Special Issue

Novel Anthropometric Techniques for Health and Nutrition Assessment

Message from the Guest Editors

Anthropometry, known for its non-invasive and cost-effective nature, assesses health and nutrition status using indices like BMI, WHR, and waist circumference. With technological advancements, it now encompasses evaluations of body composition, physical performance, metabolic biomarkers, and genetic information. This Special Issue of Applied Sciences focuses on exploring anthropometry's potential in assessing physiological and psychological health and nutritional status, covering topics such as validating indices, proposing new techniques, assessing physical performance, and examining its association with psychological well-being.
Keyword: anthropometry; skinfolds; somatotype; 3D scanning; body composition; malnutrition; metabolic syndrome; chronic diseases; psychological disorders; nutritional assessment; pregnancy; infants; adolescents

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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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