



Community-Based Interventions for Prevention of Metabolic Syndrome

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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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