



Research on Dietary Intake, Nutrition, and Lifestyle Interventions

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Message from the Guest Editor

Dear Colleagues,

There is strong evidence that healthy lifestyles, including but not limited to engaging in behaviors that promote healthy eating, physical activity and never smoking, moderate or no alcohol consumption, and overall general wellness are associated with positive health outcomes. Healthier dietary patterns and physical activity are associated with higher muscle mass, strength, and physical performance which may reduce the development of frailty and/or disability later in life. Healthy lifestyles are also linked to reduced risk of cardiovascular disease, obesity, certain types of cancer such as colorectal and postmenopausal breast cancers, type 2 diabetes, and other chronic disease. Despite these benefits, many individuals do not engage in healthy lifestyle behaviors.

This Special Issue seeks research papers on various aspects of lifestyle interventions, including multifactorial interventions that encompass lifestyle behavior changes and studies exploring the relationship between healthy behaviors and chronic disease related outcomes. We welcome original research papers, as well as systematic reviews and meta-analyses.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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