



nutrients



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Dietary Intake and Physical Activity for Human Health

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Message from the Guest Editor

Dear Colleagues,

The World Health Organization (WHO) stated that unhealthy diet and physical inactivity are leading global risks to human health. Noncommunicable diseases (NCDs), such as cardiovascular diseases (e.g., heart attacks and stroke), cancers, chronic respiratory diseases (e.g., chronic obstructive pulmonary disease and asthma), and diabetes, kill 41 million people each year, equivalent to 71% of all deaths in the world. A number of epidemiological studies has been published that examine the relationship between dietary intake or diet quality and health and the relationship between exercise habits, physical activity, or inactivity and health outcomes. However, the double burden of malnutrition which refers to the dual burden of under- and overnutrition occurring simultaneously within a population becomes a big issue globally.

Dr. Yosuke Yamada
Guest Editor



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