



Health-Related Sustainable Development through Lifestyle and Self-Care

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Message from the Guest Editors

Healthy lifestyle patterns and self-care of chronically ill patients are on the public agenda due to an increasing body of literature that shows that they add benefits to usual chronic care, as well as on improving primary prevention of chronic disorders. Behavioral interventions that address lifestyle changes and/or self-care could promote health related sustainability improving patients' cognitive, affective, medical expertise, and, through all of these, improve their health outcomes and decrease health care costs.

For this Special Issue, we expect the submission of research articles, case studies, reviews, systematic reviews, and meta-analyses that address the health-related sustainability dimension of lifestyle and self-care health interventions, such as: nutrition, diet, or physical activity interventions; self-care programs for chronically ill patients, as well as their impact and ethical, psychological, and social challenges on patients' adherence to medical treatments, patients' health, costs of health care, physician-patient relationship, etc.





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Message from the Editor-in-Chief

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