

Special Issue

Interconnected Pathways: The Associations of Insufficient Physical Activity and Unhealthy Diet with Students' Cardiometabolic and Mental Health Outcomes

Message from the Guest Editors

Insufficient physical activity and unhealthy dietary habits are two major lifestyle risk factors affecting students' cardiometabolic and mental health outcomes. As childhood, adolescence, and young adulthood are critical periods in establishing long-term health behaviors, understanding the individual and combined effects of these behaviors is essential in guiding prevention and intervention strategies. For this Special Issue, we welcome epidemiological studies exploring the associations of physical inactivity and poor diet with outcomes such as obesity, metabolic syndrome, cardiovascular risk, depression, anxiety, and cognitive function. We encourage cross-sectional and longitudinal research assessing their prevalence, determinants, and trends across different student populations. By integrating findings from diverse perspectives, this Special Issue will enhance our understanding of these interconnected pathways and support the development of effective public health initiatives targeting students at different educational levels. We look forward to receiving your contributions.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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