



## Sustainable Lifestyle for Health and Well-Being

Guest Editor:

### **Dr. Lucia Maria Lotrean**

Department of Community  
Medicine, Research Center in  
Preventive Medicine, Health  
Promotion and Sustainable  
Development, Iuliu Hatieganu  
University of Medicine and  
Pharmacy, Cluj-Napoca,  
Romania

Deadline for manuscript  
submissions:

**closed (30 September 2023)**

### **Message from the Guest Editor**

This Special Issue focuses on the factors that encourage a sustainable lifestyle as a way to contribute to the achievement of the Sustainable Development Goals. According to the United Nations Environment Programme, sustainable living means understanding how our lifestyle choices impact the world around us and finding ways for everyone to live better and lighter.

This Special Issue is open to reviews and original research papers addressing themes such as:

- Assessment of knowledge, attitudes, and behaviours that enable a sustainable lifestyle;
- Analyses of measures and policies that encourage sustainable living;
- Interference of a healthy lifestyle and sustainable lifestyle and their effect on health and wellbeing;
- Changing lifestyles to combat climate change;
- The promotion of a sustainable lifestyle: from research to practice;
- Formal and informal education for a sustainable lifestyle;
- The use of creative and inspiring communication strategies to promote a sustainable lifestyle;
- Toward achieving sustainable development goals through the promotion of a sustainable and healthy lifestyle.





an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Marc A. Rosen**

Faculty of Engineering and  
Applied Science, University of  
Ontario Institute of Technology,  
Oshawa, ON L1G 0C5, Canada

## Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, AGRIS, RePEc, CAPlus / SciFinder, and other databases.

**Journal Rank:** JCR - Q2 (*Environmental Studies*) / CiteScore - Q1 (Geography, Planning and Development)

## Contact Us

---

*Sustainability* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/sustainability](http://mdpi.com/journal/sustainability)  
[sustainability@mdpi.com](mailto:sustainability@mdpi.com)  
[X@Sus\\_MDPI](https://twitter.com/Sus_MDPI)