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Interventions to Enhance Physical Activity and Nutrition in Children

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Message from the Guest Editors

Dear Colleagues,

Regular physical activity and good nutrition are fundamental to children's health and wellbeing; however, the modern environments in which many of us live can make it difficult for children and their families to maintain healthy lifestyles. Designing and testing new ways to enhance physical activity and nutrition in children is therefore essential if we are to provide the next generation with the best possible start in life.

This Special Issue seeks papers describing interventions and initiatives designed to encourage physical activity (including active play), reduce sedentary behavior, and/or promote healthy eating in children. Priority will be given to new and innovative approaches to engage children and their caregivers in home, community, and/or educational environments. We also welcome high-quality systematic reviews and meta-analyses. We hope that this Special Issue provides an important forum to share the best ideas and research practices related to physical activity and nutrition in children.

Assoc. Prof. Scott Duncan

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Prof. Rachael Taylor

Guest Editors



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Special Issue



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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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