



Dietary Behavior and Sedentary Behavior in Children and Adolescents

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Message from the Guest Editors

Today, the rate of obesity has become alarming. The consequences of sedentary lifestyles and poor eating habits can be seen at various levels of health. At the physical level, we find high probabilities of experiencing diseases (i.e., metabolic, cardiovascular, immune system depression, and even certain types of cancer), which are related to a high mortality rate. On a psychological level, sedentary lifestyles and poor eating habits are associated with low self-esteem and high body dissatisfaction. On a social level, it is known that adolescents with high body mass indexes are more likely to experience bullying.

This Special Issue aims to display the importance of promoting physical activity and maintaining a balanced diet based on research and interventions in the field of education, physical activity, and social psychology in adolescents. Possible topics include: the family environment and nutrition; the influence of the educational context on eating habits; the importance of being active; quality of life; healthy and unhealthy eating habits; physical, mental, and emotional well-being.





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