



## Exercise, Diet and Bone Health in Youth

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### Message from the Guest Editors

Dear Colleagues,

In 2006, it was estimated that worldwide osteoporosis caused more than 8.9 million fractures annually. Concerningly, data from Western Australia demonstrated that increased fracture rates starting from childhood and adolescence. This information raises concerns that the increased risk for adult osteoporosis might start early in life.

Negatively impacting factors are suboptimal diet, vitamin D deficiency and decreased physical activity levels, increasing an individual's risk of developing osteoporosis later in life. Hence, optimising adolescent bone mass accrual by addressing levels of physical activity, diet, and vitamin D status may be important modifiable factors to preventing fractures and osteoporosis. Robust measures and methods are needed to monitor those parameters.

This Special Issue welcome authors to submit work to address this gap in information in the field of diet, exercise, and bone health in children and adolescents. Specific areas of interest include bone loading exercise modalities, impact of dietary factors on bone health, and methods to characterize bone health in this age group.





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