Mediterranean diet has been described as a sustainable dietary approach resulting in a low environmental impact.

An in-depth understanding of the key elements of the Mediterranean diet, of the underlying mechanisms impacting human health, and of the intrinsic and extrinsic barriers and drivers towards such dietary regimen is needed to support current evidence, to provide new insights and to identify the most effective strategies to promote a higher adherence to the Mediterranean diet.

This Special Issue of the *International Journal of Environmental Research and Public Health*, entitled “Influence of the Mediterranean Diet on Health and the Environment”, welcomes manuscripts describing original research or reviewing the scientific literature.





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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