

Special Issue

Enhancing Physical and Mental Well-Being in People with Disabilities

Message from the Guest Editors

Promoting the physical and mental well-being of people with disabilities is an urgent public health priority and a growing area of interdisciplinary research. Individuals with disabilities often encounter substantial barriers to health and wellness, including limited access to healthcare services, inaccessible environments, inadequate provider training, and social determinants that compound health inequities. These challenges can contribute to preventable secondary conditions, increased mental health concerns, reduced quality of life, and decreased community participation. This Special Issue aims to spotlight innovative research and practical approaches that foster holistic well-being among people with disabilities across the lifespan. Enhancing well-being requires more than managing health conditions—it involves empowering individuals through inclusive health promotion strategies, adaptive physical activity programs, integrated mental health support, and person-centered care models that address both physical and psychosocial needs.

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Deadline for manuscript submissions

30 March 2026



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/238394

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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.

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