

## Special Issue

# Nutrition and Lifestyle Interventions for Improved Child Health

### Message from the Guest Editors

Nutrition is a vital part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity. Rates of malnutrition are continuing to rise, due to the nutrition transition that many developing countries are experiencing, where undernutrition remains alongside micronutrient deficiencies and rapidly growing overweight/obesity rates. This double burden of malnutrition is especially high in low- and middle-income countries, where the poorest and most marginalized communities are the most affected. However, malnutrition is preventable, mostly through the consumption of a healthy diet containing diverse foods. Achieving the SDG 2 and a world with Zero Hunger cannot be achieved without supporting individuals, wider communities, and policy makers to make meaningful, long-term changes to their behavior. Therefore, nutrition, lifestyle and social and behavior change interventions are critical in reducing all forms of malnutrition.

### Guest Editors

Dr. Rowena Merritt

Centre for Health Services Studies, University of Kent, Canterbury, UK

Dr. Sarah Hotham

Centre for Health Services Studies, University of Kent, Canterbury, UK

### Deadline for manuscript submissions

closed (30 November 2024)



## Healthcare

an Open Access Journal  
by MDPI

Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



[mdpi.com/si/151109](https://mdpi.com/si/151109)

*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)





# Healthcare

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.7  
CiteScore 4.7  
Indexed in PubMed



[mdpi.com/journal/  
healthcare](https://mdpi.com/journal/healthcare)



## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

---

### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA  
92697, USA

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
(Leadership and Management)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).