



Nutrition as Prevention Factor for Diabetes, Obesity and Other Chronic Diseases

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Message from the Guest Editors

Dear Colleagues,

In the past decades, lifestyle changes such as an increase in sedentary behavior and easier access to low-priced, highly energy-dense foods have produced critical variations in body composition, resulting in higher obesity rates and diabetes. Nutrition describes the processes by which cells, tissues, organs, and the whole body acquire energy and nutrients for their normal structure and function. Since the early stages of life, a correct nutrition has a fundamental role to avoid the onset of pathologies. Indeed, childhood obesity is an important risk factor for the development of several health conditions in adults, including type 2 diabetes mellitus (T2DM), metabolic syndrome, and other non-communicable diseases such as cardiovascular disease (CVD), hypertension (HTN), hyperlipidemia, stroke, various cancers, sleep apnea, liver and gall bladder diseases, osteoarthritis, and gynecological problems. In addition, recent studies have focused on the psychosocial consequences of obesity, which appeared to be responsible for depression and/or prejudice. Thus, food choice combined with physical activity represents an important factor to prevent several diseases.





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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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