



Community-Based Interventions for Prevention of Metabolic Syndrome

Guest Editor:

Dr. Enbo Ma

1. Associate Professor, Health Promotion Centre, Fukushima Medical University, Fukushima 960-1295, Japan
2. Associate Professor, Department of Epidemiology, Fukushima Medical University School of Medicine, Fukushima 960-1295, Japan

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Message from the Guest Editor

Dear Colleagues,

The development of health evidence and guidance has changed from observational to intervention studies. Implementation research in real-world settings promotes and renovates the integration of research findings and evidence into healthcare policy and practice. Metabolic syndrome is a combination of risk markers that promote the development of chronic diseases, e.g., cardiovascular disease and diabetes mellitus. To control and prevent these diseases, adequate nutrition and healthy diets and habits are essential in modifying the risk of metabolic syndrome based on the best available scientific evidence.

In this Special Issue, we focus on community-based interventions, including randomized controlled trials, which assess the role of healthy diets (including physical activity), nutrients, or nutritional supplements in treating, managing, or preventing metabolic syndrome, cardiovascular disease, or diabetes mellitus.





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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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